




Heritage Woods of Sterling February 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Calendar is subject to change.</p> 		<p>If you would like to request an activity or service not reflected on this calendar, please contact the RSC at ex 1007</p>	<p><i>HAPPY VALENTINE'S DAY</i> <i>Be my Valentine</i></p> 	<p>1</p> <p>🕒 9:00 Bible Study, <i>PDR</i> 🕒 9:30 Creative Expression Available in Dining Room Buffet, <i>DR</i> 🕒 2:00 Arm Chair Travels-TEXAS, <i>DR</i></p>	<p>2</p> <p>🕒 Groundhog Day-Wear your Brown or Gray today!, <i>Com</i> 🕒 8:30 Morning Mindfulness Exercise Body & Brain, <i>DR</i> 🕒 1:30 Afternoon Movie-Groundhog Day, <i>DR</i> 🌿 3:30 Country Store Open, <i>AR</i></p>	<p>3</p> <p>🕒 Word Search Available in Lobby, <i>LOB</i> 🕒 1:30 Weekend Matinee-Bring your own Snacks, <i>DR</i></p>
<p>4</p> <p>🕒 9:00 Cards & Games available in Dining Room, <i>AR</i> 🕒 9:00 Variety of Spiritual Services on TV, <i>IA</i></p>	<p>5</p> <p>🕒 8:30 Morning Mindfulness Exercise Body & Brain, <i>DR</i> 🕒 9:30 Scattergories!, <i>DR</i> 🕒 2:00 BINGO, <i>DR</i></p>	<p>6</p> <p>🕒 9:30 Groom & Gab (manicures male & female) & Coffee, <i>AR</i> 🌿 10:30 Lunch Outing to El Jacalito, <i>LOB</i> 🕒 1:00 Country Store Open, <i>AR</i> 🕒 2:00 Come build a Frozen yogurt parfait, <i>DR</i></p>	<p>7</p> <p>🕒 8:30 Morning Mindfulness Exercise Body & Brain, <i>DR</i> 🕒 9:30 Shuttle & Shopping, <i>LOB</i> 🕒 1:00 Bible Study w/ Wayne and Pastor Jeff, <i>AR</i> 🕒 2:00 Community Council, <i>DR</i></p>	<p>8</p> <p>🕒 9:00 Bible Study, <i>PDR</i> 🕒 9:30 Creative Expression Available in Dining Room Buffet, <i>DR</i> 🌿 10:00 Food Council /Healthy Choice Club, <i>DR</i> 🕒 2:00 Arm Chair Travels-IOWA, <i>DR</i></p>	<p>9</p> <p>🕒 8:30 Morning Mindfulness Exercise Body & Brain, <i>DR</i> 🕒 9:30 Creative Cooking-Mini Pizzas, <i>AR</i> 🕒 2:00 Karaoke Happy Hour, <i>DR</i> 🌿 3:30 Country Store Open, <i>AR</i></p>	<p>10</p> <p>🕒 Word Search Available in Lobby, <i>LOB</i> 🕒 1:00 LAUNDRY Lost and Found, AR 🕒 1:30 Weekend Matinee-Bring your own Snacks, <i>DR</i></p>
<p>11</p> <p>🕒 9:00 Cards & Games available in Dining Room, <i>AR</i> 🕒 9:00 Variety of Spiritual Services on TV, <i>IA</i> 🕒 2:30 SuperBowl Sunday Pregame Goodies!, LOB</p>	<p>12</p> <p>🕒 8:30 Morning Mindfulness Exercise Body & Brain, <i>DR</i> 🕒 9:30 Simon Says..., <i>DR</i> 🕒 2:00 BINGO, <i>DR</i></p>	<p>13</p> <p>🕒 9:30 Shuttle & Shopping, <i>LOB</i> 🕒 1:00 Country Store Open, <i>AR</i> 🕒 2:00 Party Prep Meat & Cheese Trays, <i>AR</i> Happy Birthday Keith H</p>	<p>14</p> <p>🕒 8:30 Morning Mindfulness Exercise Body & Brain, <i>DR</i> 🕒 9:30 Mardi Valentines Party Prep, <i>AR</i> 🕒 1:00 Bible Study w/ Wayne and Pastor Jeff, <i>AR</i> 🕒 2:00 Mardi Valentines Party w/Musical Guest Jack Ness, DR OPEN TO THE PUBLIC Happy Birthday Ruben S.</p>	<p>15</p> <p>🕒 9:00 Bible Study, <i>PDR</i> 🕒 9:30 Creative Expression Available in Dining Room Buffet, <i>DR</i> 🕒 9:30 Arm Chair Travels-Wisconsin, <i>DR</i></p>	<p>16</p> <p>🕒 Spunky Old Broads Day-wear your Fabulous stuff!, Com 🕒 8:30 Morning Mindfulness Exercise Body & Brain, <i>DR</i> 🕒 9:30 Spunky Old Broads Trivia w/iN2L, <i>DR</i> 🕒 2:00 Devotions with Pastor Jane-All Welcome, <i>DR</i> 🌿 3:30 Country Store Open, <i>AR</i></p>	<p>17</p> <p>🕒 Word Search Available in Lobby, <i>LOB</i> 🕒 1:30 Weekend Matinee-Bring your own Snacks, <i>DR</i></p>
