






April 2021

Heritage Woods of Rockford

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1= 1st Floor Dining Room 2= 2nd Floor 3= 3rd Floor Multipurpose Room</p> 	<p>If you would like an activity/service not reflected on the calendar, please notify your RSC or administrator</p>	<p>Please call Shannon at 815-332-3708 to Sign-Up for Activities. We still have restrictions on the number of residents that can be present during an activity.</p>		<p>1</p> <p>Walking Warriors Exercise 2:00pm Sign-Up for Shopping Trips on the Heritage Woods Bus -1</p>	<p>2</p> <p>Good Friday 9:30am Chair Exercises with Mabel -3 10:00am - 11:00am Country Store Open - 2 1:30pm – 4pm Easter Bunny Visits your apartment</p>	<p>3</p> <p>Warriors Exercise Word Searches, Crosswords, TV and Adult Coloring</p>
4	5	6	7	8	9	10
<p>Easter 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 Warriors Exercise</p>	<p>9:30am Chair Exercises with Mabel -3 10:00am - 11:00am Country Store Open - 2 Walking Warriors Exercise 2:00pm Bingo -1</p>	<p>Walking Warriors Exercise 2:00pm Discovery Wellness Series- 1 Bus Run's for Medical Appointments</p>	<p>9:30am Chair Exercises with Mabel -3 10:00am - 11:00am Country Store Open - 2 1:00pm Flower Planting Committee -3 2:00pm Playing Scattergories with Happy Hour to Go -1</p>	<p>Walking Warriors Exercise 1:00 pm Walmart</p> 	<p>9:30am Chair Exercises with Mabel Walking -3 10:00am - 11:00am Country Store Open - 2 Warriors Exercise 2:00pm Bingo-1</p>	<p>Warriors Exercise Word Searches, Crosswords, TV and Adult Coloring</p>
11	12	13	14	15	16	17
<p>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 Warriors Exercise</p>	<p>9:30am Chair Exercises with Mabel -3 10:00am - 11:00am Country Store Open - 2 Walking Warriors Exercise 2:00pm Bingo-1</p>	<p>Walking Warriors Exercise 2:00pm Church Service and Bible Study with Pastor Karl -1 Bus Run's for Medical Appointments</p> 	<p>9:30am Chair Exercises with Mabel -3 10:00am - 11:00am Country Store Open - 2 2:00pm Playing Guess it with Coffee and Danish To Go -1</p>	<p>Walking Warriors Exercise 1:00pm Meijers</p>	<p>9:30am Chair Exercises with Mabel-3 10:00am - 11:00am Country Store Open - 2 Walking Warriors Exercise 2:00pm Bingo -1</p>	<p>Warriors Exercise Word Searches, Crosswords, TV and Adult Coloring</p>
18	19	20	21	22	23	24
<p>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 Warriors Exercise</p>	<p>9:30am Chair Exercises with Mabel -3 10:00am - 11:00am Country Store Open - 2 Walking Warriors Exercise 2:00pm Bingo-1</p>	<p>Walking Warriors Exercise 2:00pm Church Service and Bible Study with Pastor Karl -1 Bus Run's for Medical Appointments</p>	<p>9:30am Chair Exercises with Mabel -3 10:00am - 11:00am Country Store Open - 2 Walking Warriors Exercise 2:00pm Spain Travel Video -1</p>	<p>Earth Day 1:00pm Walgreens 3:00pm Earth Day Flower Planting – Back Patio</p>  (weather pending)	<p>9:30am Chair Exercises with Mabel -3 10:00am - 11:00am Country Store Open - 2 Walking Warriors Exercise 2:00pm Bingo-1</p>	<p>Warriors Exercise Word Searches, Crosswords, TV and Adult Coloring</p>
25	26	27	28	29	30	
<p>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 Warriors Exercise</p>	<p>9:30am Chair Exercises with Mabel -3 10:00am - 11:00am Country Store Open - 2 Walking Warriors Exercise 2:00pm Bingo-1</p>	<p>Walking Warriors Exercise 2:00pm Church Service and Bible Study with Pastor Karl -1 Bus Run's for Medical Appointments</p>	<p>9:30am Chair Exercises with Mabel -3 10:00am - 11:00am Country Store Open - 2 Walking Warriors Exercise 2:00pm Resident Council & Food Committee -1</p>	<p>Walking Warriors Exercise 1:00pm Walmart</p>	<p>9:30am Chair Exercises with Mabel -3 10:00am - 11:00am Country Store Open - 2 Walking Warriors Exercise 2:00pm Bingo -1</p>	<p><u>Independent Activities</u> Word Searches, Crosswords, TV and Adult Coloring Available Daily in the Lobby Calendar Times and Events are Subject to Change</p>

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