



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 2024

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Dimensions of Wellness

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

Meeting Places

- S Store
- O Outing
- ACT Activity Room
- AC Around the Community
- L Lobby
- AR Art Room
- 3rd Heritage Woods Theater 3rd Floor
- AR Art Room (2nd Floor)
- B Bistrol
- Dr Dining Room



		February 13 ,11 am Mardi Gras Luncheon ,DR February 14, 10 am Hot Chocolate Bar, Bistro		01 All Day Doctor's Appointments 2:00 Puzzles ,word searches with friends 5:30 "Sing-along with Friends" Choir Group	02 8:30 Coffee & Donuts with Friends 10:15 Catholic Services 1:15 Sittercise 2:00 Bingo 3:15 Country Store	03 2:00 Bible Study with Friends 3:00 Senior Steppers (Independent walking) 5:30 Resident Choice "Movie"(Friends)
04 10:00 Catholic Services 11:00 Church Services /TV Ch 11 3:00 Senior Steppers with Friends	05 10:45 Friendship Diner 1:30 Walmart (Sign up) 3:00 Senior Steppers (Independent walking) 5:45 Keno Night	06 10:00 Bible Study 10:00 Country Store 1:15 Sittercise 2:00 Bingo 5:30 Singing with Friends Choir Group	07 10:00 Lets Play the Price is Right 2:00 Crafts 6:30 Wheel of Fortune/TV	08 All Day Doctor's Appointments 2:00 Puzzles ,word searches with friends 5:30 "Sing-along with Friends" Choir Group	09 10:15 Catholic Services 1:15 Sittercise 2:00 Bingo 3:15 Country Store	10 1:00 Kohl's 2:00 Bible Study with Friends 3:00 Senior Steppers (Independent walking) 5:30 Resident Choice "Movie"(Friends)
11 10:00 Catholic Services 11:00 Church Services /TV Ch 11 1:00 Pick up your Super Bowl Snacks 3:00 Senior Steppers with Friends	12 10:00 Senior Steppers (Independent walking) 2:00 Games with Friends (Independent) 6:30 Wheel of Fortune/TV	13 10:00 Bible Study 10:00 Country Store 11:00 Mardi Gras Luncheon 1:15 Sittercise 2:00 Bingo 5:30 Singing with Friends Choir Group	14 Valentine's Day 10:00 Hot Chocolate Bar 2:00 Valentine's Day Party 4:00 Senior Steppers (Independent walking) 6:30 Wheel of Fortune/TV	15 All Day Doctor's Appointments 2:00 Puzzles ,word searches with friends 5:30 "Sing-along with Friends" Choir Group	16 9:30 Health Pro -Heritage Talk 10:15 Catholic Services 1:15 Sittercise 2:00 Heart Bingo 3:15 Country Store	17 2:00 Bible Study with Friends 3:00 Senior Steppers (Independent walking) 5:30 Resident Choice "Movie"(Friends)
18 10:00 Catholic Services 11:00 Church Services /TV Ch 11 3:00 Senior Steppers with Friends	19 President's Day 9:45 President Day Trivia 10:45 Azzip Pizza 2:00 4 Girls and a Song 6:30 Wheel of Fortune/TV	20 10:00 Bible Study 10:00 Country Store 1:15 Sittercise 2:00 Bingo 5:30 Singing with Friends Choir Group	21 10:00 Let's Play Jeopardy 2:00 February Birthday Bash 6:30 Wheel of Fortune/TV	22 All Day Doctor's Appointments 2:00 Puzzles ,word searches with friends 3:00 Log Inn- Dinner & Bingo (See Dawn by Feb 2nd) 5:30 "Sing-along with Friends" Choir Group	23 10:00 Country Store 10:15 Catholic Services 1:00 JcPenny's 6:30 Wheel of Fortune/TV	24 2:00 Bible Study with Friends 3:00 Senior Steppers (Independent walking) 5:30 Resident Choice "Movie"(Friends)
25 10:00 Catholic Services 11:00 Church Services /TV Ch 11 3:00 Senior Steppers with Friends	26 10:00 Walmart (Sign up) 2:00 Individually Singing 3:00 Bible Warriors 6:30 Wheel of Fortune / TV	27 10:00 Bible Study 10:00 Country Store 2:00 Hot Chocolate Bar &Cookies 5:30 Singing with Friends Choir Group	28 10:00 Trivia Time 2:00 Resident Council 6:00 Family Bingo 6:30 Wheel of Fortune/TV	29 All Day Doctor's Appointments 2:00 Puzzles ,word searches with friends 5:30 "Sing-along with Friends" Choir Group	February 14 2pm ,DR Valentine Party February 27 , 2pm ,Bistro Hot Chocolate Bar & cookies February 28 , 6pm Family Bingo	