

Happy New Year!

January 2024



JANUARY 2024

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Dimensions of Wellness




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

Meeting Places

- BR** Bingo Room
- PR** Puzzle Room
- LOB** Lobby
- Apt** Apartment
- PDR** Private Dining Room
- UAK** Upstairs Activity Kitchen
- DR** Dining Room

BIRTHDAYS

- Doris S. 1/6
- Judy W. 1/6
- Priscilla R 1/9
- Charlene C. 1/10
- Pearl S 1/10
- Janis H 1/19
- Pat W 1/25
- Judy S 1/28
- John B 1/28
- Gloria G 1/31
- Norman P 1/31

02	03	04	05	06
<p>10:00 Resident Choice Activity PR</p> <p>2:00 Cardio Drumming PR</p> <p>2:00 Ch 2 Lutheran Church Apt</p> <p>3:00 Wii fun BR</p>	<p>9:30 Shopping & Errands & deliveries OH MY!! LOB</p> <p>10:00 Sittercise BR</p> <p>2:00 Casino Games ! BR</p>	<p>All Day Coloring Fun PR</p> <p>10:00 CRAFTS PR</p> <p>2:00 Lucky Duck Bingo BR</p> <p>3:00 Wii fun BR</p> 	<p>9:45 Pet Therapy w/Vera LOB</p> <p>10:00 Sittercise BR</p> <p>2:00 Manicures and Mimosas PR</p>	<p>9:00 Weekend Puzzle Packet LOB</p> <p>10:00 Bingo BR</p>
<p>12:00 Healthy weights and vital ends Apt</p> <p>7:00 Catholic Mass Ch. 17 Apt</p> <p>8:00 Lutheran CH 16 Apt</p> <p>10:30 Activity Packet PR</p> <p>1:30 Freedom Lutheran * PR</p> <p>3:00 Worship Services * PDR</p> <p><i>*open to public</i></p>	<p>9:00 Library or Bank Day LOB</p> <p>10:00 Communion PDR</p> <p>10:00 Sittercise BR</p> <p>2:00 Bingo BR</p> <p>8:30 Rosary channel 17 Apt</p> 	<p>9:30 Shopping & Errands & deliveries OH MY!! LOB</p> <p>10:00 Sittercise BR</p> <p>2:00 Rummy Card Game BR</p>	<p>All Day Coloring Fun PR</p> <p>10:00 CRAFTS PR</p> <p>2:00 Bingo BR</p> <p>3:00 Wii fun BR</p>	<p>9:45 Pet Therapy w/Vera LOB</p> <p>10:00 Activity Committee Meeting and Cookies PR</p> <p>10:00 Sittercise BR</p> <p>3:30 Dinner on the town ! LOB</p>
<p>10:00 Cooking w/ Chris UAK</p> <p>2:00 Cardio Drumming PR</p> <p>2:00 Ch 2 Lutheran Church Apt</p> <p>3:00 Wii fun BR</p>	<p>9:30 Shopping & Errands & deliveries OH MY!! LOB</p> <p>10:00 Sittercise BR</p> <p>2:00 Casino Games ! BR</p>	<p>All Day Coloring Fun PR</p> <p>10:00 CRAFTS PR</p> <p>2:00 Resident Food Committee BR</p> <p>2:30 Resident Council Meeting BR</p> <p>2:30 Smart Buck raffle drawing BR</p> <p>3:00 Wii fun BR</p>	<p>9:45 Pet Therapy w/Vera LOB</p> <p>10:00 Sittercise BR</p> <p>1:30 Movie and Popcorn !! PR</p> <p>National Popcorn Day !</p>	<p>9:00 Weekend Puzzle Packet LOB</p> <p>10:00 Bingo BR</p>
<p>10:00 Resident Choice Activity PR</p> <p>2:00 Cardio Drumming PR</p> <p>2:00 Ch 2 Lutheran Church Apt</p> <p>3:00 Wii fun BR</p>	<p>9:30 Shopping & Errands & deliveries OH MY!! LOB</p> <p>10:00 Sittercise BR</p> <p>10:30 Msgr. Merdian Catholic Mass PDR</p> <p>2:00 Password Game BR</p>	<p>All Day Coloring Fun PR</p> <p>10:00 Baking Club PR</p> <p>2:00 Birthday Bash BR</p> <p>3:00 Wii fun BR</p>	<p>9:45 Pet Therapy w/Vera LOB</p> <p>10:00 Sittercise BR</p> <p>2:00 TBD Family Night Fun DR</p>	<p>9:00 Weekend Puzzle Packet LOB</p> <p>10:00 Bingo BR</p>
<p>10:00 Communion PDR</p> <p>10:30 Lunch on the town LOB</p> <p>2:00 Bingo BR</p> <p>8:30 Rosary channel 17 Apt</p> <p><i>*open to public</i></p>	<p>10:00 Jeopardy BR</p> <p>2:00 Cardio Drumming PR</p> <p>2:00 Ch 2 Lutheran Church Apt</p> <p>3:00 Wii fun BR</p>	<p>9:30 Shopping & Errands & deliveries OH MY!! LOB</p> <p>10:00 Sittercise BR</p> <p>2:00 Casino Games ! BR</p>	 <p>Heritage Woods of Ottawa An Affordable Assisted Lifestyle Community for the Older Adult 815-431-1400 • 801 East Etna Road • Ottawa, Illinois 61350 Managed by Gardant Management, Ltd. www.hw-ottawa-ill.com</p>	

• Activities Subject to Change

HAPPY NEW YEAR TO ALL OF YOU FROM ALL OF US !