<p>18</p> <p>🕒 9:00 Cards & Games available in Dining Room, <i>AR</i> 🕒 9:00 Variety of Spiritual Services on TV, <i>IA</i></p>	<p>19</p> <p>🕒 8:30 Morning Mindfulness Exercise Body & Brain, <i>DR</i> 🕒 9:30 Presidential Trivia, <i>DR</i> 🕒 2:00 BINGO, <i>DR</i></p>	<p>20</p> <p>🕒 Comfy Day-Wear your comfy clothes, ❤️ Hoodie Hoo Day, 🕒 9:30 Pet Therapy-cats 🕒 1:00 Country Store Open, 🕒 2:00 Peg's Story Cafe Happy Birthday Jean O. Happy Birthday Mike S.</p>	<p>21</p> <p>🕒 8:30 Morning Mindfulness Exercise Body & Brain, <i>DR</i> 🕒 9:30 Shuttle & Shopping, <i>LOB</i> 🕒 1:00 Bible Study w/ Wayne and Pastor Jeff, <i>AR</i> 🕒 2:30 St. John's Communion Service (ALL ARE WELCOME), <i>DR</i></p>	<p>22</p> <p>🕒 9:00 Bible Study, <i>PDR</i> 🕒 9:30 Creative Expression Available in Dining Room Buffet, <i>DR</i> 🕒 2:30 Nitty Gritty with Nikki, <i>DR</i></p>	<p>23</p> <p>🕒 8:30 Morning Mindfulness Exercise Body & Brain, <i>DR</i> 🕒 9:30 5 Seconds/Think Fast Trivia, <i>DR</i> 🕒 2:00 Popcorn Party & Music, <i>DR</i> 🌿 3:30 Country Store Open, <i>AR</i></p>	<p>24</p> <p>🕒 Word Search Available in Lobby, <i>LOB</i> 🕒 1:30 Weekend Matinee-Bring your own Snacks, <i>DR</i></p>
<p>25</p> <p>🕒 9:00 Cards & Games available in Dining Room, <i>AR</i> 🕒 9:00 Variety of Spiritual Services on TV, <i>IA</i> 🕒 2:00 Devotions with Jim Port-ALL WELCOME, DR</p>	<p>26</p> <p>🕒 8:30 Morning Mindfulness Exercise Body & Brain, <i>DR</i> 🕒 2:00 BINGO, <i>DR</i> 🕒 2:00 Monthly Birthday Party, <i>DR</i></p>	<p>27</p> <p>🕒 Nat'l RETRO day-wear something Vintage, Com 🕒 8:30 Vitals Clinic, <i>1Ncap</i> 🕒 9:30 Hangman, <i>DR</i> 🕒 1:00 Country Store Open, <i>AR</i> 🕒 2:00 Show & Tell, <i>DR</i></p>	<p>28</p> <p>🕒 8:30 Vitals Clinic, <i>1stFLN</i> 🕒 8:30 Morning Mindfulness Exercise Body & Brain, <i>DR</i> 🕒 9:30 Caring Center Outing-Sign up in Lobby Book, <i>LOB</i> 🕒 1:00 Bible Study w/ Wayne and Pastor Jeff, <i>AR</i> 🕒 2:00 Name that Tune, <i>DR</i></p>	<p>29</p> <p>🕒 9:00 Bible Study, <i>PDR</i> 🕒 9:30 Creative Expression Available in Dining Room Buffet, <i>DR</i> 🕒 2:00 Beading with Jen, <i>DR</i></p>	<p>MEETING PLACES</p> <p><i>PDR</i> - Private Dining Room <i>DR</i> - Dining Room <i>Com</i> - Community <i>AR</i> - Activity Room <i>LOB</i> - Lobby <i>IA</i> - Individual Apartments <i>LR</i> - Living Room <i>1Ncap</i> - 1st Floor North EndCap <i>1stFLN</i> - 1st Floor N by Nurses Office</p>	<p>DIMENSIONS OF WELLNESS</p> <p>🕒 Physical ❤️ Emotional 🕒 Spiritual 🌿 Environmental 🕒 Vocational 👤 Social 🕒 Intellectual</p>