
























































































# December 2021

Heritage Woods of Moline

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>MEETING PLACES</b>			<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
If you would like to request an activity/service not reflected on the calendar, please notify the RSC or Administrator. Activities are subject to change.		<p><b>Open to public events:</b>                      December 9<sup>th</sup> @ 2:00pm- Holiday Bingo                      December 15<sup>th</sup> @ 1:45pm- Holiday Movie and hot chocolate bar</p>	<p> 10:00am Resident Council, <b>Dining Room</b>   2:00pm Manicures, <b>Activity Room</b>   3:00pm Yoga, <b>Dining Room</b></p>	<p>9:00am Transport Doctor Day, <b>lby</b>   10:00am Country Store, <b>Activity Room</b>   2:00pm Bingo, <b>Dining Room</b></p>	<p> 10:00am Dollar Tree Store "must sign-up", <b>Library</b>   2:00pm Holiday Music &amp; Happy Hour, <b>Dining Room</b>   3:00pm Exercise Class, <b>Activity Room</b></p>	<p> 10:00am Bible Study with Susan, <b>Activity Room</b>   2:00pm Bingo, <b>Dining Room</b></p>
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
<p> 10:00am Heritage Church Service Channel 6, <b>YA</b>   10:00am Resident Choice, <b>Activity Room</b>   2:00pm Bingo, <b>Dining Room</b></p>	<p> 10:00am Manicures with Amy, <b>Activity Room</b>   1:30pm Holiday Craft, <b>Activity Room</b>   3:00pm Exercise Class, <b>Dining Room</b></p>	<p>9:00am Transport Doctor Day, <b>lby</b>   10:00am Country Store, <b>Activity Room</b>   1:30pm Smart Buck Walk, <b>lby</b></p>	<p> 10:00am Food Committee, <b>Dining Room</b>   2:00pm Shining Star Ceremony, <b>Dining Room</b>   3:00pm Yoga, <b>Dining Room</b></p>	<p>9:00am Transport Doctor Day, <b>lby</b>   10:00am Country Store, <b>Activity Room</b>   2:00pm Bingo, <b>Dining Room</b></p>	<p> 10:00am Cinnamon Rolls &amp; Coffee, <b>Activity Room</b>   2:00pm Happy Hour, <b>Dining Room</b>   3:00pm Exercise Class, <b>Activity Room</b></p>	<p> 10:00am Bible Study with Susan, <b>Activity Room</b>   2:00pm Bingo, <b>Dining Room</b></p>
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
<p> 10:00am Heritage Church Service Channel 6, <b>YA</b>   10:00am Resident Choice, <b>Activity Room</b>   2:00pm Bingo, <b>Dining Room</b></p>	<p> 10:00am Manicures with Amy, <b>Activity Room</b>   2:00pm Blackjack, <b>Activity Room</b>   3:00pm Exercise Class, <b>Dining Room</b></p>	<p>9:00am Transport Doctor Day, <b>lby</b>   10:00am Country Store, <b>Activity Room</b>   1:30pm Smart Buck Walk, <b>lby</b></p>	<p> 10:00am Planning the calendar with Amy, <b>Activity Room</b>   12:00pm Chinese Lunch-in \$5.00 per person must sign-up, <b>Activity Room</b>   3:00pm Yoga, <b>Dining Room</b></p>	<p>9:00am Transport Doctor Day, <b>lby</b>   10:00am Country Store, <b>Activity Room</b>   2:00pm Bingo, <b>Dining Room</b></p>	<p> 10:00am Hot Chocolate Bar &amp; Conversation, <b>Activity Room</b>   1:30pm Resident Holiday Party, <b>Dining Room</b>   3:00pm Exercise Class, <b>Activity Room</b></p>	<p> 10:00am Bible Study with Susan, <b>Activity Room</b>   2:00pm Bingo, <b>Dining Room</b></p>
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
<p> 10:00am Heritage Church Service Channel 6, <b>YA</b>   10:00am Resident Choice, <b>Activity Room</b>   2:00pm Bingo, <b>Dining Room</b></p>	<p> 10:00am Manicures with Amy, <b>Activity Room</b>   1:30pm Diamond Painting, <b>Activity Room</b>   3:00pm Exercise Class, <b>Dining Room</b></p>	<p>9:00am Transport Doctor Day, <b>lby</b>   10:00am Country Store, <b>Activity Room</b>   1:30pm Smart Buck Walk, <b>lby</b></p>	<p> 8:00am Village Inn "outing", <b>lby</b>   2:00pm Holiday Name that Tune, <b>Dining Room</b>   3:00pm Yoga, <b>Dining Room</b></p>	<p>9:00am Transport Doctor Day, <b>lby</b>   10:00am Country Store, <b>Activity Room</b>   2:00pm Bingo, <b>Dining Room</b></p>	<p> 10:00am Donut's, coffee and current events, <b>Activity Room</b>   2:00pm Candy Game, <b>Activity Room</b>   3:00pm Exercise Class, <b>Activity Room</b></p>	<p> 10:00am Bible Study with Susan, <b>Activity Room</b>   2:00pm Holiday Bingo, <b>Dining Room</b></p>
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	<b>DIMENSIONS OF WELLNESS</b>
<p> 10:00am Heritage Church Service Channel 6, <b>YA</b>   10:00am Resident Choice, <b>Activity Room</b>   2:00pm Bingo, <b>Dining Room</b></p>	<p> 10:00am Manicures with Amy, <b>Activity Room</b>   1:30pm Bags Tournament, <b>Library</b>   3:00pm Exercise Class, <b>Dining Room</b></p>	<p>9:00am Transport Doctor Day, <b>lby</b>   10:00am Country Store, <b>Activity Room</b>   1:30pm Smart Buck Walk, <b>lby</b></p>	<p> 10:00am Wellness Checks, <b>Activity Room</b>   2:00pm Ball Toss Game, <b>Dining Room</b>   3:00pm Yoga, <b>Dining Room</b></p>	<p>9:00am Transport Doctor Day, <b>lby</b>   10:00am Country Store, <b>Activity Room</b>   2:00pm Bingo, <b>Dining Room</b></p>	<p> 10:00am New Year's Trivia, <b>Activity Room</b>   11:45am New Year's Count Down, <b>lby</b>   3:00pm Exercise Class, <b>Activity Room</b></p>	<p style="font-size: small; text-align: center;">  Physical       Spiritual   Social           Intellectual   Nutritional       Purposeful                 </p>