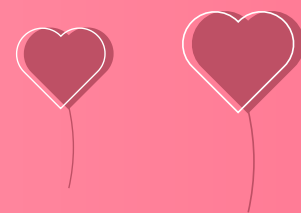
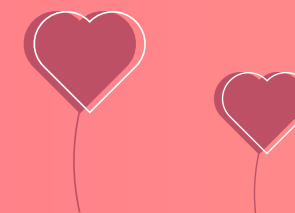


If there is an activity/service you would like to see added to the calendar, please see the RSC or Administrator.

Get Active!



# VALENTINE'S DAY



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Please join us for this "open to the public" event: Friday 2-14 at 2pm- Valentine's Day Party with entertainment.</p>	<p>Wellness checks by the CNAs are done during the first week of the month.</p>	<p>Superbowl Sunday February 2nd. The game begins at 5:30 in the Multi-Purpose Room. Join us to cheer on your favorite team.</p>		<p>We will be having a Spring craft sale in the month of March. If you are interested in selling your hand made crafts please let Maria D. know.</p>	<p>Bruce Korosa will perform at our monthly birthday party held this month on Friday the 28th at 2:00 p.m. in the Main Dining Room. Invite your family and friends to join us for this Heritage Woods favorite!</p>	<p><b>01</b> 09:00   Weekend Puzzle Packet (FLL) 10:00   Music N' Motion (MPR) 02:00   Bingo (MPR)</p>
<p><b>02</b> 10:00   Eucharistic Service (MPR) 10:30   Rosary (MPR) 02:00   Worship Service with Pastor Bill (MPR) 05:30   Superbowl (MPR)</p>	<p><b>03</b> 09:00   Morning Reflection (AC) 10:00   Reaching For the Stars Fitness (MPR) 01:00   Country Store Open (CS) 02:00   Bunco (AC)</p>	<p><b>04</b> 09:00   Morning Reflection (AC) 09:30   Candy Bingo (MPR) 01:00   Shopping trip to Walmart (FLL) 01:00   Country Store Open (CS) 02:00   Music In Motion (MPR) 03:00   Wii Bowling (MPR)</p>	<p><b>05</b> 09:00   Busey Bank (2FL) 09:00   Morning Reflection (AC) 10:00   Reaching For the Stars Fitness (MPR) 01:00   Country Store Open (CS) 01:00   Plainfield Library (FLL) 01:30   Movie Matinee (MPR)</p>	<p><b>06</b> 09:00   Morning Reflection (AC) 09:30   Shuttle to Doctor Appointments (FLL) 10:00   Dakota Therapy Dog (FLL) 10:30   Music In Motion (MPR) 01:00   Country Store Open (CS) 02:00   Prize Bingo (MPR)</p>	<p><b>07</b> 08:30   Hurley Therapy Dog (FLL) 09:00   Morning Reflection (AC) 10:00   Reaching For the Stars Fitness (MPR) 01:00   Country Store Open (CS) 02:00   DJ Ed Spins his Records (AC) 07:00   Movie Night (MPR)</p>	<p><b>08</b> 09:00   Weekend Puzzle Packet (FLL) 10:00   Music N' Motion (MPR) 02:00   Bingo (MPR)</p>
<p><b>09</b> 10:00   Eucharistic Service (MPR) 10:30   Rosary (MPR) 02:00   Worship Service with Pastor Bill (MPR) 07:00   Movie Night (MPR)</p>	<p><b>10</b> 09:00   Morning Reflection (AC) 10:00   Reaching For the Stars Fitness (MPR) 01:00   Country Store Open (CS) 02:00   Bunco (AC)</p>	<p><b>11</b> 09:00   Morning Reflection (AC) 09:30   Candy Bingo (MPR) 01:00   Shopping Trip to Dollar Tree (FLL) 01:00   Country Store Open (CS) 02:00   Music In Motion (MPR) 03:00   Wii Bowling (MPR)</p>	<p><b>12</b> 09:00   Morning Reflection (AC) 10:00   Reaching For the Stars Fitness (MPR) 11:15   Catholic Mass (MPR) 01:00   Country Store Open (CS) 01:00   Plainfield Library (FLL) 01:30   Movie Matinee (MPR) 06:30   Volunteer Group Activity Night (MPR)</p>	<p><b>13</b> 09:00   Morning Reflection (AC) 09:30   Shuttle to Doctor Appointments (FLL) 10:00   Dakota Therapy Dog (FLL) 10:30   Music In Motion (MPR) 01:00   Country Store Open (CS) 02:00   Prize Bingo (MPR)</p>	<p><b>14</b> 08:30   Hurley Therapy Dog (FLL) 09:00   Morning Reflection (AC) 10:00   Reaching For the Stars Fitness (MPR) 01:00   Country Store Open (CS) 02:00   Valentine Party (MDR) 07:00   Movie Night (MPR)</p>	<p><b>15</b> 09:00   Weekend Puzzle Packet (FLL) 10:00   Music N' Motion (MPR) 02:00   Bingo (MPR)</p>
