



If you would like an activity/service not reflected on the calendar, please see the RSC/Administrator.

All activities & locations are subject to change:

Monthly wellness checks 1st thru the 7th

FEBRUARY 2023

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Dimensions of Wellness

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

Meeting Places

- ACT** Activity Room
- O** Outing
- L** Lobby
- OS** Outside
- B** Bistrol
- S** Store
- AR** Art Room
- 3rd** Heritage Woods Theater 3rd Floor
- RTR** Room to Room
- Dr** Dining Room
- LB** Library
- AC** Around the Community



	<p><u>Open to the public</u></p> <p>Feb 13 2pm Valentine Party</p> <p>Feb 13 6pm Valentine Family Bingo</p> <p>Feb 26 9:30am Hot Chocolate Bar</p>		<p><b>01</b></p> <p>10:00  Let's Play Trash (cards) <b>ACT</b></p> <p>12:45  Walmart (Sign up) <b>O</b></p> <p>06:30  Wheel of Fortune/TV <b>L</b></p>	<p><b>02</b></p> <p>All Day  Doctor's Appointments</p> <p>10:00  Groundhog wood searches &amp; Puzzles <b>ACT</b></p> <p>03:00  Senior Steppers <b>OS</b></p> <p>05:30  Music with Larry <b>B</b></p> <p>06:00  Sing-along with Friends <b>ACT</b></p>	<p><b>03</b></p> <p>08:30  Coffee &amp; Donuts with Friends <b>ACT</b></p> <p>10:00  Country Store <b>S</b></p> <p>01:15  Sittercise <b>ACT</b></p> <p>02:00  Bingo <b>ACT</b></p> <p>06:30  Wheel of Fortune/TV <b>L</b></p>	<p><b>04</b></p> <p>09:00  iN2L Bible Study with Friends <b>AR</b></p> <p>10:00  Heriage Woods Weekend Puzzle Packets <b>ACT</b></p> <p>02:00  Sing-along with Friends <b>ACT</b></p> <p>05:30  Resident Choice "Movie" <b>3rd</b></p>
<p><b>05</b></p> <p>07:00  Cathoic Mass/TV CH 3 <b>RTR</b></p> <p>11:00  Church Services /TV Ch 11 <b>ACT</b></p> <p>03:00  Senior Steppers <b>L</b></p>	<p><b>06</b></p> <p>10:00  Who What Where Trivia <b>ACT</b></p> <p>02:00  Baking Buddies <b>ACT</b></p> <p>06:30  Wheel of Fortune/TV <b>L</b></p>	<p><b>07</b></p> <p>10:00  Country Store <b>S</b></p> <p>01:00  Sittercise <b>ACT</b></p> <p>01:30  Bingo <b>ACT</b></p> <p>03:30  Show Place Cinema's <b>O</b></p>	<p><b>08</b></p> <p>10:30  The Rooster's Den <b>O</b></p> <p>02:30  February Birthday Bash <b>ACT</b></p> <p>06:30  Wheel of Fortune/TV <b>L</b></p>	<p><b>09</b></p> <p>All Day  Doctor's Appointments</p> <p>10:00  Adult Coloring <b>ACT</b></p> <p>03:00  Senior Steppers <b>OS</b></p> <p>06:00  Sing-along with Friends <b>ACT</b></p>	<p><b>10</b></p> <p>10:00  Country Store <b>S</b></p> <p>01:15  Sittercise <b>ACT</b></p> <p>02:00  Bingo <b>ACT</b></p> <p>06:30  Wheel of Fortune/TV <b>L</b></p>	<p><b>11</b></p> <p>09:00  iN2L Bible Study with Friends <b>AR</b></p> <p>10:00  Heriage Woods Weekend Puzzle Packets <b>ACT</b></p> <p>02:00  Sing-Along with Friends <b>ACT</b></p> <p>05:30  Resident Choice "Movie" <b>3rd</b></p>
