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Heritage Woods Chicago

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|--|--|
| Wellness Checks | Open To The Public | Mardi Gras | Valentine's Day | 1 | 2 | 3 |
|  February 1 st -10 th | *Valentine's Day Dance at 2pm-4pm in the First Floor Dining Room 2/14. *Open House on 2/22 from 11am-1pm in the First floor dining room. *Activities are subjected to change* |  |  |  9:30 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 |  9:30 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 |  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 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|  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 |  9:30 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 |  9:30 Thai Chi, CR  10:00 IN2L Family Feud, AR  1:00 Connect Four, AR  2:00 Resident Council Meeting, DR  6:00 Evening Tv, Rm |  9:30 Fit and Active Chair, CR  10:00 Coffee Clutch, AR  1:00 Bingo, DR  2:00 Food Committee Meeting, DR  6:00 Evening Tv, Rm |  9:30 Thai Chi, CR  10:00 IN2L Puzzle Games, AR  1:00 Pass the Pig DR  2:00 Movie Night w/Popcorn, CR  6:00 Evening Tv, Rm |  9:30 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 |  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 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
|  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 |  9:30 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 |  9:30 Thai Chi, CR  10:00 IN2L Family Feud, AR  1:00 Connect Four, AR  2:00 Mardi Gras Celebration, DR  6:00 Evening Tv, Rm |  9:30 Fit and Active Chair, CR  10:00 Coffee Clutch, AR  1:00 Bingo, DR  2:00 Valentine's Day Celebration, DR  6:00 Evening Tv, Rm |  9:30 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 |  9:30 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 |  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 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
|  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 |  9:30 Stretch and Strength Exercise, CR  10:00 Coffee Clutch, AR  1:00 Country Store, AR  2:00 Movie Night w/Popcorn (Black History), CR  6:00 Evening Tv, Rm |  9:30 Thai Chi, CR  10:00 IN2L Family Feud, AR  1:00 Connect Four, AR  2:00 Taste of Black History, DR  6:00 Evening Tv, Rm |  9:30 Fit and Active Chair, CR  10:00 Coffee Clutch, AR  1:00 Bingo, DR  2:00 Black History Bingo, DR  6:00 Evening Tv, Rm |  9:30 Thai Chi, CR  10:00 IN2L Puzzle Games, AR  1:00 IN2L Family Feud, AR  2:00 Black History Arts & Crafts, DR  6:00 Evening Tv, Rm |  9:30 Stretch and Strength Exercise, CR  10:00 Coffee Clutch, AR  1:00 Country Store, AR  2:00 Black History Fashion Show, DR  6:00 Evening Tv, Rm |  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 |
| 25 | 26 | 27 | 28 | 29 | MEETING PLACES | DIMENSIONS OF WELLNESS |
|  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 |  9:30 Stretch and Strength Exercise, CR  10:00 Coffee Clutch, AR  1:00 Country Store, AR  2:00 Town Hall Meeting, DR  6:00 Evening Tv, Rm |  9:30 Thai Chi, CR  10:00 IN2L Family Feud, AR  1:00 Movie Night w/Popcorn, AR  6:00 Evening Tv, Rm |  9:30 Fit and Active Chair, CR  10:00 Coffee Clutch, AR  1:00 Bingo, DR  2:00 IN2L Reminisce, AR  6:00 Evening Tv, Rm |  9:30 Thai Chi, CR  10:00 IN2L Puzzle Games, AR  1:00 IN2L Family Feud, AR  2:00 Monthly Birthday Party, DR  6:00 Evening Tv, Rm | CR - Community Room AR - Activity Room Rm - Room DR - 1st Fl Dining Room MR - Meditation Room  |  Physical  Spiritual  Vocational  Intellectual  Emotional  Environmental  Social  |

