



























JANUARY

January 2024

White Oaks at Heritage Woods of South Elgin
America/Chicago (CST)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	B-Fit exercise with Yvette	B-Fit exercise with Yvette	B-Fit exercise with Yvette	B-Fit exercise with Yvette	B-Fit exercise with Yvette	
<p>This Month We Are Celebrating All Month Resident Birthdays:</p> <p>January 8th- Jan L</p> <p>January 30th- Dawn W</p> 	<p>10:00am Welcome to January Trivia - January Table Talks, <i>Sunroom</i></p> <p>10:30am New Year's Day- It's New Year- What's New in 2024? <i>Sunroom</i></p> <p>11:00am Walking Club with Yvette, <i>Blue House</i></p> <p>1:00pm Fiesta Exercise & Snacks- Detective Game, <i>1:00</i></p> <p>2:00pm Eating grapes & other Resolutions Trivia, <i>Sunroom</i></p> <p>3:00pm Bingo win & get a price, <i>Peach House</i></p> <p>5:30pm Instrumental Music, <i>Garden Room</i></p> 	<p>10:00am Parachute Game & Name the 5, <i>Blue House</i></p> <p>10:30am Balloon Toss- Kickball, <i>Blue House</i></p> <p>11:00am Walking Club with Yvette, <i>Blue House</i></p> <p>1:00pm Who am I Trivia? - Detective Games, <i>Sun Room</i></p> <p>2:00pm Fiesta Exercise & Snacks, <i>Garden Room</i></p> <p>2:30pm Name that 80's Tune- Sing Along, <i>Sun Room</i></p> <p>3:30pm Finish the phrase & Who am I?, <i>Sun Room</i></p> <p>5:30pm Open Activity With Cna's, <i>Blue House</i></p> 	<p>10:00am Higher or Lower Board Game, <i>Sunroom</i></p> <p>10:30am Book reading club- Trivia, <i>Sunroom</i></p> <p>11:00am Walking Club with Yvette, <i>Blue House</i></p> <p>1:00pm Snacks, <i>Sunroom</i></p> <p>1:30pm Julia Comfort Dog Visit, <i>Blue House</i></p> <p>3:00pm Bingo, <i>Peach House</i></p> <p>5:30pm Hangman Game, <i>Blue House</i></p> 	<p>10:00am Trivia Day- Random Trivia, <i>Garden Room</i></p> <p>10:30am Detective Game & Can you picture this? <i>Garden Room</i></p> <p>1:00pm Bean Bag Toss, <i>Blue House</i></p> <p>1:30pm Walking Club with Yvette, <i>Blue House</i></p> <p>2:00pm afternoon workout with me & Snacks, <i>Sunroom</i></p> <p>3:00pm Family Feud Game- IN2L January Highlights / Trivia, <i>Garden Room</i></p>	<p>10:00am Early Bird Bingo, <i>Peach House</i></p> <p>11:00am Walking Club with Yvette, <i>Blue House</i></p> <p>1:00pm Sit & Fit Exercise - Snacks- IN2L Travel Trivia, <i>Garden Room</i></p> <p>2:00pm Sing Along with Lidia & Isala's, <i>Blue House</i></p> <p>3:00pm Comedy Hour, <i>Sunroom</i></p> <p>5:30pm Instrumental Music, <i>Garden Room</i></p> 	<p>10:00am Sing Along- Name that tune, <i>Sunroom</i></p> <p>11:00am Walking Club with Yvette, <i>Blue House</i></p> <p>1:00pm Adult Coloring Artistry & Table Games, <i>Cream House</i></p> <p>2:30pm Laughter Hour Relaxation, <i>Blue House</i></p> <p>3:30pm Open Activity with Cna's, <i>Blue House</i></p> <p>5:30pm Hangman Game, <i>Blue House</i></p> 
7	8	9	10	11	12	13
	Seated Exercise With Yvette	Seated Exercise With Yvette	Seated Exercise With Yvette	Seated Exercise With Yvette	Seated Exercise With Yvette	
