








January 2021

Heritage Woods of Rockford

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Please call Shannon to place a Country Store order 815-332-3708	<u>Independent Activities</u> Craft Projects, Word Searches, Crosswords, Cryptic Puzzles, Reading, TV, Sudoku, Adult Coloring and Card Writing Available Daily			 Hall Exercise 10:00am– 1:00pm Library Cart and Puzzles at the Front Desk Independent Activities New Year's Resolutions!	10:00am – 1:00pm Library Cart and Puzzles at the Front Desk Independent Activities
3	4	5	6	7	8	9
6:30am TV Catholic Mass 8:30am City First Church on TV WIFR Channel 5 10:00am City First Church on TV WIFR Channel 5	Trivia Day! Hall Exercise Place Country Store Orders Independent Activities 1:30pm – 4:00pm Coffee, Danish and Trivia in your apartment	Hall Exercise Place Country Store Orders Independent Activities	Epiphany Day Hall Exercise Place Country Store Orders Independent Activities Take and Make Crafts at the Desk	Hall Exercise Place Country Store Orders Independent Activities 1:30pm– 4:00pm In Room Snack and Sip in your apartment	Elvis's 85th Birthday Hall Exercise Place Country Store Orders Independent Activities 1:30pm– 4:00pm In Apartment Bingo and Activity Cart Elvis's Favorite Foods	10:00am – 1:00pm Library Cart and Puzzles at the Front Desk Independent Activities 
10	11	12	13	14	15	16
6:30am TV Catholic Mass 8:30am City First Church on TV WIFR Channel 5 10:00am City First Church on TV WIFR Channel 5	National Hot Tea Month Hall Exercise Place Country Store Orders Independent Activities 1:30pm– 4:00pm Flavored Hot Tea, Danish and Activity Cart in your apartment	Hall Exercise Place Country Store Orders Independent Activities	Hall Exercise Place Country Store Orders Independent Activities Rubber Ducky Day 	Hall Exercise Place Country Store Orders Independent Activities 1:30pm– 4:00pm In Room Snack and Sip in your apartment	Hall Exercise Place Country Store Orders Independent Activities 1:30pm – 4:00pm In Apartment Bingo and Activity Cart	10:00am– 1:00pm Library Cart and Puzzles at the Front Desk Independent Activities Fig Newton Day
17	18	19	20	21	22	23
6:30am TV Catholic Mass 8:30am City First Church on TV WIFR Channel 5 10:00am City First Church on TV WIFR Channel 5	Martin Luther King Jr Day Walking Warriors Exercise Begins Place Country Store Orders Independent Activities 1:30pm– 4:00pm Coffee, Danish and Activity Cart in your apartment MLK'S Favorite Meal, Trivia and Puzzles	Walking Warriors Exercise Place Country Store Orders Independent Activities	Walking Warriors Exercise Place Country Store Orders Independent Activities Take and Make Crafts at the Desk	Walking Warriors Exercise Place Country Store Orders Independent Activities 1:30pm– 4:00pm In Room Snack and Sip in your apartment	Walking Warriors Exercise Place Country Store Orders Independent Activities 1:30pm– 4:00pm In Apartment Bingo and Activity Cart	10:00am– 1:00pm Library Cart and Puzzles at the Front Desk Independent Activities National Pie Day
24	25	26	27	28	29	30
6:30am TV Catholic Mass 8:30am City First Church on TV WIFR Channel 5 10:00am City First Church on TV WIFR Channel 5	National Irish Coffee Day Walking Warriors Exercise Place Country Store Orders Independent Activities 1:30pm – 4:00pm Coffee, Danish and Activity Cart in your apartment	Walking Warriors Exercise Place Country Store Orders Independent Activities December Resident Council Forms Due	Walking Warriors Exercise Place Country Store Orders Independent Activities 1:30pm– 4:00pm In Room Ice Cream Treats	Walking Warriors Exercise Place Country Store Orders Independent Activities 1:30pm– 4:00pm In Room Snack and Sip in your apartment	Walking Warriors Exercise Place Country Store Orders Independent Activities 1:30pm – 4:00pm In Apartment Bingo and Activity Cart	10:00am – 1:00pm Library Cart and Puzzles at the Front Desk Independent Activities
31			January is "Get Organized Month"		If you would like an activity/service not reflected on the calendar, please notify your RSC or administrator	Calendar Times and Events are subject to Change

We still need to practice safe social distancing. You must wear your mask when exiting your apartment! Thank you for your cooperation!