<p><b>16</b> 10:00   Eucharistic Service (MPR) 10:30   Rosary (MPR) 02:00   Worship Service with Pastor Bill (MPR) 07:00   Movie Night (MPR)</p>	<p><b>17</b> Washington's Birthday 09:00   Morning Reflection (AC) 10:00   Reaching For the Stars Fitness (MPR) 01:00   Country Store Open (CS) 02:00   Bunco (AC)</p>	<p><b>18</b> 09:00   Morning Reflection (AC) 09:30   Candy Bingo (MPR) 01:00   Shopping Trip to Meijer (FLL) 01:00   Country Store Open (CS) 02:00   Music In Motion (MPR) 03:00   Wii Bowling (MPR)</p>	<p><b>19</b> 09:00   Busey Bank (2FL) 09:00   Morning Reflection (AC) 10:00   Reaching For the Stars Fitness (MPR) 11:00   Lunch Outing-Southern Belle (FLL) 01:00   Country Store Open (CS) 01:00   Plainfield Library (FLL) 01:30   Movie Matinee (MPR)</p>	<p><b>20</b> 09:00   Morning Reflection (AC) 09:30   Shuttle to Doctor Appointments (FLL) 10:00   Dakota Therapy Dog (FLL) 10:30   Music In Motion (MPR) 01:00   Country Store Open (CS) 02:00   Prize Bingo (MPR) 05:30   American Legion BINGO (FLL)</p>	<p><b>21</b> 08:30   Hurley Therapy Dog (FLL) 09:00   Morning Reflection (AC) 10:00   Reaching For the Stars Fitness (MPR) 01:00   Country Store Open (CS) 02:00   Health Pro Presentation with Anju (MPR) 07:00   Movie Night (MPR)</p>	<p><b>22</b> 09:00   Weekend Puzzle Packet (FLL) 09:30   Pillar of Faith Hymn Sing (MDR) 10:00   Music N' Motion (MPR) 02:00   Bingo (MPR)</p>
<p><b>23</b> 10:00   Eucharistic Service (MPR) 10:30   Rosary (MPR) 02:00   Worship Service with Pastor Bill (MPR) 07:00   Movie Night (MPR)</p>	<p><b>24</b> 09:00   Morning Reflection (AC) 10:00   Reaching For the Stars Fitness (MPR) 01:00   Country Store Open (CS) 02:00   Bunco (AC)</p>	<p><b>25</b> 09:00   Morning Reflection (AC) 09:30   Candy Bingo (MPR) 01:00   Country Store Open (CS) 01:00   Shopping Trip-Target (FLL) 02:00   Music In Motion (MPR) 03:00   Wii Bowling (MPR)</p>	<p><b>26</b> 12:00   Happy Hour+ (AC) 09:00   Morning Reflection (AC) 10:00   Reaching For the Stars Fitness (MPR) 01:00   Country Store Open (CS) 01:00   Plainfield Library (FLL) 01:30   Movie Matinee (MPR)</p>	<p><b>27</b> 09:00   Morning Reflection (AC) 09:30   Shuttle to Doctor Appointments (FLL) 10:00   Dakota Therapy Dog (FLL) 10:30   Music In Motion (MPR) 01:00   Country Store Open (CS) 02:00   Prize Bingo (MPR)</p>	<p><b>28</b> 08:30   Hurley Therapy Dog (FLL) 09:00   Morning Reflection (AC) 09:30   Resident Council Meeting (MPR) 01:00   Country Store Open (CS) 02:00   Monthly Birthday Party (MDR) 07:00   Movie Night (MPR)</p>	<p><b>29</b> 09:00   Weekend Puzzle Packet (FLL) 10:00   Music N' Motion (MPR) 02:00   Bingo (MPR)</p>



## Dimensions of Wellness

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

## Meeting Places

- (MPR) Multi-Purpose Room
- (FLL) Front Lobby
- (AC) Activity Center
- (CS) Country Store - 3rd Floor
- 2FL 2nd Floor TV Lounge
- (MDR) Main Dining Room

**Happy birthday to all those celebrating in February!**

**Mildred C. 2-11**

**Marian G. 2-12**

**Doris B. 2-17**

**Terri G. 2-17**

**Patsy S. 2-19**

**Evelyn J. 2-24**