<p>10:00am January IN2L Highlights & Trivia - Fiesta Workout & Snacks, <i>Sunroom</i></p> <p>11:00am Walking Club with Yvette, <i>Blue House</i></p> <p>1:00pm NW Baptist Bible Church Service, <i>Blue House</i></p> <p>1:00pm Nail Time, <i>Blue House</i></p> <p>2:00pm Classic Movie & popcorn, <i>Blue House</i></p>	<p>10:00am Elvis Week- Elvis Trivia - Elvis Q's, <i>Sunroom</i></p> <p>10:30am Elvis Song - Hangman, <i>Garden Room</i></p> <p>11:00am Walking Club with Yvette, <i>Blue House</i></p> <p>1:30pm Elvis name that tune, <i>Sunroom</i></p> <p>2:30pm Afternoon Stretches & Snacks, <i>Garden Room</i></p> <p>3:00pm Bingo win & get a price, <i>Peach House</i></p> <p>5:30pm Instrumental Music, <i>Garden Room</i></p> 	<p>10:00am Tune Tuesday- Name that tune, <i>Sunroom</i></p> <p>11:00am Walking Club with Yvette, <i>Blue House</i></p> <p>1:00pm Fiesta Exercise- Brain Games & Trivia, <i>Garden Room</i></p> <p>2:15pm Drum Circle Class with Chris, <i>Blue House</i></p> <p>3:00pm Family Feud - IN2L Games - Balloon Toss, <i>Sunroom</i></p> <p>5:30pm Open Activity with Cna's, <i>Blue House</i></p> 	<p>10:00am January Ez Category Trivia- Can you picture this? <i>Sunroom</i></p> <p>10:30am Balloon Toss- Kickball, <i>Garden Room</i></p> <p>1:00pm Higher or Lower Board Game - Hangman, <i>Sun Room</i></p> <p>2:00pm Sit & Fit Exercise - Snacks- IN2L Travel Trivia, <i>Garden Room</i></p> <p>3:00pm Bingo, <i>Peach House</i></p> <p>5:30pm Hangman Game, <i>Blue House</i></p>	<p>10:00am Cookies & Milk, <i>Peach House</i></p> <p>10:30am Types of Cookies Hangman, <i>Garden Room</i></p> <p>11:00am Walking Club With Yvette, <i>Blue House</i></p> <p>1:00pm Let it Snow Day- Snowman Craft, <i>Peach House</i></p> <p>2:00pm afternoon workout with me- Snacks, <i>Sun Room</i></p> <p>3:00pm January Table Talks- When am I? - What am I? <i>Sunroom</i></p> <p>3:00pm January Music Trivia - Name that Tune, <i>Sunroom</i></p> 	<p>10:00am National Hot Tea Day- Tea Party, <i>Peach House</i></p> <p>10:45am Tea Types Hangman Board Game, <i>Sunroom</i></p> <p>11:00am Walking Club with Yvette, <i>Blue House</i></p> <p>1:00pm Sit & Fit Exercise - Snacks- Super Hero Day Trivia, <i>Garden Room</i></p> <p>2:00pm Sing Along with Lidia & Isala's, <i>Blue House</i></p> <p>3:00pm Comedy Hour, <i>Sunroom</i></p> <p>5:30pm Instrumental Music, <i>Garden Room</i></p> 	<p>10:00am- January Random craft- Peach House</p> <p>11:00am Walking Club with Yvette, <i>Blue House</i></p> <p>1:00pm Adult Coloring Artistry & Table Games, <i>Cream House</i></p> <p>2:30pm Laughter Hour Relaxation, <i>Blue House</i></p> <p>3:30pm Open Activity with Cna's, <i>Blue House</i></p>
14	15	16	17	18	19	20
	B-Fit exercise with Yvette	B-Fit exercise with Yvette	B-Fit exercise with Yvette	B-Fit exercise with Yvette	B-Fit exercise with Yvette	
<p>10:00am Sunday Fun-day Bingo, <i>Peach House</i></p> <p>11:00am Walking Club with Yvette, <i>Blue House</i></p> <p>12:30pm Music and Relaxation hour, <i>Blue House</i></p> <p>1:00pm NW Baptist Bible Church Service, <i>Blue House</i></p> <p>1:00pm Nail Time, <i>Blue House</i></p> <p>2:00pm Classic Movie & popcorn, <i>Blue House</i></p> 	<p>10:00am Remembering Growing Up with Siblings, <i>Sunroom</i></p> <p>10:30am Ez Short Story Book Reading Club- Modern Trivia, <i>Sunroom</i></p> <p>11:00am Walking Club with Yvette, <i>Blue House</i></p> <p>1:00pm Strawberry Ice Cream Day- Social, <i>Peach House</i></p> <p>2:00pm Strawberry Ice Cream Day Trivia- Exercises, <i>Sunroom</i></p> <p>3:00pm Bingo win & get a price, <i>Peach House</i></p> <p>5:30pm Instrumental Music, <i>Garden Room</i></p> 	<p>10:00am Martin Luther King Trivia & History, <i>Sunroom</i></p> <p>10:30am Martin Luther King