




Heritage Woods of Sterling March 2024

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|--|--|---|---|
| CALENDAR IS SUBJECT TO CHANGE | If you would like to request an activity or service not reflected on this calendar, please reach out to the RSC at ex 1007 |  | Happy Birthday 1-Donna C 5-Cheryl H. 9-Brenda L. |  | 1 WEAR BLUE #coloncancerawareness, 8:30 Morning Mindfulness Exercise Body & Brain, DR 9:30 Scattergories-Spring addition, DR 1:30 Community Service Baking for Self Help, AR 3:30 Country Store Open, AR | 2 Word Search Available in Lobby, 8:30 Self Help Pancake Breakfast Outing, LOB 1:00 Donna C Birthday Open House, PDR 2:00 Weekend Matinee-Bring your own Snacks, DR 6:00 MOVE YOUR CLOCKS AHEAD TONIGHT, Com |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| MAKE SURE YOU MOVED YOUR CLOCKS AHEAD, 9:00 Cards & Games available in Dining Room, AR 9:00 Variety of Spiritual Services on TV, IA 2:00 Sunday Service with Amazing Grace, DR | 8:30 Morning Mindfulness Exercise Body & Brain, DR 2:00 BINGO, DR | 8:00 Vitals Clinic, 1Ncap 9:30 Cleaning out Activity Room, AR 1:00 Country Store Open, AR 2:00 Hangman, DR | 8:00 Vitals Clinic, 1stFLN 8:30 Morning Mindfulness Exercise Body & Brain, DR 9:30 Shuttle & Shopping, LOB 1:00 Bible Study w/ Wayne and Pastor Jeff, AR 2:00 Community Council, DR | 9:00 Bible Study, PDR 9:30 Creative Expression Available in Dining Room Buffet, DR 2:00 Arm Chair Travels-1963, DR | 8:30 Morning Mindfulness Exercise Body & Brain, DR 9:45 iN2L Computer Fun, DR 10:45 River's Edge Lunch Outing (DIXON), LOB 2:30 ReMemory ReMember, DR 3:30 Country Store Open, AR | Word Search Available in Lobby, 9:30 Coffee Clatch with Rae, DR 1:00 Book Review Club, DR 2:00 Weekend Matinee-Bring your own Snacks, DR |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 9:00 Cards & Games available in Dining Room, AR 9:00 Variety of Spiritual Services on TV, IA 9:30 Hymn Sing, DR | 8:30 Morning Mindfulness Exercise Body & Brain, DR 2:00 Universal Yums w/ Dan, DR | 9:30 Cleaning Country Store, CS 1:00 Country Store Open, AR 2:00 Replant the Rubber Tree, BP | 8:30 Morning Mindfulness Exercise Body & Brain, DR 9:30 Shuttle & Shopping, LOB 1:00 Bible Study w/ Wayne and Pastor Jeff, AR 2:00 Devotions with Pastor Jane-All Welcome, DR | 9:00 Bible Study, PDR 9:30 Creative Expression Available in Dining Room Buffet, DR 12:00 Birthday Brunch with Kathy, PDR 2:00 Arm Chair Travels-Kansas, DR | Wear Green & Gold & Rainbows 8:30 Morning Mindfulness Exercise Body & Brain, DR 9:45 Irish Bliss and Blarney, DR 2:00 St.Patrick's Day Social, LIVE MUSIC w/ Jeff K., DR 3:30 Country Store Open, AR | Word Search Available 1:00 Book Review Club, PDR 2:00 Weekend Matinee-Bring your own Snacks, DR |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| Happy S. Patrick's Day, 9:00 Cards & Games available in Dining Room, AR 9:00 Variety of Spiritual Services on TV, IA | AWKWARD MOMENT DAY, 8:30 Morning Mindfulness Exercise Body & Brain, DR 9:30 Share your Awkward Moments, DR 2:00 BINGO, DR | 12:00 Wear your Pastels-1st Day of SPRING!, Com 9:30 Community Clean Up, LOB 1:00 Country Store Open, AR 2:00 Peg's Story Cafe with Peg Hoffmiller, LR | 8:30 Morning Mindfulness Exercise Body & Brain, DR 9:30 Shuttle & Shopping, LOB 1:00 Bible Study w/ Wayne and Pastor Jeff, AR 2:30 St. John's Communion Service (ALL ARE WELCOME), DR | 9:00 Bible Study, PDR 2:00 15th Anniversary Party (OPEN TO THE PUBLIC), DR 4:00 Sack Supper will be delivered between 4 & 5:30pm, IA | 8:30 Morning Mindfulness Exercise Body & Brain, DR 9:30 Morning Ride-Sign up in Book, DR 1:30 Happy Hour & Name that Tune, DR 3:30 Country Store Open, AR | Word Search Available 1:00 Book Review Club, PDR 2:00 Weekend Matinee-Bring your own Snacks, DR |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| Palm Sunday, 9:00 Cards & Games available in Dining Room, AR 9:00 Variety of Spiritual Services on TV, IA | 8:30 Morning Mindfulness Exercise Body & Brain, DR 2:00 BINGO, DR | 9:30 Caring Center Outing-Sign up in Lobby Book, LOB 1:00 Country Store Open, AR 2:00 Filling Easter Eggs, AR | 8:30 Morning Mindfulness Exercise Body & Brain, DR 1:00 Bible Study w/ Wayne and Pastor Jeff, AR 2:00 Filling Easter Eggs, DR | 9:00 Bible Study, PDR 9:30 Creative Expression Available in Dining Room Buffet, DR 2:30 Nitty Gritty with Nikki, DR | 8:30 Morning Mindfulness Exercise Body & Brain, DR 9:30 Filling Easter Eggs, DR TBA Easter Egg Hunt Open to the Public, 3:30 Country Store Open, AR | Word Search Available 1:00 Book Review Club, PDR 2:00 Weekend Matinee-Bring your own Snacks, DR |
| 31 |  | | Transportation to Doctor appointments is on Thursdays. We ask for 24 hours' notice for these appointments. Your reservations can be made at the front desk. Thank you | MEETING PLACES Com - Community DR - Dining Room AR - Activity Room LOB - Lobby PDR - Private Dining Room IA - Individual Apartments 1Ncap - 1st Floor North EndCap 1stFLN - 1st Floor N by Nurses Office | CS - Country Store BP - Back Patio LR - Living Room | DIMENSIONS OF WELLNESS Physical Spiritual Vocational Intellectual Emotional Environmental Social |