<p><b>12</b></p> <p>07:00  Cathoic Mass/TV CH 3 <b>RTR</b></p> <p>11:00  Church Services /TV Ch 11 <b>ACT</b></p> <p>03:00  Senior Steppers <b>L</b></p>	<p><b>13</b></p> <p>10:00  Resident Council <b>ACT</b></p> <p>02:00  Valentine's Day Party <b>Dr</b></p> <p>06:00  Valentine Family Bingo <b>Dr</b></p>	<p><b>14</b> Valentine's Day</p> <p>10:00  Country Store <b>S</b></p> <p>12:30  Sharon Elementary 5th Grade Choir <b>Dr</b></p> <p>01:15  Sittercise <b>ACT</b></p> <p>02:00  Family Feud with Friends <b>ACT</b></p>	<p><b>15</b></p> <p>10:00  February Crafts <b>ACT</b></p> <p>12:30  Meijer Grocery Store <b>O</b></p> <p>06:30  Wheel of Fortune/TV <b>L</b></p>	<p><b>16</b></p> <p>All Day  Doctor's Appointments</p> <p>10:00  Puzzles ,word searches with friends <b>ACT</b></p> <p>03:00  Senior Steppers <b>OS</b></p> <p>06:00  Sing-along with Friends <b>ACT</b></p>	<p><b>17</b></p> <p>09:30  Health Pro -Heritage <b>ACT</b></p> <p>10:00  Country Store <b>S</b></p> <p>01:15  Sittercise <b>ACT</b></p> <p>02:00  Bingo <b>ACT</b></p> <p>06:30  Wheel of Fortune/TV <b>L</b></p>	<p><b>18</b></p> <p>09:00  iN2L Bible Study with Friends <b>AR</b></p> <p>10:00  Heriage Woods Weekend Puzzle Packets <b>ACT</b></p> <p>02:00  Sing Along with Friends <b>ACT</b></p> <p>05:30  Resident Choice "Movie" <b>3rd</b></p>
<p><b>19</b></p> <p>07:00  Cathoic Mass/TV CH 3 <b>RTR</b></p> <p>11:00  Church Services /TV Ch 11 <b>ACT</b></p> <p>03:00  Senior Steppers <b>L</b></p>	<p><b>20</b> Washington's Birthday</p> <p>09:00  Golden Coral <b>O</b></p> <p>02:00  4 Girls and a Song <b>ACT</b></p> <p>03:00  Love in the Air Trivia <b>ACT</b></p> <p>06:30  Wheel of Fortune/TV <b>L</b></p>	<p><b>21</b></p> <p>10:00  Country Store <b>S</b></p> <p>01:15  Sittercise <b>ACT</b></p> <p>02:00  Bingo <b>ACT</b></p> <p>06:30  Wheel of Fortune/TV <b>L</b></p>	<p><b>22</b></p> <p>10:00  Keno <b>ACT</b></p> <p>12:30  Walmart (Sign up) <b>L</b></p> <p>05:30  Happy Hour with Friends <b>ACT</b></p> <p>06:30  Wheel of Fortune/TV <b>L</b></p>	<p><b>23</b></p> <p>All Day  Doctor's Appointments</p> <p>10:00  Puzzles ,word searches with friends <b>ACT</b></p> <p>03:00  Senior Steppers <b>OS</b></p> <p>06:00  Sing-along with Friends <b>ACT</b></p>	<p><b>24</b></p> <p>10:00  Country Store <b>S</b></p> <p>01:15  Sittercise <b>ACT</b></p> <p>02:00  Bingo <b>ACT</b></p> <p>05:30  Ice-Ceam Social <b>ACT</b></p> <p>06:30  Wheel of Fortune/TV <b>L</b></p>	<p><b>25</b></p> <p>09:00  iN2L Bible Study with Friends <b>AR</b></p> <p>10:00  Heriage Woods Weekend Puzzle Packets <b>ACT</b></p> <p>01:00  Dollar Tree or Olie's Bargan Hunt <b>ACT</b></p> <p>02:00  Sing Along with Friends <b>ACT</b></p> <p>05:30  Resident Choice "Movie" <b>3rd</b></p>
<p><b>26</b></p> <p>07:00  Cathoic Mass/TV CH 3 <b>RTR</b></p> <p>09:30  Hot Chocolate Bar <b>B</b></p> <p>11:00  Church Services /TV Ch 11 <b>ACT</b></p> <p>03:00  Senior Steppers <b>L</b></p>	<p><b>27</b></p> <p>10:00  Check out a Book (Library 2nd Floor) <b>LB</b></p> <p>12:00  Wheel of Fortune/TV <b>L</b></p> <p>02:00  Senior Steppers (Independent walking) <b>AC</b></p> <p>06:30  Wheel of Fortune/TV <b>L</b></p>	<p><b>28</b></p> <p>10:00  Country Store <b>S</b></p> <p>01:15  Sittercise <b>ACT</b></p> <p>02:00  Bingo <b>ACT</b></p> <p>06:30  Wheel of Fortune/TV <b>L</b></p>				