Coloring, <i>Peach House</i></p> <p>11:00am Walking Club with Yvette, <i>Blue House</i></p> <p>1:00pm Martin Luther King- Peace & Justice Discussion, <i>Sunroom</i></p> <p>2:00pm Movie & Popcorn, <i>1:00</i></p> <p>5:30pm Open Activity with Cna's, <i>Blue House</i></p> 	<p>10:00am Snowflake Day-Craft, <i>Peach House</i></p> <p>10:45am Snowflake Trivia & History, <i>Sunroom</i></p> <p>11:00am Walking Club with Yvette, <i>Blue House</i></p> <p>1:00pm Balloon Toss- Higher or Lower, <i>Sunroom</i></p> <p>2:00pm afternoon workout with me- January Detective games/ family feud IN2L, <i>Sunroom</i></p> <p>3:00pm Bingo, <i>Peach House</i></p> <p>5:30pm Hangman Game, <i>Blue House</i></p> 	<p>10:00am EZ Music Trivia, <i>Sunroom</i></p> <p>10:30am Oh Baby Trivia- Short Story Book Reading Club, <i>Garden Room</i></p> <p>11:00am Walking Club with Yvette, <i>Blue House</i></p> <p>1:00pm Higher or Lower Board Game - Family Feud, <i>Sunroom</i></p> <p>2:00pm afternoon workout with me, <i>Sunroom</i></p> <p>3:00pm January Hangman- Balloon Toss, <i>Sunroom</i></p> <p>3:30pm Finish the phrase & what am I trivia? <i>Sunroom</i></p>	<p>10:00am Coffee Around the World Day- Coffee & Donuts, <i>Peach House</i></p> <p>10:45am Coffee & Donuts Trivia, <i>Sunroom</i></p> <p>11:00am Walking Club with Yvette, <i>Blue House</i></p> <p>1:00pm Fiesta Exercise & Snacks- Detective Game, <i>Garden Room</i></p> <p>2:00pm Sing Along with Lidia & Isala's, <i>Blue House</i></p> <p>3:00pm Comedy Hour, <i>TV Room</i></p> <p>5:30pm Instrumental Music, <i>Garden Room</i></p> 	<p>10:00am- Bingo Peach House</p> <p>11:00am Walking Club with Yvette, <i>Blue House</i></p> <p>1:00pm Adult Coloring Artistry & Table Games, <i>Cream House</i></p> <p>2:30pm Laughter Hour Relaxation, <i>Blue House</i></p> <p>3:30pm Open Activity with Cna's, <i>Blue House</i></p> <p>5:30pm Hangman Game, <i>Blue House</i></p>
21	22	23	24	25	26	27
	Seated Exercise With Yvette	Seated Exercise With Yvette	Seated Exercise With Yvette	Seated Exercise With Yvette	Seated Exercise With Yvette	
<p>10:00am Parachute Game & Name the 5, <i>Blue House</i></p> <p>10:30am Balloon Toss- Kickball, <i>Sunroom</i></p> <p>11:00am Walking Club with Yvette, <i>Blue House</i></p> <p>1:00pm NW Baptist Bible Church Service, <i>Blue House</i></p> <p>1:00pm Nail Time, <i>Blue House</i></p> <p>2:00pm Classic Movie & popcorn, <i>Blue House</i></p>	<p>10:00am January Days Hangman, <i>Garden Room</i></p> <p>10:30am Who/Where/What am I Trivia, <i>Sunroom</i></p> <p>11:00am Walking Club with Yvette, <i>Blue House</i></p> <p>1:00pm Name that 60's Tune, <i>Garden Room</i></p> <p>2:00pm Sit & Fit Exercise - Snacks, <i>Sunroom</i></p> <p>3:00pm Bingo win & get a price, <i>Peach House</i></p> <p>5:30pm Instrumental Music, <i>Garden Room</i></p>	<p>10:00am Random Craft, <i>Peach House</i></p> <p>10:30am Random Trivia - Finish the phrase, <i>Sunroom</i></p> <p>11:00am Walking Club with Yvette, <i>Blue House</i></p> <p>1:30pm National Pie Day- Pie Testing & Trivia, <i>Peach House</i></p> <p>2:30pm Hickory knolls nature presentation, <i>Peach House</i></p> <p>3:30pm Brain Games & Kickball-with Yvette, <i>Sunroom</i></p> <p>5:30pm Open Activity with Cna's, <i>Blue House</i></p> 	<p>10:00am Peanut Butter Day- Trivia, <i>Sunroom</i></p> <p>10:30am Balloon Toss- Kickball, <i>Sunroom</i></p> <p>11:00am Walking Club with