








# March 2021

Heritage Woods of Moline

| Sunday | Monday | Tuesday | Wednesday | Thursday  | Friday  | Saturday  |
|--------|--------|---------|-----------|---|---|---|
| 7      | 8      | 9       | 10        | 11  | 12  | 13  |
| 14     | 15     | 16      | 17        | 18  | 19  | 20  |
| 21     | 22     | 23      | 24        | 25  | 26  | 27  |
| 28     | 29     | 30      | 31        |  | <b>MEETING PLACES</b><br>lby - Lobby<br>YA - Your Apartment<br>CR - Conference Room<br><br>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. | <b>DIMENSIONS OF WELLNESS</b><br> Physical<br> Social<br> Nutritional<br> Spiritual<br> Intellectual<br> Purposeful |



**10:00am** High Low Game, **Activity Room**  
**1:45pm** Bingo, **Dining Room**  
**3:00pm** Exercise Class, **Activity Room**

**9:00am** Transport Doctor Day, **lby**  
**10:00am** Country Store, **Activity Room**  
**1:30pm** Smart Buck Walk, **lby**

**10:00am** Memory Lane, **Activity Room**  
**1:45pm** Bingo, **Dining Room**  
**3:00pm** Exercise Class, **Activity Room**

**9:00am** Transport Doctor Day, **lby**  
**10:00am** Country Store, **Activity Room**  
**1:45pm** Bingo, **Dining Room**

**8:00am** Hat Day, **YA**  
**10:00am** Donut's & Coffee to go, **CR**  
**1:30pm** Happy Hour & Music to go, **Activity Room**  
**3:00pm** Exercise Class, **Activity Room**

**9:30am** Word Search, **YA**  
**1:30pm** Adult Coloring, **YA**

**10:00am** Spelling Bee, **Activity Room**  
**1:30pm** Peanut Cluster Day, **Activity Room**  
**3:00pm** Exercise Class, **Activity Room**

**9:00am** Transport Doctor Day, **lby**  
**10:00am** Country Store, **Activity Room**  
**1:30pm** Smart Buck Walk, **lby**

**10:00am** Resident Council, **Activity Room**  
**1:45pm** Bingo, **Dining Room**  
**3:00pm** Exercise Class, **Activity Room**

**9:00am** Transport Doctor Day, **lby**  
**10:00am** Country Store, **Activity Room**  
**1:45pm** Bingo, **Dining Room**

**8:00am** Sports Day, **YA**  
**10:00am** Turnover & coffee to go, **Activity Room**  
**1:30pm** Happy Hour & Music to go, **Activity Room**  
**3:00pm** Exercise Class, **Activity Room**

**9:30am** Word Search, **YA**  
**1:30pm** Adult Coloring, **YA**

**8:00am** Brain Awareness Week, **Activity Room**  
**1:30pm** Word Search Races, **Activity Room**  
**3:00pm** Exercise Class, **Activity Room**

**9:00am** Transport Doctor Day, **lby**  
**10:00am** Country Store, **Activity Room**  
**1:30pm** Smart Buck Walk, **lby**

**10:00am** Trivia Contest, **Activity Room**  
**11:00-1:00** St. Patrick's Day, **Dining Room**  
**3:00pm** Exercise Class, **Activity Room**

**9:00am** Transport Doctor Day, **lby**  
**10:00am** Country Store, **Activity Room**  
**1:45pm** Bingo, **Dining Room**

**8:00am** Wear GREEN DAY, **YA**  
**10:00am** Cinnamon rolls & coffee to go, **Activity Room**  
**1:30pm** Happy Hour & Music to go, **Activity Room**  
**3:00pm** Exercise Class, **Activity Room**

**9:30am** Word Search, **YA**  
**1:30pm** Adult Coloring, **YA**

**10:00am** Country Store, **Activity Room**  
**1:30pm** Painting Class, **Activity Room**  
**3:00pm** Exercise Class, **Activity Room**

**9:00am** Transport Doctor Day, **lby**  
**10:00am** Country Store, **Activity Room**  
**1:30pm** Chip & Dip Day, **Activity Room**  
**1:30pm** Smart Buck Walk, **lby**

**10:00am** Food Committee, **Activity Room**  
**1:45pm** Bingo, **Dining Room**  
**3:00pm** Exercise Class, **Activity Room**

**9:00am** Transport Doctor Day, **lby**  
**10:00am** Country Store, **Activity Room**  
**1:45pm** Bingo, **Dining Room**

**8:00am** Hawaiian Shirt Day, **YA**  
**10:00am** Donut's & Coffee to go, **Activity Room**  
**1:30pm** Happy Hour & Music to go, **Activity Room**  
**3:00pm** Exercise Class, **Activity Room**

**9:30am** Word Search, **YA**  
**1:30pm** Adult Coloring, **YA**

**10:00am** High Low Game, **Activity Room**  
**1:30pm** Paint by Diamonds Class, **Activity Room**  
**3:00pm** Exercise Class, **Activity Room**

**9:00am** Transport Doctor Day, **lby**  
**10:00am** Country Store, **Activity Room**  
**1:30pm** Smart Buck Walk, **lby**

**10:00am** Activity Pack pickup, **Activity Room**  
**1:45pm** Bingo, **Dining Room**  
**3:30pm** Wellness Checks & Exercise, **Activity Room**



**MEETING PLACES**  
 lby - Lobby  
 YA - Your Apartment  
 CR - Conference Room  
  
 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.

**DIMENSIONS OF WELLNESS**  
 Physical  
 Social  
 Nutritional  
 Spiritual  
 Intellectual  
 Purposeful