

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

HAPPY EASTER

APRIL 2021

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Dimensions of Wellness

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

Meeting Places

- ACT** Activity Room
- Dr** Dining Room
- RTR** Room to Room
- S** Store
- AR** Art Room
- L** Lobby
- AD** All Day
- O** Outing
- OS** Outside

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>Easter Extravaganza Drive thru from 3-5 (Watch Heritage Woods Facebook for details)</p>				<p>01 All Day █ Doctor's Appointments 10:30 █ April Fools' Day Puzzels (Self) ACT 02:00 █ Zoom with Family & Friends (Contact Activities 24hrs in advance) RTR 06:30 █ Wheel of Fortune/TV RTR</p>	<p>02 10:30 █ Country Store /Mobile Cart S 01:30 █ Bingo Dr 03:00 █ Resident & Family Information Meeting ACT 03:00 █ Resident & Family Information Meeting ACT 06:30 █ Wheel of Fortune/TV RTR</p>	<p>03 09:00 █ Heriage Woods Weekend Puzzle Packets AR 10:00 █ Coloring Easter Eggs ACT 02:00 █ Easter Cookie Decorating Class ACT 03:30 █ Senior Steppers /Stay 6 feet apart L</p>
<p>04 Easter 07:00 █ Cathoic Mass/TV CH 3 RTR 09:00 █ Christian Program / TV Ch 17 AD 10:00 █ Visit with Families & Friends AD 02:00 █ Sittercise (Self) RTR</p>	<p>05 10:30 █ Let's Play Scrambled Eggs ACT 02:00 █ Who ,What ,When ACT 03:30 █ Sittercise ACT 06:30 █ Wheel of Fortune/TV RTR</p>	<p>06 10:30 █ Country Store/Mobile Cart RTR 02:00 █ Bingo Dr 06:30 █ Wheel of Fortune/TV RTR</p>	<p>07 10:00 █ Lets Plat Keno ACT 01:00 █ Menu Chat Dr 02:00 █ Dollar Store(Sign up in advance) O 06:30 █ Wheel of Fortune/TV RTR</p>	<p>08 All Day █ Doctor's Appointments 10:30 █ Adult Coloring ACT 02:00 █ Zoom with Family & Friends (Contact Activities 24hrs in advance) RTR 06:30 █ Wheel of Fortune/TV RTR</p>	<p>09 10:30 █ Country Store /Mobile Cart S 02:00 █ Bingo Dr 06:30 █ Wheel of Fortune/TV RTR</p>	<p>10 09:00 █ Heriage Woods Weekend Puzzle Packets ACT 02:00 █ Resident Choice " Movie" RTR 03:30 █ Senior Steppers /Stay 6 feet apart L</p>
<p>11 07:00 █ Cathoic Mass/TV CH 3 RTR 09:00 █ Christian Program / TV Ch 17 AD 02:00 █ Sittercise (Self) RTR</p>	<p>12 10:00 █ Donuts to go OS 02:00 █ Resident Council ACT 02:45 █ Crafts Sun Catchers ACT 06:30 █ Wheel of Fortune/TV RTR</p>	<p>13 10:30 █ Country Store/Mobile Cart RTR 02:00 █ Bingo Dr 06:30 █ Wheel of Fortune/TV RTR</p>	<p>14 10:00 █ Lets Play WII ACT 01:30 █ Walmart (Sign up in advance) O 06:30 █ Wheel of Fortune/TV RTR</p>	<p>15 All Day █ Doctor's Appointments 01:30 █ Health Pro Rehab ACT 02:00 █ Zoom with Family & Friends (Contact Activities 24hrs in advance) RTR 06:30 █ Wheel of Fortune/TV RTR</p>	<p>16 10:30 █ Country Store /Mobile Cart S 01:30 █ Bingo Dr 03:00 █ Resident & Family Information Meeting ACT 06:30 █ Wheel of Fortune/TV RTR</p>	<p>17 09:00 █ Heriage Woods Weekend Puzzle Packets ACT 02:00 █ Resident Choice " Movie" RTR 03:30 █ Senior Steppers /Stay 6 feet apart L</p>
<p>18 07:00 █ Cathoic Mass/TV CH 3 RTR 09:00 █ Christian Program / TV Ch 17 AD 02:00 █ Sittercise (Self) RTR</p>	<p>19 10:30 █ Lets Play Family Feud OS 02:00 █ Name that Tune ACT 03:30 █ Sittercise ACT 06:30 █ Wheel of Fortune/TV RTR</p>	<p>20 10:30 █ Country Store/Mobile Cart RTR 12:00 █ Bingo Dr 06:30 █ Wheel of Fortune/TV RTR</p>	<p>21 10:30 █ Sittercise ACT 01:30 █ Walmart (Sign up in advance) O 06:30 █ Wheel of Fortune/TV RTR</p>	<p>22 All Day █ Doctor's Appointments 02:00 █ Word Puzzels ACT 02:00 █ Zoom with Family & Friends (Contact Activities 24hrs in advance) RTR 06:30 █ Wheel of Fortune/TV RTR</p>	<p>23 10:30 █ Country Store /Mobile Cart S 02:00 █ Bingo Dr 06:30 █ Wheel of Fortune/TV RTR</p>	<p>24 09:00 █ Heriage Woods Weekend Puzzle Packets ACT 02:00 █ Resident Choice " Movie" RTR 03:30 █ Senior Steppers /Stay 6 feet apart L</p>
<p>25 07:00 █ Cathoic Mass/TV CH 3 RTR 09:00 █ Christian Program / TV Ch 17 AD 02:00 █ Sittercise (Self) RTR</p>	<p>26 10:30 █ Pato Chatters OS 02:00 █ Game Choice ACT 03:30 █ Sittercise ACT 06:30 █ Wheel of Fortune/TV RTR</p>	<p>27 10:30 █ Country Store/Mobile Cart RTR 02:00 █ Bingo Dr 06:30 █ Wheel of Fortune/TV RTR</p>	<p>28 10:00 █ Cooking Demo with the Chef Dr 02:00 █ Brain Teaser ACT 03:30 █ Sittercise ACT 06:30 █ Wheel of Fortune/TV RTR</p>	<p>29 All Day █ Doctor's Appointments 02:00 █ Word searches ACT 02:00 █ Zoom with Family & Friends (Contact Activities 24hrs in advance) RTR 06:30 █ Wheel of Fortune/TV RTR</p>	<p>30 10:30 █ Country Store /Mobile Cart S 01:30 █ Bingo Dr 03:00 █ Resident & Family Information Meeting ACT 06:30 █ Wheel of Fortune/TV RTR</p>	