
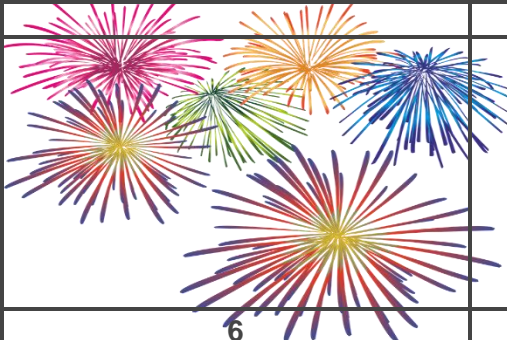










































































# January 2021

Heritage Woods of Moline

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					<p> 10:00am Goodies to Go, YA</p> <p> 1:30pm Happy Hour on the go, YA</p> <p> 3:00pm Hallway Exercise, YA</p>	<p> 9:30am Word Search, YA</p> <p> 1:30pm Adult Coloring, YA</p>
3	4	5	6	7	8	9
<p> 10:00am Heritage Church Service Channel 6, YA</p> <p> 10:00am Resident Choice, Activity Room</p>	<p> 10:00am Country Store, Activity Room</p> <p> 1:00pm hallway Bingo Apt. 101-112, YA</p> <p> 2:00pm Hallway Bingo Apt.113-124, YA</p>	<p>9:00am Transport Doctor Day, lby</p> <p> 10:00am Word Search, YA</p>	<p> 10:00am Hallway Hi Low Game 1st floor, YA</p> <p> 1:30pm Hallway High Low game 2nd floor, YA</p> <p> 3:00pm Resident Council, YA</p>	<p>9:00am Transport Doctor Day, lby</p> <p> 10:00am Country Store on the Go, Activity Room</p>	<p> 1:30pm 1st floor Happy Hour &amp; Music on the go, YA</p> <p> 3:00pm Hallway Exercise, YA</p>	<p> 9:30am Word Search, YA</p> <p> 1:30pm Adult Coloring, YA</p>
10	11	12	13	14	15	16
<p> 10:00am Heritage Church Service Channel 6, YA</p> <p> 10:00am Resident Choice, Activity Room</p>	<p> 10:00am Country Store, Activity Room</p> <p> 1:00pm Hallway Bingo Apt.201-212, YA</p> <p> 2:00pm Hallway Bingo Apt.213-222, YA</p>	<p>9:00am Transport Doctor Day, lby</p> <p> 10:00am Word Search, YA</p>	<p> 10:00am Hallway High Low game 3rd floor, YA</p> <p> 1:30pm Hallway Exercise, YA</p> <p> 3:00pm Scheduled walks and mail, YA</p>	<p>9:00am Transport Doctor Day, lby</p> <p> 10:00am Country Store on the Go, Activity Room</p>	<p> 10:00am Activity Pack Delivery, YA</p> <p> 1:30pm 2nd Floor Happy Hour &amp; Music on the go, YA</p> <p> 3:00pm Hallway Exercise, YA</p>	<p> 9:30am Word Search, YA</p> <p> 1:30pm Adult Coloring, YA</p>
17	18	19	20	21	22	23
<p> 10:00am Heritage Church Service Channel 6, YA</p> <p> 10:00am Resident Choice, Activity Room</p>	<p> 10:00am Country Store, Activity Room</p> <p> 1:00pm Hallway Bingo Apt. 223-234, YA</p> <p> 2:00pm Hallway Bingo Apt.301-312, YA</p>	<p>9:00am Transport Doctor Day, lby</p> <p> 10:00am Word Search, YA</p>	<p> 10:00am Activity Pack, YA</p> <p> 1:30pm Food Committee, YA</p> <p> 3:00pm Scheduled walks and mail, YA</p>	<p>9:00am Transport Doctor Day, lby</p> <p> 10:00am Country Store on the Go, Activity Room</p>	<p> 10:00am Craft Delivery, YA</p> <p> 1:30pm 3rd floor Happy Hour &amp; music on the go, YA</p> <p> 3:00pm Hallway Exercise, YA</p>	<p> 9:30am Word Search, YA</p> <p> 1:30pm Adult Coloring, YA</p>
24	25	26	27	28	29	30
<p> 10:00am Heritage Church Service Channel 6, YA</p> <p> 10:00am Resident Choice, Activity Room</p>	<p> 10:00am Country Store, Activity Room</p> <p> 1:00pm Hallway Bingo Apt. 313-329, YA</p> <p> 2:00pm Hallway Bingo Apt.330-342, YA</p>	<p>9:00am Transport Doctor Day, lby</p> <p> 10:00am Word Search, YA</p>	<p> 10:00am Activity Pack, YA</p> <p> 1:30pm Wellness Checks &amp; Hallway Exercise, YA</p> <p> 3:00pm Scheduled walks and mail, YA</p>	<p>9:00am Transport Doctor Day, lby</p> <p> 10:00am Country Store on the Go, Activity Room</p>	<p> 10:00am Activity Pack Delivery, YA</p> <p> 1:30pm Hot Cocoa Bar on wheels, YA</p> <p> 3:00pm Hallway Exercise, YA</p>	<p> 9:30am Word Search, YA</p> <p> 1:30pm Adult Coloring, YA</p>
31	<h1 style="font-size: 4em; color: gold;">2021</h1>					
<p> 10:00am Heritage Church Service Channel 6, YA</p> <p> 10:00am Resident Choice, Activity Room</p>				<p>If you would like to request and activity/service not reflected on the calendar, please notify the RSC or Administrator. Activities are subject to change.</p>	<p><b>MEETING PLACES</b></p> <p>YA - Your Apartment</p> <p>lby - Lobby</p>	<p><b>DIMENSIONS OF WELLNESS</b></p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;"> <p> Physical</p> <p> Social</p> <p> Nutritional</p> </div> <div style="text-align: center;"> <p> Spiritual</p> <p> Intellectual</p> <p> Purposeful</p> </div> </div>