January 2024

Haritana	Woods.	Chicago
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Heritage Woods Chicago	ı		1	1	1	1
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Happy Birthday	1	2	3	4	5	6
Robert D. 1/7 Angel N. 1/5 Eva F. 1/18 Raymond R. 1/29 Willie C. 1/30	 79:30 Stretch and Strength Exercise, CR 10:00 Coffee Clutch, AR 1:00 Country Store, AR 2:00 Movie Night w/Popcorn, CR 6:00 Evening Tv, Rm 	 79:30 Thai Chi, CR 10:00 IN2L Family Feud, AR 1:00 Connect Four, AR 2:00 IN2L Balloon Burst, AR 6:00 Evening Tv, Rm 	2:00 Lord of the Rings	 79:30 Thai Chi, CR 10:00 IN2L Puzzle Games, AR 1:00 IN2L Trivia, AR 2:00 Movie Night w/Popcorn, CR 6:00 Evening Tv, Rm 	 	 9:30 Arts & Writing Packets, Rm ⁴ 11:00 Assorted card games, DR ♦ 1:00 Afternoon Tv, Rm ⁴ 4:00 Uno, DR ♠ 6:00 Evening Tv, Rm
7	8	9	10	11	12	13
 ✓ 9:00 Religious Tv programming of choice, MR ➢ 11:00 Assorted card games, DR ➢ 1:00 Afternoon Tv, Rm ➢ 4:00 Puzzle Time, DR ➢ 6:00 Evening Tv, Rm ✓ 9:00 Religious Tv programming of choice, MR 	10:00 Coffee Clutch, AR 1:00 Country Store, AR 2:00 Movie Night w/Popcorn (Elvis Day), CR 6:00 Evening Tv, Rm 15 7 9:30 Stretch and	9:30 Thai Chi, CR 10:00 IN2L Family Feud, AR 1:00 Resident Council Meeting, DR 2:00 Soup Day, DR 2:00 Evening Tv, Rm 16 9:30 Thai Chi, CR 10:00 IN2L Family	1:00 Bingo, DR 2:00 Food Committee Meeting, DR 6:00 Evening Tv, Rm 17 9:30 Fit and Active Chair, CR	 79:30 Thai Chi, CR 10:00 IN2L Puzzle Games, AR 1:00 IN2L Family Feud, AR 2:00 Movie Night w/Popcorn, CR 6:00 Evening Tv, Rm 18 79:30 Thai Chi, CR 10:00 IN2L Puzzle Games, IN2L Puzzle Game	Coffee Clutch, AR 1:00 Country Store, AR 2:00 Pass the Pig, DR 6:00 Evening Tv, Rm 19 7 9:30 Stretch and Strength	9:30 Arts & Writing Packets, Rm 11:00 Assorted card games, DR 1:00 Afternoon Tv, Rm 4:00 Uno, DR 6:00 Evening Tv, Rm 20 20 P 9:30 Arts & Writing Packets, Rm
 11:00 Assorted card games, DR 1:00 Afternoon Tv, Rm 4:00 Puzzle Time, DR 6:00 Evening Tv, Rm 	1:00 Country Store, AR	Feud, AR 1:00 Connect Four, AR 2:00 IN2L Balloon Burst, AR 6:00 Evening Tv, Rm	 1:00 Bingo, DR 2:00 IN2L Reminisce, AR 6:00 Evening Tv, Rm 	AR 1:00 IN2L Family Feud, AR 2:00 IN2L Piggy Bankers, AR 6:00 Evening Tv, Rm 25	10:00 Coffee Clutch, AR 1:00 Country Store, AR 2:00 Movie Night w/Popcorn, CR 6:00 Evening Tv, Rm 26	Assorted card games, DR 1:00 Afternoon Tv, Rm 4:00 Uno, DR 6:00 Evening Tv, Rm 27
⋖ 9:00 Religious Tv	₱ 9:30 Stretch and ₱ 30	3.30 Thai Chi , CR		₱ 9:30 Thai Chi, CR	9:30 Stretch and Strength	9:30 Arts & Writing Packets,
programming of choice, <i>MR</i> 11:00 Assorted card games, <i>DR</i> 1:00 Afternoon Tv, <i>Rm</i> 4:00 Puzzle Time, <i>DR</i> 6:00 Evening Tv, <i>Rm</i>	Strength Exercise, CR 10:00 Coffee Clutch, AR 1:00 Country Store, AR 2:00 Movie Night w/Popcorn, CR 6:00 Evening Tv, Rm	10:00 IN2L Family Feud, AR 1:00 Connect Four, AR 2:00 National Pie Day, DR 6:00 Evening Tv, Rm	CR 10:00 Coffee Clutch, AR 1:00 Bingo, DR 2:00 IN2L Reminisce, AR 6:00 Evening Tv, Rm	10:00 IN2L Puzzle Games, AR 1:00 IN2L Family Feud, AR 2:00 IN2L Family Feud, AR 6:00 Evening Tv, Rm	Exercise, CR 10:00 Coffee Clutch, AR 1:00 Country Store, AR 2:00 Movie Night w/Popcorn, CR 6:00 Evening Tv, Rm	Rm 11:00 Assorted card games, DR 1:00 Afternoon Tv, Rm 4:00 Uno, DR 6:00 Evening Tv, Rm
28	29	30	31	Open To The Public	MEETING PLACES	DIMENSIONS OF WELLNESS
 	 10:00 Coffee Clutch, AR 1:00 Country Store, AR 2:00 Movie Night 	9:30 Thai Chi, CR 10:00 IN2L Family Feud, AR 1:00 Connect Four, AR 1:00 IN2L Balloon Burst, DR 6:00 Evening Tv, Rm		New Years Game Night 1/5 from 2pm-4pm in the First Floor Dining Room, Family Open House 1/22 from 2pm-4pm in the First floor Dining Room, Family Casino Night on 1/25 time TBA. *Activities are subjected to change*	CR - Community Room AR - Activity Room Rm - Room DR - 1st FI Dining Room MR - Meditation Room	Physical Emotional Spiritual Environmental Vocational Social Intellectual