



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 2022

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Dimensions of Wellness

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

Meeting Places

- S** Store
- ACT** Activity Room
- L** Lobby
- SML** Sm Lounge 2nd Floor
- AR** Art Room
- 3rd** Heritage Woods Theater 3rd Floor
- RTR** Room to Room
- O** Outing
- Dr** Dining Room

Please wear your mask whenever you are out of your apartment.

Thank you for your patience at this time!

06

07:00 | Catholic Mass/TV CH 3 | RTR
 11:00 | Church Services /TV Ch 11 | ACT
 02:00 | Church Services with Paul | ACT

07

10:00 | Painting Class | ACT
 12:30 | Walmart (Sign up) | L
 06:30 | Wheel of Fortune/TV | L

08

10:15 | Country Store | S
 01:00 | Sittercise | ACT
 02:00 | Horizons Home Health Bingo | ACT
 06:30 | Wheel of Fortune/TV | L

09

09:00 | Milk and Bread Delivery (sign up) | ACT
 10:00 | Trivia | ACT
 11:00 | O' Charley Restaurant | O
 02:30 | Lets Plat Bunco | ACT
 06:30 | Wheel of Fortune/TV | L

10

All Day | Doctor's Appointments
 02:00 | Let's Play Cards (Resident Choice) | ACT
 03:00 | Bible Study with Friends | AR
 06:30 | Wheel of Fortune/TV | L

11

10:15 | Country Store | S
 01:00 | Sittercise | ACT
 02:00 | Bingo | ACT
 06:30 | Wheel of Fortune/TV | L

12

09:00 | Hertiage Woods Weekend Puzzle Packets | ACT
 02:00 | Resident Choice "Movie" | 3rd
 03:00 | Senior Steppers /Stay 6 feet apart | L

13

07:00 | Catholic Mass/TV CH 3 | RTR
 11:00 | Church Services /TV Ch 11 | ACT
 02:00 | Church Services with Paul | ACT
 05:00 | Super Bowl (Snacks to go) | L

14 Valentine's Day

10:00 | Making Jewelry | ACT
 02:00 | Resident Council | ACT
 06:30 | Family Night Name that Tune | Dr
 06:30 | Wheel of Fortune/TV | L

15

09:00 | Baking Buddies Cupcakes | ACT
 10:15 | Country Store | S
 01:00 | Sittercise | ACT
 02:00 | Bingo | ACT
 06:30 | Wheel of Fortune/TV | L

16

10:00 | Who ,What ,When | ACT
 11:00 | Los Bravos (Mexican) | L
 02:30 | February Birthday Party (Everyone invited) | ACT
 06:30 | Wheel of Fortune/TV | L

17

All Day | Doctor's Appointments
 02:00 | Southern Care Hospice Sittercise | ACT
 03:00 | Bible Study with Friends | AR
 06:30 | Wheel of Fortune/TV | L

18

09:30 | Health Pro -Heritage | ACT
 10:15 | Country Store | S
 01:00 | Sittercise | ACT
 02:00 | Bingo | ACT
 06:30 | Wheel of Fortune/TV | L

19

09:00 | Hertiage Woods Weekend Puzzle Packets | ACT
 02:00 | Resident Choice "Movie" | 3rd
 03:00 | Senior Steppers /Stay 6 feet apart | L

20

07:00 | Catholic Mass/TV CH 3 | RTR
 11:00 | Church Services /TV Ch 11 | ACT
 02:00 | Church Services with Paul | ACT

21 Washington's Birthday

08:30 | Coffee & Donuts with Friends | ACT
 01:30 | Shopping at Gabe's Department Store | O
 06:30 | Wheel of Fortune/TV | L

22

10:15 | Country Store | S
 01:00 | Sittercise | ACT
 02:00 | Horizons Home Health Bingo | ACT
 06:30 | Wheel of Fortune/TV | L

23

09:00 | Bread & Milk Delivery (Sign up) | ACT
 12:30 | Walmart (Sign up) | O
 06:30 | Wheel of Fortune/TV | L

24

All Day | Doctor's Appointments
 02:00 | Let's Play Cards (Resident Choice) | ACT
 03:00 | Bible Study with Friends | AR
 06:30 | Wheel of Fortune/TV | L

25

10:15 | Country Store | S
 01:00 | Sittercise | ACT
 02:00 | Bingo | ACT
 06:30 | Wheel of Fortune/TV | L

26

09:00 | Hertiage Woods Weekend Puzzle Packets | ACT
 02:00 | Resident Choice "Movie" | 3rd
 03:00 | Senior Steppers /Stay 6 feet apart | L

27

07:00 | Catholic Mass/TV CH 3 | RTR
 11:00 | Church Services /TV Ch 11 | ACT
 02:00 | Church Services with Paul | ACT

28

10:00 | Check out a Book (Library 2nd Floor) | L
 02:00 | Senior Steppers /Stay 6 feet apart | L
 06:30 | Wheel of Fortune/TV | L



- Open to the Public
- February 9, Meet the team 3p-5p
 - Feb17 Random Acts of Kindness Day Delivering Baskets (10A)
 - Feb 14 Delivering Candy Grams
 - Feb14 Family Night 630p