

If you would like to see an activity/service not reflected on the calendar, please see the RSC or Administrator. Activities are subject to change.

Wellness Checks with nursing will be conducted the 1st thru the 10th of the month.

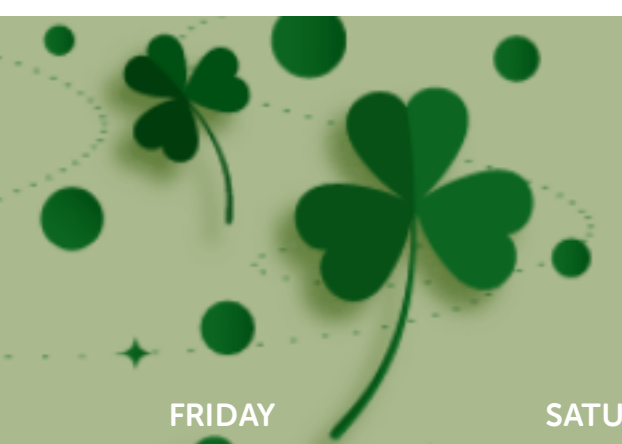
# HAPPY Saint Patrick's Day

- MARCH 17 -



*Heritage Woods*  
of Mt. Vernon

An Affordable Assisted Lifestyle  
Community for the Older Adult



MARCH 2022

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

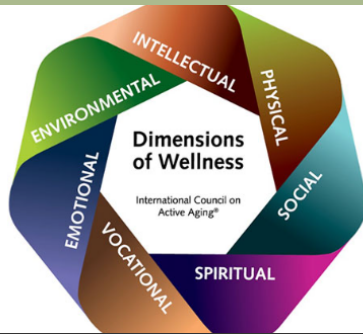
THURSDAY

FRIDAY

SATURDAY

Dimensions of Wellness

- Physical
- Emotional
- Spiritual
- Environmental
- Vocational
- Social
- Intellectual



**If you attend activities with \$\$, you will earn Smart Bucks. Save those to be entered into a raffle for fun prizes!**

**01**  
09:30 | Exercise \$\$ AR  
02:00 | Mardi Gras party and Steal My Beads Game DR  
03:00 | Country Store CS

**02**  
09:30 | Exercise \$\$ AR  
03:00 | Board Games AR  
06:30 | Bible Study with Curt AR

**03**  
09:30 | Exercise \$\$ AR  
01:00 | Exercise \$\$ AR  
03:00 | Country Store CS

**04**  
09:30 | Exercise \$\$ AR  
01:00 | Exercise \$\$ AR  
06:30 | Movie Night DR

**05**  
09:00 | Mobile Activity EB  
Cart-puzzles & activity packets  
12:00 | Independent TV EB  
of Choice  
03:00 | Country Store CS

Meeting Places

- AR Activity Room
- DR Dining Room
- CS Country Store
- EB Entire Building
- ML Main Lobby

**06**  
09:00 | Channel 3 "In Touch" EB  
12:00 | Independent TV EB  
of Choice  
06:30 | Bible Study with Roger AR

**07**  
09:30 | Exercise \$\$ AR  
02:00 | Bingo DR

**08**  
09:30 | Exercise \$\$ AR  
02:00 | Ladies Nails AR  
02:00 | Men's Poker DR  
03:00 | Country Store CS

**09**  
09:30 | Exercise \$\$ AR  
02:00 | Story Time ML  
06:30 | Bible Study with Curt AR

**10**  
10:00 | Exercise \$\$ AR  
01:00 | Exercise \$\$ AR  
02:00 | Bingo DR  
Sponsored by Nature Trail  
03:00 | Country Store CS

**11**  
09:30 | Exercise \$\$ AR  
01:00 | Board Games AR

**12**  
09:00 | Mobile Activity EB  
Cart-puzzles & activity packets  
12:00 | Independent TV EB  
of Choice  
03:00 | Country Store CS

Please remember to wear your mask when outside of your apartment.

Spring clocks ahead 1 hour  
**13**  
09:00 | Channel 3 "In Touch" EB  
12:00 | Independent TV EB  
of Choice  
06:30 | Bible Study with Roger AR

**14**  
09:30 | Exercise \$\$ AR  
02:00 | Bingo DR

**15**  
09:30 | Exercise \$\$ AR  
03:00 | Country Store CS

Night of Purim  
**16**  
09:30 | Exercise \$\$ AR  
03:00 | Music Games AR  
06:30 | Bible Study with Curt AR

St. Patrick's Day / Purim  
**17**  
09:00 | Exercise \$\$ AR  
02:00 | St Patrick's Day Party & Bingo DR  
02:00 | Find the Shamrock! DR  
03:00 | Country Store CS

**18**  
09:30 | Exercise \$\$ AR  
01:00 | Exercise \$\$ AR  
03:00 | Board Games AR  
06:30 | Movie Night DR

**19**  
09:00 | Mobile Activity EB  
Cart-puzzles & activity packets  
12:00 | Independent TV EB  
of Choice  
03:00 | Country Store CS

1st Day of Spring!  
**20**  
09:00 | Channel 3 "In Touch" EB  
12:00 | Independent TV EB  
of Choice  
06:30 | Bible Study with Roger AR

**21**  
09:30 | Exercise \$\$ AR  
02:00 | Poetry Day-share your favorite Poem DR

**22**  
09:30 | Exercise \$\$ AR  
01:30 | Resident Council Meeting DR  
03:00 | Country Store CS

**23**  
09:30 | Exercise \$\$ AR  
01:00 | Exercise \$\$ AR  
03:00 | Puzzles AR  
06:30 | Bible Study with Curt AR

**24**  
09:30 | Exercise \$\$ AR  
10:00 | Crosswords AR  
02:00 | Bingo \$\$ DR  
03:00 | Country Store CS

**25**  
09:30 | Exercise \$\$ AR  
01:00 | Exercise \$\$ AR  
03:00 | Games AR

**26**  
09:00 | Mobile Activity EB  
Cart-puzzles & activity packets  
12:00 | Independent TV EB  
of Choice  
03:00 | Country Store CS

**27**  
09:00 | Channel 3 "In Touch" EB  
12:00 | Independent TV EB  
of Choice  
06:30 | Bible Study with Roger AR

**28**  
09:30 | Exercise \$\$ AR  
02:00 | Bingo DR

**29**  
09:30 | Exercise \$\$ AR  
02:00 | Color for Easter AR  
03:00 | Country Store CS

**30**  
09:30 | Exercise \$\$ AR  
02:00 | Exercise \$\$ AR  
06:30 | Bible Study with Curt AR

**31**  
09:30 | Exercise \$\$ AR  
02:00 | Bingo \$\$ DR  
03:00 | Country Store CS

