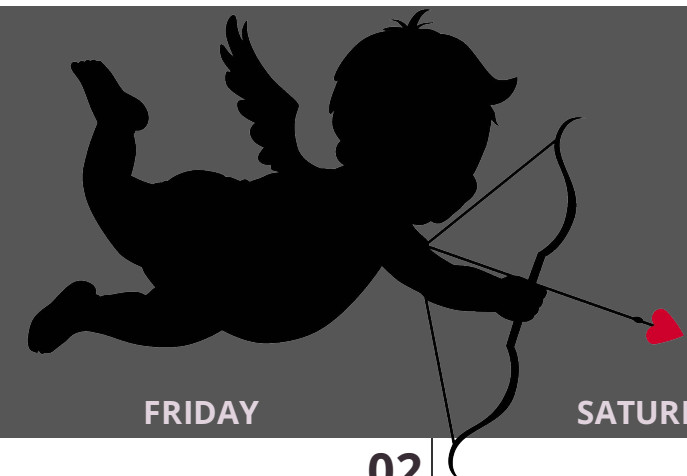

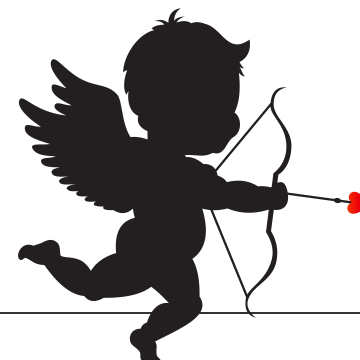











February 2024



SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

 <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>	<p>Open to the public days 4th & 18th Freedom Church Serv 14th Valentine's Show 15th Craft Fair Art Show 28th Mass</p>		<p>12:00 Healthy weights and vitals starts Apt All Day Coloring Fun 10:00 CRAFTS Heart Bouquets PR 2:00 Bingo BR 3:00 Wii fun BR</p>	<p>9:45 Pet Therapy w/Vera 10:00 Sittercise 11:00 Lunch at China Inn Chinese New Year 2:00 Groundhogs wild Casino Poker</p>	<p>9:00 Weekend Puzzle Packet LOB 10:00 Bingo BR Groundhogs on the loose !Find as many as you can ! </p>
<p>Larry A 🎉</p> <p>7:00 Televised Catholic Mass Ch. 17 Apt 8:00 Lutheran Church Services CH 16 Apt 10:30 Activity Packet PR 1:30 Freedom Lutheran Church Serv PR 3:00 Worship Services PDR</p>	<p>9:00 Library or Bank Day 10:00 Communion 10:00 Sittercise 2:00 Bingo 8:30 Rosary channel 17</p>	<p>10:00 Card Making PR 2:00 Cardio Drumming PR 2:00 Ch 2 Lutheran Church Apt 3:00 Wii fun BR</p>	<p>12:00 Healthy weights and vital ends Apt 9:30 Shopping & Errands & deliveries OH MY!! LOB 10:00 Sittercise BR 2:00 Card Games PR</p>	<p>All Day Coloring Fun 10:00 CRAFTS Clay Sculpting ! PR 2:00 Bingo BR 3:00 Wii fun BR</p>	<p>9:45 Pet Therapy w/Vera LOB 10:00 Lucky Duck Bingo BR 10:00 Sittercise BR 1:30 Super Bowl Tailgate Party BR</p>
<p>6:00 CBS </p>	<p>9:00 Dollar Tree or Aldis Day 10:00 Communion 10:00 Sittercise 2:00 Bingo 8:30 Rosary channel 17</p>	<p>10:00 Penny Dice Game and FAT Tuesday Donuts&Coffee BR 2:00 Cardio Drumming PR 2:00 Ch 2 Lutheran Church Apt 3:00 Wii fun BR</p> <p>Mardi GRAS</p>	<p>Valentine's Day 9:30 Shopping & Errands & deliveries OH MY!! LOB 10:00 Sittercise BR 2:00 Valentine's Show with Victor BR</p>	<p>Shirley T 🎉</p> <p>All Day Coloring Fun 10:00 Craft Fair and Craft Show BR 2:00 Resident Food Committee BR 2:30 Resident Council Meeting BR 2:30 Smart Buck raffle drawing BR 3:00 Wii fun BR</p>	<p>9:45 Pet Therapy w/Vera LOB 10:00 Sittercise BR 2:00 Casino Games and Dip-n-chips hour PR</p>
<p>7:00 Televised Catholic Mass Ch. 17 Apt 8:00 Lutheran Church Services CH 16 Apt 10:30 Activity Packet PR 1:30 Freedom Lutheran Church Service PR 3:00 Worship Services PDR</p>	<p>9:00 Library or Bank Day 10:00 Communion 10:00 Sittercise 2:00 Bingo 8:30 Rosary channel 17</p>	<p>10:00 Cooking w/ Chris UAK 2:00 Cardio Drumming PR 2:00 Ch 2 Lutheran Church Apt 3:00 Wii fun BR</p>	<p>9:30 Shopping & Errands & deliveries OH MY!! LOB 10:00 Sittercise BR 2:00 Card Games PR</p>	<p>All Day Coloring Fun 10:00 Baking Club UAK 2:00 Birthday Bash BR 3:00 Wii fun BR</p>	<p>9:45 Pet Therapy w/Vera LOB 10:00 Sittercise BR 2:00 Bingo BR</p>
<p>Richard B 🎉</p> <p>7:00 Televised Catholic Mass Ch. 17 Apt 8:00 Lutheran Church Services CH 16 Apt 10:30 Activity Packet PR 3:00 Worship Services PDR</p>	<p>9:00 Dollar General Day 10:00 Communion 10:00 Sittercise 2:00 Bingo 8:30 Rosary channel 17</p>	<p>10:00 Super Password Game ! BR 2:00 Cardio Drumming PR 2:00 Ch 2 Lutheran Church Apt 3:00 Wii fun BR</p>	<p>9:30 Shopping & Errands & deliveries OH MY!! LOB 10:00 Sittercise BR 10:30 Msgr. Merdian Catholic Mass PDR 2:00 Casino Games ! BR</p>	<p>All Day Coloring Fun 10:00 CRAFTS PR 2:00 Bingo BR 3:00 Wii fun BR</p>	<p>Meeting Places PR Puzzle Room LOB Lobby BR Bingo Room UAK Upstairs Activity Kitchen Apt Apartment PDR Private Dining Room DR Dining Room</p>
<p>Dimensions of Wellness</p> <ul style="list-style-type: none">  Physical  Emotional  Spiritual  Environmental  Vocational  Social  Intellectual 					