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Heritage Woods Chicago

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Wellness Checks	Happy Birthday	St. Patrick's Day			1	2
March 1 <sup>st</sup> -10 <sup>th</sup> 	Linda M. 3/2 Lynn D. 3/3 Dorothy G. 3/7 Lois R. 3/12 Melvin G. 3/13 Ralph R. 3/19 Lajuana L. 3/29 				 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>
3	4	5	6	7	8	9
 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 Resident Council Meeting, <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 Lucky 7 Day Puzzle, <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 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>
10	11	12	13	14	15	16
 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 Plant a Flower Day, <b>Patio</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 Potato Chip Day, <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 Crazy About Crafts Day, <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>
17	18	19	20	21	22	23
 9:00 Religious Tv programming of choice, <b>MR</b>  11:00 Assorted card games, <b>DR</b>  1:00 St. Patrick's Day Parade, <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 First Day of Spring Social, <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 Pass the Pig, <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 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>
24	25	26	27	28	29	30
 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 The Queen of Soul Day (Aretha Franklin) movie, <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 Movie Night w/Popcorn, <b>CR</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 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 Monthly Birthday Party, <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>
31	Open to the Public	Easter	Sprinatime		MEETING PLACES	DIMENSIONS OF WELLNESS
 9:00 Religious Tv programming of choice, <b>MR</b>  11:00 Easter Parade, <b>DR</b>  1:00 Afternoon Tv, <b>Rm</b>  4:00 Puzzle Time, <b>DR</b>  6:00 Evening Tv, <b>Rm</b>	Open House-3/20 from 11am-1pm in the first floor dining room. Easter Egg Hunt- 3/29 at 2pm in the first floor dining room			*Activities are subjected to change*	<b>CR</b> - Community Room <b>AR</b> - Activity Room <b>Rm</b> - Room <b>DR</b> - 1st Fl Dining Room <b>MR</b> - Meditation Room <b>Patio</b> - Patio	 Physical  Spiritual  Vocational  Intellectual  Emotional  Environmental  Social

