

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



HAPPY NEW YEAR



All activities & locations are subject to change:

Monthly wellness checks 1st thru the 7th



Dimensions of Wellness

- Physical
- Spiritual
- Social
- Intellectual
- Nutritional
- Purposeful

Meeting Places

- RTR** Room to Room
- ACT** Activity Room
- Dr** Dining Room
- L** Lobby
- FL** Front Lobby
- 3rd** Heritage Woods Theater
- AD** All Day
- S** Store

Please remember to check the daily sign up sheets for walking and sitting outdoors. The sign up sheet is necessary at this time to assist in maintaining the required 6ft social distance requirement. Please wear your mask whenever you are out of your apartment. Thank you for your patience at this time!

<p>Jan 31</p> <p>07:00 Catholic Mass/TV CH 3 RTR 09:00 Christian Program / TV Ch 17 AD 02:00 Crossword Puzzlers FL 05:45 Senior Steppers/ Stay 6ft a part L</p>					<p>01 New Year's Day</p> <p>12:00 Country Store/Mobile Store RTR 02:00 Move "Resident Choice" 3rd 06:30 Wheel of Fortune/TV RTR</p>	<p>02</p> <p>09:00 Heritage Woods Weekend Puzzle Packets RTR 10:00 Senior Steppers /Stay 6 feet apart AD 02:00 Resident Choice "Movie" 3rd</p>
<p>03</p> <p>07:00 Catholic Mass/TV CH 3 RTR 09:00 Christian Program / TV Ch 17 AD 02:00 Word Seachers L 05:45 Senior Steppers/ Stay 6ft a part L</p>	<p>04</p> <p>10:30 Sittercise ACT 02:00 Let's Play Keno ACT 06:30 Wheel of Fortune/TV RTR</p>	<p>05</p> <p>12:30 Country Store Mobile Cart S 02:00 Bingo ACT 05:30 Senior Steppers/Stay 6 Feet apart L 06:30 Wheel of Fortune/TV RTR</p>	<p>06</p> <p>10:30 Sittercise ACT 12:45 Menu Chat Dr 03:00 January Hangman ACT 06:30 Wheel of Fortune/TV RTR</p>	<p>07</p> <p>10:00 Hot Chocolate Mobile Cart RTR 02:00 Exercise/ Brain Teaser ACT 05:30 Senior Steppers/Stay 6 Feet apart L 06:30 Wheel of Fortune/TV RTR</p>	<p>08</p> <p>10:30 Sittercise ACT 12:30 Country Store RTR 01:30 Bingo ACT 03:00 Resident & Family Information Meeting ACT 06:30 Wheel of Fortune/TV RTR</p>	<p>09</p> <p>09:00 Heritage Woods Weekend Puzzle Packets RTR 10:00 Senior Steppers /Stay 6 feet apart AD 02:00 Resident Choice "Movie" 3rd</p>
<p>10</p> <p>07:00 Catholic Mass/TV CH 3 RTR 09:00 Christian Program / TV Ch 17 AD 02:00 Crossword Puzzles L 05:45 Senior Steppers/ Stay 6ft a part L</p>	<p>11</p> <p>10:30 Sittercise ACT 02:00 Resident Council ACT 03:00 Who ,What and When Trivia ACT 06:30 Wheel of Fortune/TV RTR</p>	<p>12</p> <p>12:30 Country Store Mobile Cart S 02:00 Bingo ACT 05:30 Senior Steppers/Stay 6 Feet apart L 06:30 Wheel of Fortune/TV RTR</p>	<p>13</p> <p>10:30 Sittercise ACT 02:00 Freezer Treats Delivery RTR 06:30 Wheel of Fortune/TV RTR</p>	<p>14</p> <p>02:00 Exercise/ Brain Teaser ACT 05:30 Senior Steppers/Stay 6 Feet apart L 06:30 Wheel of Fortune/TV RTR</p>	<p>15</p> <p>10:30 Sittercise ACT 12:30 Country Store RTR 01:30 Bingo ACT 03:00 Resident & Family Information Meeting ACT 06:30 Wheel of Fortune/TV RTR</p>	<p>16</p> <p>09:00 Heritage Woods Weekend Puzzle Packets RTR 10:00 Senior Steppers /Stay 6 feet apart AD 02:00 Resident Choice "Movie" 3rd</p>
<p>17</p> <p>07:00 Catholic Mass/TV CH 3 RTR 09:00 Christian Program / TV Ch 17 AD 02:00 Word Seachers L 05:45 Senior Steppers/ Stay 6ft a part L</p>	<p>18 Birthday of Martin Luther King, Jr.</p> <p>10:00 Senior Steppers/ Stay 6ft a part L 02:00 Martin Luther King ,JR. History /Trivia L 06:30 Wheel of Fortune/TV RTR</p>	<p>19</p> <p>12:30 Country Store Mobile Cart S 02:00 Bingo ACT 05:30 Senior Steppers/Stay 6 Feet apart L 06:30 Wheel of Fortune/TV RTR</p>	<p>20</p> <p>10:30 Sittercise ACT 06:30 Wheel of Fortune/TV RTR</p>	<p>21</p> <p>01:30 Health Pro Rehab "Brain Fitness" ACT 02:00 Exercise/ Brain Teaser ACT 05:30 Senior Steppers/Stay 6 Feet apart L 06:30 Wheel of Fortune/TV RTR</p>	<p>22</p> <p>10:30 Sittercise ACT 12:30 Country Store/Mobile Store RTR 01:30 Bingo ACT 03:00 Resident & Family Information Meeting ACT 06:30 Wheel of Fortune/TV RTR</p>	<p>23</p> <p>09:00 Heritage Woods Weekend Puzzle Packets RTR 10:00 Senior Steppers /Stay 6 feet apart AD 02:00 Resident Choice "Movie" 3rd</p>
<p>24</p> <p>07:00 Catholic Mass/TV CH 3 RTR 09:00 Christian Program / TV Ch 17 AD 02:00 Word Search Puzzles FL 05:45 Senior Steppers/ Stay 6ft a part L</p>	<p>25</p> <p>10:30 Sittercise ACT 02:00 Making Jewelry ACT 06:30 Wheel of Fortune/TV RTR</p>	<p>26</p> <p>12:30 Country Store/Mobile Store S 02:00 Bingo ACT 05:30 Senior Steppers/Stay 6 Feet apart L 06:30 Wheel of Fortune/TV RTR</p>	<p>27</p> <p>10:00 Cooking Demo with the Chef Dr 03:00 Let's Play Yahtzee (Bring your Dice) ACT 06:30 Wheel of Fortune/TV RTR</p>	<p>28</p> <p>02:00 Exercise/ Brain Teaser ACT 05:30 Senior Steppers/Stay 6 Feet apart L 06:30 Wheel of Fortune/TV RTR</p>	<p>29</p> <p>10:30 Sittercise ACT 12:30 Country Store/Mobile Store RTR 01:30 Bingo ACT 03:00 Resident & Family Information Meeting ACT 06:30 Wheel of Fortune/TV RTR</p>	<p>30</p> <p>09:00 Heritage Woods Weekend Puzzle Packets RTR 10:00 Senior Steppers /Stay 6 feet apart AD 02:00 Resident Choice "Movie" 3rd</p>