

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

# VALENTINE'S DAY

FEBRUARY 2021

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



**Dimensions of Wellness**

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

**Meeting Places**

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

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!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>01</b> 10:30 Exercise & Brain Teaser ACT 02:00 Turnover (Bring your Cards) ACT 06:30 Wheel of Fortune/TV RTR	<b>02</b> 10:30 Country Store/Mobile Store S 01:15 Groundhog Trivia ACT 02:00 Bingo ACT 03:45 Country Store/ Mobile Cart S 06:30 Wheel of Fortune/TV RTR	<b>03</b> 10:30 Exercise & Brain Teaser ACT 12:45 Menu Chat ACT 02:00 Valentine Craft's ACT 06:30 Wheel of Fortune/TV RTR	<b>04</b> All Day Doctor's Appointments 10:30 Join a friend Adult Coloring ACT 02:00 Zoom with Family & Friends (Contact Activities 24hrs in advance) ACT 05:30 Senior Steppers/Stay 6 Feet apart L	<b>05</b> 10:30 Country Store/Mobile Store S 01:30 Bingo ACT 03:00 Family & Resident Information Meeting ACT 06:30 Wheel of Fortune/TV RTR	<b>06</b> 09:00 Heritage Woods Weekend Puzzle Packets RTR 10:00 Senior Steppers /Stay 6 feet apart AD 02:00 Resident Choice "Movie" 3rd
<b>07</b> 07:00 Catholic Mass/TV CH 3 RTR 09:00 Christian Program / TV Ch 17 AD 05:00 Super Bowl (Tailgate Party to go) ACT 05:45 Senior Steppers/ Stay 6ft a part L	<b>08</b> 10:30 Exercise/Brain Teaser ACT 01:45 Resident Council ACT 02:30 Bunco ACT 06:30 Wheel of Fortune/TV RTR	<b>09</b> 10:30 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	<b>10</b> 10:30 Adult Coloring/Painting ACT 02:00 Lets Play Wii ACT 06:30 Wheel of Fortune/TV RTR	<b>11</b> All Day Doctor's Appointments 10:30 Join a friend Adult Coloring ACT 02:00 Zoom with Family & Friends (Contact Activities 24hrs in advance) ACT 05:30 Senior Steppers /Stay 6 feet apart L	<b>12</b> 10:30 Country Store/Mobile Store S 01:30 Bingo ACT 03:00 Family & Resident Information Meeting ACT 06:30 Wheel of Fortune/TV RTR	<b>13</b> 09:00 Heritage Woods Weekend Puzzle Packets RTR 10:00 Senior Steppers /Stay 6 feet apart AD 02:00 Resident Choice "Movie" 3rd
<b>14 Valentine's Day</b> 07:00 Catholic Mass/TV CH 3 RTR 09:00 Christian Program / TV Ch 17 AD 02:00 Valentine Party ACT 05:45 Senior Steppers/ Stay 6ft a part L	<b>15 Washington's Birthday</b> 10:30 Exercise & President Trivia ACT 02:00 Yahtzee (Bring your Dice ) ACT 06:30 Wheel of Fortune/TV RTR	<b>16</b> 10:30 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	<b>17</b> 10:30 Mobile Fruit Cart RTR 02:00 Game Choice ACT 06:30 Wheel of Fortune/TV RTR	<b>18</b> All Day Doctor's Appointments 10:30 Join a friend Adult Coloring ACT 01:30 Health Pro Rehab "Active Aging"with Briana ACT 02:00 Zoom with Family & Friends (Contact Activities 24hrs in ACT)	<b>19</b> 10:30 Country Store /Mobile Cart S 01:30 Bingo ACT 03:00 Family & Resident Information Meeting ACT 06:30 Wheel of Fortune/TV RTR	<b>20</b> 09:00 Heritage Woods Weekend Puzzle Packets RTR 10:00 Senior Steppers /Stay 6 feet apart AD 02:00 Resident Choice "Movie" 3rd
<b>21</b> 07:00 Catholic Mass/TV CH 3 RTR 09:00 Christian Program / TV Ch 17 AD 05:45 Senior Steppers/ Stay 6ft a part L	<b>22</b> 10:30 Exercise & Hangman ACT 02:00 Game Choice ACT 02:00 Hot Chocolate Mobile Cart RTR 06:30 Wheel of Fortune/TV RTR	<b>23</b> 10:30 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	<b>24</b> 10:00 Cooking demo with the Chef ACT 02:00 Keno ACT 06:30 Wheel of Fortune/TV RTR	<b>25</b> All Day Doctor's Appointments 10:30 Join a friend Adult Coloring ACT 02:00 Zoom with Family & Friends (Contact Activities 24hrs in advance) ACT 05:30 Senior Steppers/Stay 6 Feet apart L	<b>26</b> 10:30 Country Store /Mobile Cart S 01:30 Bingo ACT 03:00 Family & Resident Information Meeting ACT 06:30 Wheel of Fortune/TV RTR	<b>27</b> 09:00 Heritage Woods Weekend Puzzle Packets RTR 10:00 Senior Steppers /Stay 6 feet apart AD 02:00 Resident Choice "Movie" 3rd
<b>28</b> 07:00 Catholic Mass/TV CH 3 RTR 09:00 Christian Program / TV Ch 17 AD 05:45 Senior Steppers/ Stay 6ft a part L						Doctors' appointments: Thursday Only: 9am- 3:30pm