


March 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 Independent Activities 1:30pm-4:00pm Coffee, Danish and Activity Cart Peanut Butter Month	Walking Warriors Exercise Place Country Store Orders Independent Activities National Read Across America Day	Walking Warriors Exercise Place Country Store Orders Independent Activities National Anthem Day	Walking Warriors Exercise Place Country Store Orders Independent Activities 1:30pm-4:00pm In Room Snack and Sip	Walking Warriors Exercise Place Country Store Orders Independent Activities In Apartment Bingo	10:00am Traveling Library Cart and Puzzles at the Front Desk Independent Activities Oreo Cookie Day
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	Walking Warriors Exercise Place Country Store Orders Independent Activities 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 Independent Activities 1:30pm-4:00pm In Room Snack and Sip Johnny Apple Seed Day	Walking Warriors Exercise Place Country Store Orders Independent Activities In Apartment IRISH Bingo	10:00am Traveling Library Cart and Puzzles at the Front Desk Independent Activities
14	15	16	17	18	19	20
Daylight Savings Time Begins Turn your clocks ahead 1 hour! 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 Independent Activities 1:30pm-4:00pm Coffee, Danish and Activity Cart	Walking Warriors Exercise Place Country Store Orders Independent Activities	Happy St. Patrick's Day Walking Warriors Exercise Place Country Store Orders Independent Activities Wear Green  Special lunch: corn beef	Walking Warriors Exercise Place Country Store Orders Independent Activities 1:30pm-4:00pm In Room Snack and Sip	Walking Warriors Exercise Place Country Store Orders Independent Activities In Apartment Bingo	10:00am Traveling Library Cart and Puzzles at the Front Desk Independent Activities 2:00pm Resident Council Corn Dog Day
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 Independent Activities 1:30pm-4:00pm Coffee, Danish and Activity Cart	Walking Warriors Exercise Place Country Store Orders Independent Activities Food Committee	Walking Warriors Exercise Place Country Store Orders Independent Activities	Walking Warriors Exercise Place Country Store Orders Independent Activities 1:30pm-4:00pm In Room Snack and Sip Pecan pie for dessert	Walking Warriors Exercise Place Country Store Orders Independent Activities In Apartment Bingo	10:00am Traveling Library Cart and Puzzles at the Front Desk Independent Activities
28	29	30	31			
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 Independent Activities 1:30pm Coffee, Danish and Activity Cart	Walking Warriors Exercise Place Country Store Orders Independent Activities	Walking Warriors Exercise Place Country Store Orders Independent Activities			

