







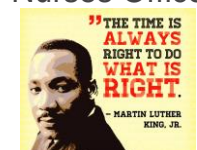








# Heritage Woods of Sterling January 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	MEETING PLACES	DIMENSIONS OF WELLNESS		
<p><b>CALENDAR IS SUBJECT TO CHANGE/ If you would like to request a service or Activity not reflected on this calendar please contact the RSC at ex. 1007</b></p>	<p><b>8:30</b> Morning Mindfulness Exercise Body &amp; Brain, <b>DR</b></p> <p><b>10:00</b> Rose Bowl Parade, <b>2TV</b></p> <p><b>1:30</b> New Year's Movie (bring your snacks), <b>DR</b></p>	<p><b>9:30</b> Did you Know???, <b>DR</b></p> <p><b>1:00</b> Country Store Open, <b>AR</b></p> <p><b>2:00</b> Smart Bucks KickOff Gathering, <b>DR</b></p>	<p><b>8:30</b> Morning Mindfulness Exercise Body &amp; Brain, <b>DR</b></p> <p><b>9:30</b> Shuttle &amp; Shopping, <b>LOB</b></p> <p><b>1:00</b> Bible Study w/ Wayne and Pastor Jeff, <b>CON</b></p> <p><b>2:00</b> Community Council, <b>DR</b></p>	<p><b>9:00</b> Bible Study, <b>PDR</b></p> <p><b>9:30</b> UNdecorating the community, <b>2F</b></p> <p><b>2:00</b> Trivia Time, <b>DR</b></p>	<p><b>8:30</b> Morning Mindfulness Exercise Body &amp; Brain, <b>DR</b></p> <p><b>9:30</b> Thank You Cards for Law Enforcement, <b>DR</b></p> <p><b>2:00</b> Happy Hour Bingo, <b>DR</b></p> <p><b>3:30</b> Country Store Open, <b>AR</b></p>	<p><b>HAPPY BIRTHDAY BETH L</b></p> <p><b>12:00</b> Word Search Available in Lobby, <b>LOB</b></p> <p><b>1:30</b> Weekend Matinee- Bring your own Snacks, <b>DR</b></p> 
<p><b>9:00</b> Cards &amp; Games available in Dining Room, <b>AR</b></p> <p><b>9:00</b> Variety of Spiritual Services on TV, <b>IA</b></p>	<p><b>8:30</b> Morning Mindfulness Exercise Body &amp; Brain, <b>DR</b></p> <p><b>9:30</b> UNdecorating the community, <b>Com</b></p> <p><b>2:00</b> BINGO, <b>DR</b></p>	<p><b>9:30</b> Cleaning/Organizing Storage Room, <b>2F</b></p> <p><b>1:00</b> Country Store Open, <b>AR</b></p> <p><b>2:00</b> <b>Peg's Story Cafe with Peg Hoffmiller, LR</b></p> 	<p><b>8:30</b> Morning Mindfulness Exercise Body &amp; Brain, <b>DR</b></p> <p><b>9:30</b> Shuttle &amp; Shopping, <b>LOB</b></p> <p><b>1:00</b> Bible Study w/ Wayne and Pastor Jeff, <b>CON</b></p> <p><b>2:00</b> Devotions with Pastor Jane-All Welcome, <b>DR</b></p>	<p><b>9:00</b> Bible Study, <b>PDR</b></p> <p><b>10:00</b> Food Council /Healthy Choice Club, <b>DR</b></p> <p><b>2:00</b> Creative Expression for Valentines, <b>AR</b></p>	<p><b>8:30</b> Morning Mindfulness Exercise Body &amp; Brain, <b>DR</b></p> <p><b>9:30</b> Groom &amp; Gab (manicures male &amp; female) &amp; Coffee, <b>AR</b></p> <p><b>2:00</b> <b>Resident Orientation, DR (OPEN TO THE PUBLIC)</b></p>	<p><b>12:00</b> Word Search Available in Lobby, <b>LOB</b></p> <p><b>1:00</b> LAUNDRY Lost and Found, <b>AR</b></p> <p><b>1:30</b> Weekend Matinee- Bring your own Snacks, <b>DR</b></p> 
<p><b>9:00</b> Cards &amp; Games available in Dining Room, <b>AR</b></p> <p><b>9:00</b> Variety of Spiritual Services on TV, <b>IA</b></p>	<p><b>8:30</b> Morning Mindfulness Exercise Body &amp; Brain, <b>DR</b></p> <p><b>9:30</b> Civil Rights Worksheets available, <b>LOB</b></p> <p><b>1:30</b> Armchair Travel -Dr Martin Luther King Jr, <b>DR</b></p> <p><b>WEAR YOUR HATS</b></p>	<p><b>9:30</b> Scattergories!, <b>DR</b></p> <p><b>10:30</b> <b>Lunch Outing to Mom's Diner, LOB</b></p> <p><b>1:00</b> Country Store Open, <b>AR</b></p> <p><b>2:30</b> <b>Snowman BINGO, DR (OPEN TO THE PUBLIC) please wear white or blue or snowmen</b></p>	<p><b>HAPPY BIRTHDAY BOB D.,</b></p> <p><b>8:30</b> Morning Mindfulness Exercise Body &amp; Brain, <b>DR</b></p> <p><b>9:30</b> Shuttle &amp; Shopping, <b>LOB</b></p> <p><b>1:00</b> Bible Study w/ Wayne and Pastor Jeff, <b>CON</b></p> <p><b>1:30</b> Activity Planning for February, <b>DR</b></p> <p><b>2:30</b> St. John's Communion Service (ALL ARE WELCOME), <b>DR</b></p> 	<p><b>9:00</b> Bible Study, <b>PDR</b></p> <p><b>9:30</b> Dominoes!, <b>DR</b></p> <p><b>2:00</b> Corn Hole(Boards), <b>DR</b></p>	<p><b>8:30</b> Morning Mindfulness Exercise Body &amp; Brain, <b>DR</b></p> <p><b>9:30</b> Spelling Bee w. iN2L, <b>DR</b></p> <p><b>2:00</b> PopCorn Party, <b>DR</b></p> <p><b>3:30</b> Country Store Open, <b>AR</b></p>	<p><b>HAPPY BIRTHDAY SHARON W.</b></p> <p><b>12:00</b> Word Search Available in Lobby, <b>LOB</b></p> <p><b>1:00</b> BINGO</p> <p><b>5:30</b> Weekend Movie</p> 
<p><b>9:00</b> Cards &amp; Games available in Dining Room, <b>AR</b></p> <p><b>9:00</b> Variety of Spiritual Services on TV, <b>IA</b></p> <p><b>9:30</b> <b>Hymn Sing, DR</b></p>	<p><b>8:30</b> Morning Mindfulness Exercise Body &amp; Brain, <b>DR</b></p> <p><b>2:00</b> Universal Yums w/ Dan, <b>DR</b></p> 	<p><b>HAPPY BIRTHDAY CHERYL S.</b></p> <p><b>8:30</b> Vitals Clinic, <b>1Ncap</b></p> <p><b>9:30</b> Creative Cooking, <b>AR</b></p> <p><b>1:00</b> Country Store Open, <b>AR</b></p> <p><b>2:00</b> BINGO, <b>DR</b></p>	<p><b>8:30</b> Vitals Clinic, <b>1stFLN</b></p> <p><b>8:30</b> Morning Mindfulness Exercise Body &amp; Brain, <b>DR</b></p> <p><b>9:30</b> Shuttle &amp; Shopping, <b>LOB</b></p> <p><b>1:00</b> Bible Study w/ Wayne and Pastor Jeff, <b>CON</b></p> <p><b>2:30</b> Fondue Party! Compliments of Sandy!, <b>AR</b></p> <p><b>COMPLIMENT SOMEONE TODAY</b></p>	<p><b>9:00</b> Bible Study, <b>PDR</b></p> <p><b>9:30</b> Fill in the Blank, <b>DR</b></p> <p><b>2:30</b> Nitty Gritty with Nikki, <b>DR</b></p> <p><b>OPPOSITE DAY-WEAR MISMATCHED CLOTHES</b></p>	<p><b>8:30</b> Morning Mindfulness Exercise Body &amp; Brain, <b>DR</b></p> <p><b>9:30</b> Valentine Heart Art available in Activity room, <b>AR</b></p> <p><b>2:00</b> Universal Yums, <b>DR</b></p> <p><b>3:30</b> Country Store Open, <b>AR</b></p>	<p><b>12:00</b> Word Search Available in Lobby, <b>LOB</b></p> <p><b>1:30</b> Weekend Matinee- Bring your own Snacks, <b>DR</b></p> 
<p><b>9:00</b> Cards &amp; Games available in Dining Room, <b>AR</b></p> <p><b>9:00</b> Variety of Spiritual Services on TV, <b>IA</b></p> <p><b>2:00</b> <b>Devotions with Jim Port-ALL WELCOME, DR</b></p>	<p><b>8:30</b> Morning Mindfulness Exercise Body &amp; Brain, <b>DR</b></p> <p><b>9:30</b> Scattergories!, <b>DR</b></p> <p><b>2:00</b> Monthly Birthday Party, <b>DR</b></p> 	<p><b>9:30</b> THINK FAST! (with iN2L), <b>DR</b></p> <p><b>1:00</b> Country Store Open, <b>AR</b></p> <p><b>2:30</b> Celebration of Life, <b>DR</b></p>	<p><b>8:30</b> Morning Mindfulness Exercise Body &amp; Brain, <b>DR</b></p> <p><b>9:30</b> Caring Center Outing- Sign up in Lobby Book, <b>LOB</b></p> <p><b>1:00</b> Bible Study w/ Wayne and Pastor Jeff, <b>CON</b></p> <p><b>2:30</b> All About ME!, <b>DR</b></p>	<p><b>DR</b> - Dining Room</p> <p><b>2TV</b> - 2nd floor tv lounge</p> <p><b>AR</b> - Activity Room</p> <p><b>LOB</b> - Lobby</p> <p><b>CON</b> - Conference Room</p> <p><b>PDR</b> - Private Dining Room</p> <p><b>2F</b> - 2nd Floor area</p> <p><b>Com</b> - Community</p> <p><b>IA</b> - Individual Apartments</p>	<p><b>1Ncap</b> - 1st Floor North EndCap</p> <p><b>1stFLN</b> - 1st Floor N by Nurses Office</p> 	<p>Physical </p> <p>Emotional</p> <p>Spiritual </p> <p>Environmental </p> <p>Vocational </p> <p>Social </p> <p>Intellectual </p>