



HAPPY NEW YEAR



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

JANUARY 2022

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Jan 30	Jan 31						01 New Year's Day
Jan 30 07:00 Catholic Mass/TV CH 3 RTR 11:00 Church Services /TV Ch 11 ACT 02:00 Church Services with Paul ACT	Jan 31 10:00 Hot Chocolate ACT 12:45 Walmart (Sign up) O 06:30 Wheel of Fortune/TV L						01 New Year's Day 09:00 Heriage Woods Weekend Puzzle Packets ACT 02:00 Resident Choice "Movie" 3rd 03:00 Senior Steppers /Stay 6 feet apart OS
02 07:00 Catholic Mass/TV CH 3 RTR 11:00 Church Services /TV Ch 11 ACT 02:00 Church Services with Paul ACT	03 10:00 Lets Play WII 3rd 12:45 Walmart (Sign up) O 06:30 Wheel of Fortune/TV L	04 10:00 Cooking Demo with Dawn ACT 01:00 Sittercise ACT 02:00 AseraCare Hospice Bingo ACT 03:15 Country Store S 06:30 Wheel of Fortune/TV L	05 10:00 Trivia Who ,What, When ACT 11:15 Lunch Buddies Chopsticks O 03:00 Lets Play Turnover ACT 06:30 Wheel of Fortune/TV L	06 All Day Doctor's Appointments 01:30 Menu Chat ACT 03:00 Bible Study with Friends AR 06:30 Wheel of Fortune/TV L	07 10:15 Country Store S 01:00 Sittercise ACT 02:00 Bingo ACT 06:30 Wheel of Fortune/TV L	08 09:00 Heriage Woods Weekend Puzzle Packets ACT 02:00 Elvis's Birthday Party Bash ACT 02:00 Resident Choice "Movie" 3rd 03:00 Senior Steppers /Stay 6 feet apart OS	
09 07:00 Catholic Mass/TV CH 3 RTR 11:00 Church Services /TV Ch 11 ACT 02:00 Church Services with Paul ACT	10 10:00 Resident Council ACT 11:15 Lunch Buddies Olive Garden O 02:30 Keno ACT 06:30 Wheel of Fortune/TV L	11 10:15 Country Store S 01:00 Sittercise ACT 02:00 Horizon Home Health Bingo ACT 06:30 Wheel of Fortune/TV L	12 10:00 Milk and Bread Delivery (sign up) ACT 02:00 Penny Auction with Heritage Woods ACT 03:15 Popcorn to go ACT 06:30 Wheel of Fortune/TV L	13 All Day Doctor's Appointments 02:00 Let's Play Cards (Resident Choice) ACT 03:00 Bible Study AR 06:30 Wheel of Fortune/TV L	14 10:15 Country Store S 01:00 Sittercise ACT 02:00 Bingo ACT 06:30 Wheel of Fortune/TV L	15 09:00 Heriage Woods Weekend Puzzle Packets ACT 02:00 Resident Choice "Movie" 3rd 03:00 Senior Steppers /Stay 6 feet apart OS	
16 Night of Tu B'Shevat 07:00 Catholic Mass/TV CH 3 RTR 11:00 Church Services /TV Ch 11 ACT 02:00 Church Services with Paul ACT	17 Tu B'Shevat 10:00 Check out a Book (Library 2nd Floor) LB 10:00 Volunteer Services (Sign up) L 06:30 Wheel of Fortune/TV L	18 10:00 Flower Crafts ACT 01:00 Sittercise ACT 02:00 Bingo ACT 03:15 Country Store S 06:30 Wheel of Fortune/TV L	19 10:00 Delivering Flowers O 12:45 Walmart (Sign up) O 06:30 Wheel of Fortune/TV L	20 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	21 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	22 09:00 Heriage Woods Weekend Puzzle Packets ACT 02:00 Resident Choice "Movie" 3rd 03:00 Senior Steppers /Stay 6 feet apart OS	
23 07:00 Catholic Mass/TV CH 3 RTR 11:00 Church Services /TV Ch 11 ACT 02:00 Church Services with Paul ACT	24 11:00 Lunch Buddies Carousel L 02:30 January Birthday's Party ACT 06:30 Wheel of Fortune/TV L	25 10:15 Country Store S 11:00 Milk and Bread Delivery (sign up) ACT 01:00 Sittercise ACT 02:00 Bingo ACT 06:30 Wheel of Fortune/TV L	26 10:00 GoodWill L 02:30 Lets Play Yahtzee ACT 06:30 Wheel of Fortune/TV L	27 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	28 09:00 Coffee & Donuts ACT 01:00 Sittercise ACT 02:00 Bingo ACT 03:15 Country Store S 06:30 Wheel of Fortune/TV L	29 09:00 Heriage Woods Weekend Puzzle Packets ACT 02:00 Resident Choice "Movie" 3rd 03:00 Senior Steppers /Stay 6 feet apart OS	

- Dimensions of Wellness**
- Physical
 - Spiritual
 - Social
 - Intellectual
 - Nutritional
 - Purposeful

- Meeting Places**
- AR Art Room
 - ACT Activity Room
 - 3rd Heritage Woods Theater 3rd Floor
 - OS Outside
 - RTR Room to Room
 - O Outing
 - L Lobby
 - S Store
 - LB Library

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

Thank you for your patience at this time!