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Heritage Woods Chicago

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 	 9:30 Stretch and Strength Exercise, <b>CR</b>  10:00 Coffee Clutch, <b>AR</b>  1:00 Country Store, <b>AR</b>  2:00 Movie Night w/Popcorn, <b>CR</b>  6:00 Evening Tv, <b>Rm</b>	 9:30 Thai Chi, <b>CR</b>  10:00 IN2L Family Feud, <b>AR</b>  1:00 Connect Four, <b>AR</b>  2:00 IN2L Balloon Burst, <b>AR</b>  6:00 Evening Tv, <b>Rm</b>	 9:30 Fit and Active Chair, <b>CR</b>  10:00 Coffee Clutch, <b>AR</b>  1:00 Bingo, <b>DR</b>  2:00 Lord of the Rings Day (Movie), <b>CR</b>  6:00 Evening Tv, <b>Rm</b>	 9:30 Thai Chi, <b>CR</b>  10:00 IN2L Puzzle Games, <b>AR</b>  1:00 IN2L Trivia, <b>AR</b>  2:00 Movie Night w/Popcorn, <b>CR</b>  6:00 Evening Tv, <b>Rm</b>	 9:30 Stretch and Strength Exercise, <b>CR</b>  10:00 Coffee Clutch, <b>AR</b>  1:00 Country Store, <b>AR</b>  2:00 Movie Night w/Popcorn, <b>CR</b>  6:00 Evening Tv, <b>Rm</b>	 9:30 Arts & Writing Packets, <b>Rm</b>  11:00 Assorted card games, <b>DR</b>  1:00 Afternoon Tv, <b>Rm</b>  4:00 Uno, <b>DR</b>  6:00 Evening Tv, <b>Rm</b>
7	8	9	10	11	12	13
 9:00 Religious Tv programming of choice, <b>MR</b>  11:00 Assorted card games, <b>DR</b>  1:00 Afternoon Tv, <b>Rm</b>  4:00 Puzzle Time, <b>DR</b>  6:00 Evening Tv, <b>Rm</b>	 9:30 Stretch and Strength Exercise, <b>CR</b>  10:00 Coffee Clutch, <b>AR</b>  1:00 Country Store, <b>AR</b>  2:00 Movie Night w/Popcorn (Elvis Day), <b>CR</b>  6:00 Evening Tv, <b>Rm</b>	 9:30 Thai Chi, <b>CR</b>  10:00 IN2L Family Feud, <b>AR</b>  1:00 Resident Council Meeting, <b>DR</b>  2:00 Soup Day, <b>DR</b>  6:00 Evening Tv, <b>Rm</b>	 9:30 Fit and Active Chair, <b>CR</b>  10:00 Coffee Clutch, <b>AR</b>  1:00 Bingo, <b>DR</b>  2:00 Food Committee Meeting, <b>DR</b>  6:00 Evening Tv, <b>Rm</b>	 9:30 Thai Chi, <b>CR</b>  10:00 IN2L Puzzle Games, <b>AR</b>  1:00 IN2L Family Feud, <b>AR</b>  2:00 Movie Night w/Popcorn, <b>CR</b>  6:00 Evening Tv, <b>Rm</b>	 9:30 Stretch and Strength Exercise, <b>CR</b>  10:00 Coffee Clutch, <b>AR</b>  1:00 Country Store, <b>AR</b>  2:00 Pass the Pig, <b>DR</b>  6:00 Evening Tv, <b>Rm</b>	 9:30 Arts & Writing Packets, <b>Rm</b>  11:00 Assorted card games, <b>DR</b>  1:00 Afternoon Tv, <b>Rm</b>  4:00 Uno, <b>DR</b>  6:00 Evening Tv, <b>Rm</b>
14	15	16	17	18	19	20
 9:00 Religious Tv programming of choice, <b>MR</b>  11:00 Assorted card games, <b>DR</b>  1:00 Afternoon Tv, <b>Rm</b>  4:00 Puzzle Time, <b>DR</b>  6:00 Evening Tv, <b>Rm</b>	 9:30 Stretch and Strength Exercise, <b>CR</b>  10:00 Coffee Clutch, <b>AR</b>  1:00 Country Store, <b>AR</b>  2:00 Movie Night w/Popcorn (MLK Day), <b>CR</b>  6:00 Evening Tv, <b>Rm</b>	 9:30 Thai Chi, <b>CR</b>  10:00 IN2L Family Feud, <b>AR</b>  1:00 Connect Four, <b>AR</b>  2:00 IN2L Balloon Burst, <b>AR</b>  6:00 Evening Tv, <b>Rm</b>	 9:30 Fit and Active Chair, <b>CR</b>  10:00 