Yvette, <i>Blue House</i></p> <p>1:00pm January IN2L Highlights & Trivia - Fiesta Workout & Snacks, <i>Sunroom</i></p> <p>2:30pm Detective Game & Can you picture this? Story Time, <i>Sunroom</i></p> <p>3:00pm Bingo, <i>Peach House</i></p> <p>6:30pm Hangman Game, <i>Blue House</i></p> 	<p>10:00am Parachute Game & Name the 5, <i>Blue House</i></p> <p>10:30am Higher or Lower Board Game, <i>Sunroom</i></p> <p>11:00am Walking Club with Yvette, <i>Blue House</i></p> <p>1:00pm afternoon workout with me- Snacks, <i>Cream House</i></p> <p>2:00pm Bartlett Park Dist. Program, <i>Blue House</i></p> <p>3:00pm Name that tune- catch a country by the tune, <i>Garden Room</i></p>	<p>10:00am Early Bird Bingo, <i>Peach House</i></p> <p>11:00am Walking Club with Yvette, <i>Blue House</i></p> <p>1:00pm IN2L January Trivia- Fiesta Workout, <i>Garden Room</i></p> <p>2:00pm Sing Along with Lidia & Isala's, <i>Blue House</i></p> <p>3:00pm Comedy Hour, <i>1:00</i></p> <p>5:30pm Instrumental Music, <i>Garden Room</i></p> <p>6:30pm Hangman Game, <i>Blue House</i></p> 	<p>10:00am- Detective Games/ January Trivia- Sunroom</p> <p>10:30am- Balloon Toss- Sunroom</p> <p>11:00am Walking Club with Yvette, <i>Blue House</i></p> <p>1:00pm Adult Coloring Artistry & Table Games, <i>Cream House</i></p> <p>2:30pm Laughter Hour Relaxation, <i>Blue House</i></p> <p>3:30pm Open Activity With Cna's, <i>Blue House</i></p>
28	29	30	31			
	B-Fit exercise with Yvette	B-Fit exercise with Yvette	B-Fit exercise with Yvette			
<p>10:00am Name that Tune- Sing Along, <i>Sunroom</i></p> <p>11:00am Walking Club with Yvette, <i>Blue House</i></p> <p>1:00pm NW Baptist Bible Church Service, <i>Blue House</i></p> <p>1:00pm Nail Time, <i>Blue House</i></p> <p>2:00pm Classic Movie & popcorn, <i>Blue House</i></p> 	<p>10:00am EZ Holiday Music- Name that tune - Book Reading Club, <i>Sunroom</i></p> <p>11:00am Walking Club with Yvette, <i>Blue House</i></p> <p>1:00pm National Puzzle Day- Table Games with Puzzles, <i>Peach House</i></p> <p>2:00pm Puzzle Day Trivia, <i>Sunroom</i></p> <p>2:30pm Fiesta Exercise & Snacks, <i>Sunroom</i></p> <p>3:00pm Bingo win & get a price, <i>Peach House</i></p> <p>5:30pm Instrumental Music, <i>Garden Room</i></p> 	<p>10:00am Tea Party, <i>Peach House</i></p> <p>10:45am Tea Trivia Tuesday, <i>Garden Room</i></p> <p>11:00am- Morning Walking Club- AB</p> <p>1:30pm Painting Class with Colleen, <i>Peach House</i></p> <p>5:30pm Open Activity with Cna's, <i>Blue House</i></p> 	<p>10:00am Hot Chocolate Day- Hot Chocolate & Cookies, <i>Peach House</i></p> <p>10:45am Hot Chocolate Trivia & History, <i>Sunroom</i></p> <p>11:00am Walking Club with Yvette, <i>Blue House</i></p> <p>1:00pm Bean Bag Toss, <i>Blue House</i></p> <p>2:00pm Afternoon Stretches & Snacks, <i>Sunroom</i></p> <p>3:00pm Bingo, <i>Peach House</i></p> <p>5:30pm Hangman Game, <i>Blue House</i></p> 	<p>Tree of the Month: Birch</p>  <p>Flower of the Month: Camellia</p>  <p>Birthingstone of the Month: Garnet</p> 	<p>January</p> 	<p>What's Lucky in January?</p> <p>Lucky Color: Purple</p> <p>Lucky Animal: Tiger</p> <p>Lucky Letters: B & G</p> <p>Lucky Day: Sunday</p> <p>Lucky Plant: Amaryllis</p> 

*If you would like to request an activity/service not reflected on the calendar, please notify the RSC or Administrator

*Activities Subject to change upon resident preferences.