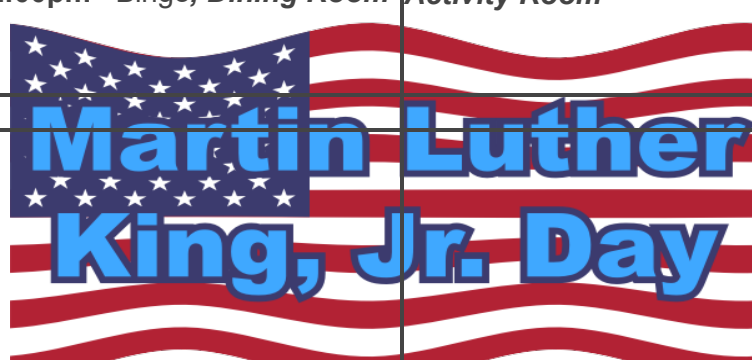


# January 2022

Heritage Woods of Moline

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Marketing Events:</b></p> <p>Tuesday, January 4<sup>th</sup> - Cookie Pick-up Friday, January 21<sup>st</sup> - Open House</p>	<h1>HAPPY NEW YEAR</h1>					<p>1</p> <p>🕒 10:00am Bible Study with Susan, <b>Activity Room</b> 🕒 2:00pm Bingo, <b>Dining Room</b></p>
2	3	4	5	6	7	8
<p>🕒 10:00am Resident Choice, <b>Activity Room</b> 🕒 2:00pm Bingo, <b>Dining Room</b></p>	<p>🕒 10:00am The monthly Gazette, <b>Activity Room</b> 🕒 1:30pm Movie Day "Brain on Fire", <b>Dining Room</b> 🕒 3:00pm Exercise Class, <b>Dining Room</b></p>	<p>9:00am Transport Doctor Day, <b>Iby</b> 🕒 10:00am Country Store, <b>Activity Room</b> 🕒 1:30pm Cookie Pick-up, <b>Iby</b></p>	<p>🕒 10:00am Resident Council, <b>Dining Room</b> 🕒 12:00pm Pizza Hut Lunch-in \$5.00 per person, <b>Activity Room</b> 🕒 3:00pm Yoga, <b>Dining Room</b></p>	<p>9:00am Transport Doctor Day, <b>Iby</b> 🕒 10:00am Country Store, <b>Activity Room</b> 🕒 2:00pm Bingo, <b>Dining Room</b></p>	<p>🕒 10:00am Hobby Lobby, <b>Iby</b> 🕒 2:00pm Ice-cream to go, <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>
9	10	11	12	13	14	15
<p>🕒 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 Black Jack Cards, <b>Activity Room</b> 🕒 3:00pm Balloon Volleyball Exercise, <b>Activity Room</b></p>	<p>9:00am Transport Doctor Day, <b>Iby</b> 🕒 10:00am Country Store, <b>Activity Room</b> 🕒 1:30pm Smart Buck Walk, <b>Iby</b></p>	<p>🕒 11:00am Food Committee, <b>Dining Room</b> 🕒 2:00pm Bags Game, <b>Library</b> 🕒 3:00pm Yoga, <b>Dining Room</b></p>	<p>9:00am Transport Doctor Day, <b>Iby</b> 🕒 10:00am Country Store, <b>Activity Room</b> 🕒 2:00pm Bingo, <b>Dining Room</b></p>	<p>🕒 10:00am Dollar Tree, <b>Iby</b> 🕒 1:30pm Craft Class, <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 Bingo, <b>Dining Room</b></p>
16	17	18	19	20	21	22
<p>🕒 10:00am Resident Choice, <b>Activity Room</b> 🕒 2:00pm Bingo, <b>Dining Room</b></p>	<p>🕒 10:00am Martin Luther King Jr. trivia and fun facts, <b>Activity Room</b> 🕒 1:30pm Movie Day "My Girl", <b>Dining Room</b> 🕒 3:00pm Balloon Volleyball Exercise, <b>Activity Room</b></p>	<p>9:00am Transport Doctor Day, <b>Iby</b> 🕒 10:00am Country Store, <b>Activity Room</b> 🕒 1:30pm Smart Buck Walk, <b>Iby</b></p>	<p>🕒 10:00am Calendar Planning, <b>Activity Room</b> 🕒 1:30pm Poker Run, <b>Activity Room</b> 🕒 3:00pm Yoga, <b>Dining Room</b></p>	<p>9:00am Transport Doctor Day, <b>Iby</b> 🕒 10:00am Country Store, <b>Activity Room</b> 🕒 2:00pm Bingo, <b>Dining Room</b></p>	<p>🕒 10:00am Dollar General, <b>Iby</b> 🕒 2:00pm Open House, <b>Iby</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>
23	24	25	26	27	28	29
<p>🕒 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 Candy Game, <b>Activity Room</b> 🕒 3:00pm Balloon Volleyball Exercise, <b>Activity Room</b></p>	<p>9:00am Transport Doctor Day, <b>Iby</b> 🕒 10:00am Country Store, <b>Activity Room</b> 🕒 1:30pm Smart Buck Walk, <b>Iby</b></p>	<p>🕒 8:30am Cracker Barrel, <b>Iby</b> 🕒 2:00pm Diamond Painting, <b>Activity Room</b> 🕒 3:00pm Yoga, <b>Dining Room</b></p>	<p>9:00am Transport Doctor Day, <b>Iby</b> 🕒 10:00am Country Store, <b>Activity Room</b> 🕒 2:00pm Bingo, <b>Dining Room</b></p>	<p>🕒 10:00am Target Store, <b>Iby</b> 🕒 2:00pm Canvas Painting, <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 Bingo, <b>Dining Room</b></p>
30	31					
<p>🕒 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 Rummy Card Game, <b>Activity Room</b> 🕒 3:00pm Balloon Volleyball Exercise, <b>Activity Room</b></p>		<p><i>If you would like to request a activity/service not reflected on the calendar, please notify the RSC or Administrator. Activities are subject to change.</i></p>			<p><b>DIMENSIONS OF WELLNESS</b></p> <ul style="list-style-type: none"> <li>🏃 Physical</li> <li>👤 Social</li> <li>🍏 Nutritional</li> <li>🕊 Spiritual</li> <li>🧠 Intellectual</li> <li>🎯 Purposeful</li> </ul>