

All activities & locations are subject to change:

Monthly wellness checks 1st thru the 7th



FRIDAY

FEBRUARY 2024 WEDNESDAY SUNDAY **MONDAY TUESDAY THURSDAY**

Dimensions of Wellness

Difficition of
🎢 Physical
Emotional
Spiritual
Environmental
Vocational
Social
Intellectual

Meeting Places Store

Bistrol

Dining Room

Outing Activity Room Around the Community Lobby AR Art Room Heritage Woods Theater 3rd Floor Art Room (2nd Floor)





BEMINE	Happy Valentine's Day
	Pay bay

AR

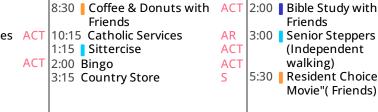
AR



February 13,11 am Mardi Gras Luncheon, DR February 14, 10 am Hot Chocolate Bar, Bistro







09

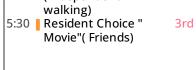
02

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



03

10



SATURDAY

ACT

AC

ACT

AC

3rd

04

10:00 Catholic Services 11:00 Church Services /TV ACT Ch 11

3:00 | Senior Steppers with | L Friends

10:45 | Friendship Diner 1:30 Walmart (Sign up) 3:00 Senior Steppers (Independent walking) 5:45 Keno Night

10:00 Bible Study 10:00 | Country Store AC 1:15 | Sittercise 2:00 | Bingo ACT 5:30 Singing with Friends

06

13

Choir Group

07 10:00 Lets Play the Price is ACT All Day Doctor's Right 2:00 Crafts ACT AC1

6:30 Wheel of Fortune/TV

Appointments ACT 2:00 Puzzles ,word searches AC with friends 5:30 "Sing-along with Friends" Choir Group

10:15 Catholic Services 1:15 | Sittercise 2:00 Bingo 3:15 Country Store

1:00 | Kohl's 0 ACT 2:00 Bible Study with **ACT** Friends 3:00 | Senior Steppers AC (Independent walking) 5:30 Resident Choice " 3rd

Movie"(Friends)

10:00 Catholic Services 11:00 Church Services /TV ACT Ch 11 1:00 | Pick up your Super

Bowl Snacks 3:00 | Senior Steppers with | L Friends

10:00 | Senior Steppers

(Independent walking) 2:00 Games with Friends (Independent) 6:30 | Wheel of Fortune/TV

10:00 Bible Study 10:00 | Country Store 11:00 Mardi Gras Luncheon 1:15 | Sittercise

Dr 2:00 | Bingo 5:30 | Singing with Friends Choir Group

Valentine's Day 10:00 Hot Chocolate Bar

2:00 | Valentine's Day Party Dr 4:00 Senior Steppers (Independent walking) 6:30 | Wheel of Fortune/TV

15

08

All Day Doctor's Appointments 2:00 Puzzles ,word searches AC with friends 5:30 "Sing-along with Friends" Choir Group

16 9:30 | Health Pro -Heritage

10:15 Catholic Services 1:15 Sittercise **ACT** 2:00 Heart Bingo 3:15 Country Store 5:30 Resident Choice "

17 ACT 2:00 Bible Study with Friends AR 3:00 | Senior Steppers (Independent walking)

25

Ch 11

Friends

10:00 Catholic Services 11:00 Church Services /TV ACT

3:00 | Senior Steppers with | L Friends

President's Day

AR 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 ACT 1:15 | Sittercise 2:00 | Bingo 5:30 | Singing with Friends

Choir Group

10:00 Let's Play Jeopardy 2:00 February Birthday ACT Bash 6:30 | Wheel of Fortune/TV **ACT**

All Day Doctor's Appointments 2:00 Puzzles ,word searches AC with friends 3:00 Log Inn- Dinner & Bingo (See Dawn by

Feb 2nd)

5:30 "Sing-along with

23

ACT

10:00 Country Store 10:15 Catholic Services 1:00 JcPenny's 6:30 | Wheel of Fortune/TV 24

2:00 Bible Study with **ACT** AR Friends 3:00 Senior Steppers AC (Independent walking) 5:30 Resident Choice " 3rd Movie"(Friends)

Movie"(Friends)

10:00 Catholic Services AR 11:00 Church Services /TV AC 3:00 | Senior Steppers with | L

10:00 | Walmart (Sign up) 2:00 Individually Singing 3:00 Bible Warriors

TV

Wheel of Fortune /

10:00 Bible Study 10:00 Country Store 2:00 Hot Chocolate Bar &Cookies 5:30 | Singing with Friends ACT

Choir Group

28 В

10:00 | Trivia Time 2:00 | Resident Council 6:00 | Family Bingo 6:30 | Wheel of Fortune/TV 29

ACT

Dr

ACT All Day Doctor's Appointments 2:00 Puzzles ,word searches AC with friends 5:30 "Sing-along with Friends" Choir Group

Friends" Choir Group

February 14 2pm ,DR Valentine Party

February 27, 2pm, Bistro Hot Chocolate Bar & cookies

February 28,6pm Family Bingo