Coffee Clutch, <b>AR</b>  1:00 Bingo, <b>DR</b>  2:00 IN2L Reminisce, <b>AR</b>  6:00 Evening Tv, <b>Rm</b>	 9:30 Thai Chi, <b>CR</b>  10:00 IN2L Puzzle Games, <b>AR</b>  1:00 IN2L Family Feud, <b>AR</b>  2:00 IN2L Piggy Bankers, <b>AR</b>  6:00 Evening Tv, <b>Rm</b>	 9:30 Stretch and Strength Exercise, <b>CR</b>  10:00 Coffee Clutch, <b>AR</b>  1:00 Country Store, <b>AR</b>  2:00 Movie Night w/Popcorn, <b>CR</b>  6:00 Evening Tv, <b>Rm</b>	 9:30 Arts & Writing Packets, <b>Rm</b>  11:00 Assorted card games, <b>DR</b>  1:00 Afternoon Tv, <b>Rm</b>  4:00 Uno, <b>DR</b>  6:00 Evening Tv, <b>Rm</b>
21	22	23	24	25	26	27
 9:00 Religious Tv programming of choice, <b>MR</b>  11:00 Assorted card games, <b>DR</b>  1:00 Afternoon Tv, <b>Rm</b>  4:00 Puzzle Time, <b>DR</b>  6:00 Evening Tv, <b>Rm</b>	 9:30 Stretch and Strength Exercise, <b>CR</b>  10:00 Coffee Clutch, <b>AR</b>  1:00 Country Store, <b>AR</b>  2:00 Movie Night w/Popcorn, <b>CR</b>  6:00 Evening Tv, <b>Rm</b>	 9:30 Thai Chi, <b>CR</b>  10:00 IN2L Family Feud, <b>AR</b>  1:00 Connect Four, <b>AR</b>  2:00 National Pie Day, <b>DR</b>  6:00 Evening Tv, <b>Rm</b>	 9:30 Fit and Active Chair, <b>CR</b>  10:00 Coffee Clutch, <b>AR</b>  1:00 Bingo, <b>DR</b>  2:00 IN2L Reminisce, <b>AR</b>  6:00 Evening Tv, <b>Rm</b>	 9:30 Thai Chi, <b>CR</b>  10:00 IN2L Puzzle Games, <b>AR</b>  1:00 IN2L Family Feud, <b>AR</b>  2:00 IN2L Family Feud, <b>AR</b>  6:00 Evening Tv, <b>Rm</b>	 9:30 Stretch and Strength Exercise, <b>CR</b>  10:00 Coffee Clutch, <b>AR</b>  1:00 Country Store, <b>AR</b>  2:00 Movie Night w/Popcorn, <b>CR</b>  6:00 Evening Tv, <b>Rm</b>	 9:30 Arts & Writing Packets, <b>Rm</b>  11:00 Assorted card games, <b>DR</b>  1:00 Afternoon Tv, <b>Rm</b>  4:00 Uno, <b>DR</b>  6:00 Evening Tv, <b>Rm</b>
28	29	30	31	Open To The Public	MEETING PLACES	DIMENSIONS OF WELLNESS
 9:00 Religious Tv programming of choice, <b>MR</b>  11:00 Assorted card games, <b>DR</b>  1:00 Afternoon Tv, <b>Rm</b>  4:00 Puzzle Time, <b>DR</b>  6:00 Evening Tv, <b>Rm</b>	 9:30 Stretch and Strength Exercise, <b>CR</b>  10:00 Coffee Clutch, <b>AR</b>  1:00 Country Store, <b>AR</b>  2:00 Movie Night w/Popcorn, <b>CR</b>  6:00 Evening Tv, <b>Rm</b>	 9:30 Thai Chi, <b>CR</b>  10:00 IN2L Family Feud, <b>AR</b>  1:00 Connect Four, <b>AR</b>  2:00 IN2L Balloon Burst, <b>DR</b>  6:00 Evening Tv, <b>Rm</b>	 9:30 Fit and Active Chair, <b>CR</b>  10:00 Coffee Clutch, <b>AR</b>  1:00 Bingo, <b>DR</b>  2:00 Monthly Birthday Party, <b>DR</b>  6:00 Evening Tv, <b>Rm</b>	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*	<div>CR - Community Room</div> <div>AR - Activity Room</div> <div>Rm - Room</div> <div>DR - 1st FI Dining Room</div> <div>MR - Meditation Room</div> <div></div>	<div> Physical</div> <div> Spiritual</div> <div> Vocational</div> <div> Intellectual</div> <div> Emotional</div> <div> Environmental</div> <div> Social</div> <div></div>

