Sa	APPY APPY ADD ADD K'S Day RCH 17-				
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mar 31 9:00 Xenia Comm. UPS Church 11:30 Daily DOW Chronicle at Lunch 6:00 JC & The UPS SONshine Saints		ENVIRONMENTAL ENVIRONMENTAL Dimensions Directions Direc	IVES HERE Ask us about our iN2L technology!	<i>Heritage Woods</i> of Flora An Affordable Assisted Lifestyle Community for the Older Adult	9:30 Exercise Class UP2 1:00 Hair Salon By SIC Appointment 2:00 Heritage UP1 Pinochle's 3:00 Country Store ACC
Church	9:30 Exercise Class UPX	9:30Exercise ClassUPX2:00BingoDOW3:00Country StoreACO6:00Board GamesUPK	Shopping Trips 3:00 Mary K on the DOW Piano	9:30 Exercise Class UPX 10:00 Universal DOW Yums	9:30 Exercise Class UP 1:00 Hair Salon By SIC Appointment 2:00 Heritage UPI Pinochle's 3:00 Country Store ACC
Daylight Savings Time Begins109:00Xenia Comm.UPS Church11:30Daily Chronicle at LunchDOW at Lunch6:00JC & The SONshine SaintsUPS	10:00 Resident UPX Council 2:00 Country Drive SIG	3:00Country StoreACO6:00Board GamesUPK	1:00 Wii Bowling UPX 2:00 Wellness Chats DOW	9:30Exercise ClassUPX9:45Bingo at Meals on WheelsSIG1:00Modern Woodman Ice Cream SocialDOW2:00BingoDOW3:00Country storeACO	9:30 Exercise Class UP 10:00 Rachel the Comfort DOV Dog 1:00 Hair Salon By SIG Appointment 2:00 Heritage Pinochle's UP 3:00 Country Store ACC 6:00 RJ Productions DOV
St. Patrick's Day179:00Xenia Comm.UPSChurch11:30Daily ChronicleDOW11:30Daily ChronicleDOWat Lunch6:00JC & TheUPS6:00JC & TheUPSSONshine SaintsImage: Solution of the second	2:00 Country Drive SIG	9:30 Exercise Class UPX 2:00 Bingo DOW	20 9:00 Walmart SIG Shopping Trips 3:00 Mary K on the DOW	9:30Exercise ClassUPX2:00BingoDOW3:00Country storeACO5:30HoosierDOW	9:30 Exercise Class UP 1:00 Hair Salon By SIC Appointment 2:00 Heritage UP Pinochle's 3:00 Country Store ACC
Church 11:30 Daily Chronicle DOW at Lunch	9:30 Exercise Class UPX 2:00 The BIG SIG Auction!!	9:30 Exercise Class UPX 2:00 Bingo DOW 3:00 Country Store ACO	Breakfast   7:00 Free Senior   Breakfast Public	12:00 Dr. Chung DOW on the piano! 2:00 Bingo DOW 2:00 Country store	29:30 Exercise Class UP 1:00 Hair Salon By SIC Appointment 2:00 Heritage UPI Pinochle's 3:00 Country Store ACC

## SATURDAY

)1		02
ΡX	9:30 Exercise Class	UPX
GIG	9:45 Social Hour	DOW
	11:30 Daily Chronicle	DOW
ΡK	at Lunch 5:30 Board Games	UPK
	6:00 Dominoes! Smart	UPK
0	Bucks!	_
0	National Meatball	00
<b>8</b> PX	Day	09
SIG	9:30 Exercise Class	UPX
DIG	11:30 Daily Chronicle at	DOW
PK	Lunch 2:00 Vending Machine	DOW
	Bingo	
CO	5:30 Board Games 6:00 Dominoes! Smart	UPK UPK
	Bucks!	UPK
5		16
JPX	9:30 Exercise Class	UPX
ow	9:45 Social Hour	DOW
SIG	11:30 Daily Chronicle	DOW
	at Lunch	UPK
	5:30 Board Games 6:00 Dominoes! Smart	UPK
ow	Bucks!	
2		23
	9:30 Exercise Class	UPX
SIG	11:30 Daily Chronicle at Lunch	DOW
PK	2:00 Vending Machine	DOW
	Bingo 5:30 Board Games	UPK
CO	6:00 Dominoes! Smart	UPK
	Bucks!	
9		30
PX	9:30 Exercise Class	UPX
	9:45 Social Hour	DOW
	11:30 Daily Chronicle	DOW
PK	at Lunch 5:30 Board Games	UPK
	6:00 Dominoes! Smart	UPK
CO	Bucks!	

## **MARCH 2024**

Dimensions of Wellness Physical Emotional Spiritual Environmental Vocational Social Intellectual
Meeting Places SIG Sign Up at Information Table UPX Upstairs Exercise Room SIG Sign up at Front Desk UPK Upstairs Kitchen ACO Activity Office DOW Downstairs Dining Room UPS Upstairs TV Lounge SIG Sign up at Front Desk
Resident Birthdays
Joan B. 3/24
Acasio S. 3/23
Juanita F. 3/24
Wellness Checks Feb.1-5th!
Activites subject to change. 662-4599