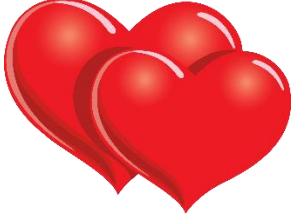




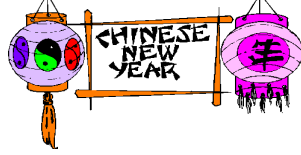





February 2021

Heritage Woods of Rockford

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	Walking Warriors Exercise Place Country Store Orders 1:30pm-4:00pm Coffee, Danish and Activity Cart African American Trivia – Turn it in with all correct answers and win a small prize!	Ground Hog Day Walking Warriors Exercise Ground Hog Scavenger Hunt 	Walking Warriors Exercise Place Country Store Orders Independent Activities Fill out your Resident Council Forms and Turn into the Front Desk	Walking Warriors Exercise Place Country Store Orders 1:30pm-4:00pm In Room Snack and Sip	Walking Warriors Exercise Place Country Store Orders 1:30pm -4:00pm In Apartment Valentine Bingo Wear Red Day for Heart Health 	10:00am – 1:00pm Library Cart and Puzzles at the Front Desk Independent Activities
7	8	9	10	11	12	13
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 Super Bowl LV 5:30pm Kansas City Chiefs will Face off against the Tampa Bay Buccaneers on CBS	Walking Warriors Exercise Place Country Store Orders 1:30pm -4:00pm Coffee, Danish and Activity Cart 	Walking Warriors Exercise Place Country Store Orders Independent Activities Guess how many conversations hearts are in the jar at the front desk and win the jar! 	Walking Warriors Exercise Place Country Store Orders Independent Activities	Walking Warriors Exercise Place Country Store Orders 1:30pm -4:00pm In Room Snack and Sip	Chinese New Year The Year of the Ox Walking Warriors Exercise Place Country Store Orders 1:30pm-4:00pm In Apartment Chinese New Year Bingo 	10:00am-1:00pm Library Cart and Puzzles at the Front Desk Independent Activities
14	15	16	17	18	19	20
Valentine's Day Scavenger Hunt 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 	Presidents Day Walking Warriors Exercise Place Country Store Orders 1:30pm-4:00pm Coffee, Danish and Activity Cart Candy Heart Guessing Game winner Announced!	Walking Warriors Exercise Place Country Store Orders Independent Activities	Ash Wednesday Walking Warriors Exercise Place Country Store Orders Independent Activities	Walking Warriors Exercise Place Country Store Orders 1:30pm-4:00pm In Room Snack and Sip	Walking Warriors Exercise Place Country Store Orders 1:30pm-4:00pm In Apartment Bingo	10:00am-1:00pm Library Cart and Puzzles at the Front Desk Independent Activities 
21	22	23	24	25	26	27
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	Walking Warriors Exercise Place Country Store Orders 1:30pm-4:00pm Coffee, Danish and Activity Cart	Walking Warriors Exercise Place Country Store Orders Independent Activities	Walking Warriors Exercise Place Country Store Orders Independent Activities	Walking Warriors Exercise Place Country Store Orders 1:30pm-4:00pm In Room Snack and Sip	Walking Warriors Exercise Place Country Store Orders *1:30pm-4:00pm In Apartment Bingo- pick up game card from desk! Resident Council Forms Due	10:00am-1:00pm Library Cart and Puzzles at the Front Desk Independent Activities
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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	February Is National Black History Month American Heart Month National Cherry Month	Independent Activities Craft Projects, Word Searches, Crosswords, Cryptic Puzzles, Reading, TV, Sudoku, Adult Coloring and Card Writing Available Daily	Please call Shannon to place a Country Store order 815-332- 3708	Calendar Times and Events are subject to Change.		If you would like an activity/service not reflected on the calendar, please notify your RSC or administrator