January 2023

Heritage Woods of Sterling

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
12:00 National World Day of Peace, ***Com*** **9:00** Variety of Spiritual Services on TV, ***IA*** **9:00** Cards & Games available in Dining Room, ***AR*** **9:00** St.Mary's Communion Service, ***CON***	**9:00** Morning Mindfulness Exercise Body & Brain, ***DR*** **2:00** BINGO, ***DR***	**9:00** 1st Floor Vitals Clinic, ***PDR*** **9:30** UNdecorating the community, ***Com*** **12:30** Country Store Open, ***AR*** **1:30** Going on a Bear Hunt!, ***DR*** **2:00** Universal Yums Party, ***DR***	**9:00** Morning Mindfulness Exercise Body & Brain, ***DR*** **9:30** Shuttle & Shopping, ***LOB*** **1:00** Bible Study w/ Pastor Jeff, ***CON*** **2:00** Resident Committee, ***DR***	**9:00** 2nd Floor Vitals Clinic, ***PDR*** **9:00** Bible Study, ***AR*** **10:00** Coffee Chat with Manager of the Day, ***DR*** **2:00** Relaxation by Color(ing), ***DR***	**9:00** Morning Mindfulness Exercise Body & Brain, ***DR*** **9:30** Staff create Tye Dye Tshirts, ***AR*** **9:30** iN2L Computer Fun, ***DR*** **12:30** Country Store Open, ***AR*** **2:30** Creating Tye Dye Tshirts, ***DR***	**12:00** Word Search Available in Lobby, ***LOB*** **1:30** Wii Bowling-All Welcome, ***DR*** **5:00** Lawrence Welk Ch 10 (PBS) 5-7pm, ***IA*** **6:30** Elvis Movie Night-Bring your Snacks, ***DR***
8	9	10	11	12	13	14
Elvis Presley Birthday, ***Com*** **9:00** Variety of Spiritual Services on TV, ***IA*** **9:00** Cards & Games available in Dining Room, ***AR*** **9:00** St.Mary's Communion Service, ***CON***	**9:00 Sweating to the Oldies, *DR*** **9:30** Coffee with a Cop (OPEN TO THE PUBLIC), ***DR*** **2:00 ELVIS is in the Building (Open to the Public)** 60's Week	**9:30** Creative Cooking-Snowballs, ***DR*** **12:30** Country Store Open, ***AR*** **2:30** **Beatniks Day-** Read out Loud Day-bring some poetry, a book or card to share, ***AR***	**9:00 Sweatin to the Oldies, *DR*** **9:30** Shuttle & Shopping, ***LOB*** **1:00** Bible Study w/ Pastor Jeff, ***CON*** **2:00** 60's Travelin (Bands) Geography Bee, ***DR***	**9:00** Bible Study, ***AR*** **9:30** Hot Tea & Wordsearch, ***DR*** **2:30** Devotions with Leona & Linda, ***DR***	**9:00** Sweating to the Oldies, ***DR*** **12:30** Country Store Open, ***AR*** **2:00** 60's Dance Party w/ Joey Live Music, ***DR***	**12:00** Word Search Available in Lobby, ***LOB*** **1:30** Wii Bowling-All Welcome, ***DR*** **5:00** Lawrence Welk Ch 10 (PBS) 5-7pm, ***IA*** **6:30** Holiday Movie- Bring your Snacks, ***DR***
15	16	17	18	19	20	21
9:00 Variety of Spiritual Services on TV, ***IA*** **9:00** Cards & Games available in Dining Room, ***AR*** **9:00** St.Mary's Communion Service, ***CON*** **2:00** BINGO with Becky, ***DR***	**12:00** Wear Blue #MentalHealthMatters, ***Com*** **8:00** MLK Jr. Wordsearch available on Lobby Table, ***LOB*** **9:00** Morning Mindfulness Exercise Body & Brain, ***DR*** **1:30** MLK movie, ***DR***	**9:30** Groom & Gab (manicures male & female) & Coffee, ***AR*** **11:00** Lunch Outing Benny's Red Apple, ***LOB*** **12:30** Country Store Open, ***AR*** **2:00** Show & Tell (Holiday/Winter items), ***DR***	**9:00** Morning Mindfulness Exercise Body & Brain, ***DR*** **9:30** Shuttle & Shopping, ***LOB*** **1:00** Bible Study w/ Pastor Jeff, ***CON*** **2:30** St. John's Communion Service (ALL ARE WELCOME), ***DR***	**9:00** Bible Study, ***AR*** **9:30** Dominoes!, ***BDR*** **2:00** Food Council w/ Dororthy, ***DR***	**9:00** Morning Mindfulness Exercise Body & Brain, ***DR*** **12:30** Country Store Open, ***AR***	**12:00** Word Search Available in Lobby, ***LOB*** **1:30** Wii Bowling-All Welcome, ***DR*** **5:00** Lawrence Welk Ch 10 (PBS) 5-7pm, ***IA*** **6:30** Holiday Movie- Bring your Snacks, ***DR***
22	23	24	25	26	27	28
9:00 Variety of Spiritual Services on TV, ***IA*** **9:00** Cards & Games available in Dining Room, ***AR*** **9:00** St.Mary's Communion Service, ***CON***	**9:00** Morning Mindfulness Exercise Body & Brain, ***DR*** **9:30** Scattergories!, ***DR*** **2:00** BINGO, ***DR***	**9:30** Wheel of Fortune=Farm Version, ***DR*** **12:30** Country Store Open, ***AR*** **1:30** Valentine Craft, ***AR***	**12:00** Wear Mismatched items for Opposite Day, ***Com*** **9:00** Morning Mindfulness Exercise Body & Brain, ***DR*** **9:30** Shuttle & Shopping, ***LOB*** **1:00** Bible Study w/ Pastor Jeff, ***CON*** **2:00** Opposite Trivia, ***DR***	**9:00** Bible Study, ***AR*** **10:00** Silver Sneakers with Kathy C., ***DR*** **2:00** ArmChair Travel to Australia, ***DR***	**9:00** Morning Mindfulness Exercise Body & Brain, ***DR*** **10:00am-3:30pm** Grand ReOpening of the Country Store (open to the public), ***AR*** 2:00 Dominoes	**12:00** Word Search Available in Lobby, ***LOB*** **1:30** Wii Bowling-All Welcome, ***DR*** **5:00** Lawrence Welk Ch 10 (PBS) 5-7pm, ***IA*** **6:30** Holiday Movie- Bring your Snacks, ***DR***
29	30	31			**MEETING PLACES**	**DIMENSIONS OF WELLNESS**
9:00 Variety of Spiritual Services on TV, ***IA*** **9:00** Cards & Games available in Dining Room, ***AR*** **9:00** St.Mary's Communion Service, ***CON***	**9:00** Morning Mindfulness Exercise Body & Brain, ***DR*** **2:00** Music w/ Les Wilson (Open to the Public), ***DR*** **2:00** BINGO, ***DR***	**9:30** Crafts-Heart Art, ***AR*** **12:30** Country Store Open, ***AR*** **2:00** Monthly Birthday Party, ***DR***			***Com*** - Community ***IA*** - Individual Apartments ***AR*** - Activity Room ***CON*** - Conference Room ***DR*** - Dining Room ***PDR*** - Private Dining Room ***LOB*** - Lobby ***BDR*** - Back Dining Room	Physical Emotional Spiritual Environmental Vocational Social Intellectual