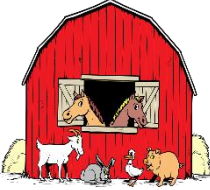





Heritage Woods of Sterling April 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>CALENDAR IS SUBJECT TO CHANGE</p> 	<p>1</p> <p> Cubs Opening Day-wear your baseball attire, Com</p> <p> 8:30 Morning Mindfulness Exercise Body & Brain, DR</p> <p> 11:00 Bring a Penny to Lunch, DR</p> <p> 2:00 BINGO, DR</p>	<p>2</p> <p> 8:00 Vitals Clinic, 1Ncap</p> <p> 9:30 Creative Cooking-Fried Potatoes, AR</p> <p> 1:00 Country Store Open, AR</p> <p> 2:00 Trivia Time, DR</p> <p>HAPPY BIRTHDAY SHIRLEY S</p>	<p>3</p> <p> 8:00 Vitals Clinic, 1stFLN</p> <p> 8:30 Morning Mindfulness Exercise Body & Brain, DR</p> <p>9:30 Shuttle & Shopping, LOB</p> <p> 1:00 Bible Study w/ Wayne and Pastor Jeff, PDR</p> <p> 2:00 Community Council, DR</p>	<p>4</p> <p> 9:00 Bible Study, PDR</p> <p> 9:30 Creative Expression Available in Dining Room Buffet, DR</p> <p> 2:00 Arm Chair Travels-Nebraska, DR</p>	<p>5</p> <p> 8:30 Morning Mindfulness Exercise Body & Brain, DR</p> <p> 1:30 Groom & Gab (manicures male & female) & Coffee, AR</p> <p> 3:30 Country Store Open, AR</p>	<p>6</p> <p> Word Search Available in Lobby, LOB</p> <p> 1:00 Book Review Club, PDR</p> <p> 2:00 Weekend Matinee-Bring your own Snacks, DR</p> <p>HAPPY BIRTHDAY JIM G.</p>
<p>7</p> <p> 9:00 Cards & Games available in Dining Room, AR</p> <p>9:00 Variety of Spiritual Services on TV, IA</p> <p> 1:30 Dominoes, BDR</p>	<p>8</p> <p> 8:30 Morning Mindfulness Exercise Body & Brain, DR</p> <p> 9:30 BINGO, DR</p> <p> 11:00 Bring a Penny to Lunch, DR</p> <p> 1:30 (HOPEFULLY) Solar Eclipse Party-OPEN TO THE PUBLIC, DR</p> 	<p>9</p> <p> 9:30 Scattergories-Spring addition, DR</p> <p> 1:00 Country Store Open, AR</p> <p> 1:30 Show & Tell, DR</p>	<p>10</p> <p> 8:30 Morning Mindfulness Exercise Body & Brain, DR</p> <p>9:30 Shuttle & Shopping, LOB</p> <p> 1:00 Bible Study w/ Wayne and Pastor Jeff, PDR</p> <p> 2:00 Petting Zoo(OPEN TO THE PUBLIC), BP</p>	<p>11</p> <p> 9:00 Bible Study, PDR</p> <p> 9:30 Creative Expression Available in Dining Room Buffet, DR</p> <p> 2:00 Crafts with RRVH Nicci Wright, DR</p>	<p>12</p> <p> 8:30 Morning Mindfulness Exercise Body & Brain, DR</p> <p> 9:30 Daytrip to Rochelle (Lunch TBD), LOB</p> <p> 2:00 Dominoes! DR</p> <p> 3:30 Country Store Open, AR</p>	<p>13</p> <p> Word Search Available in Lobby, LOB</p> <p> 1:00 Book Review Club, PDR</p> <p> 1:00 LAUNDRY Lost and Found, AR</p> <p> 2:00 Weekend Matinee-Bring your own Snacks, DR</p>
<p>14</p> <p> 9:00 Cards & Games available in Dining Room, AR</p> <p>9:00 Variety of Spiritual Services on TV, IA</p> <p> 1:30 Dominoes, BDR</p>	<p>15</p> <p>Wear #PURPLE for the Military Children, Com</p> <p> 8:30 Morning Mindfulness Exercise Body & Brain, DR</p> <p> 11:00 Bring a Penny to Lunch, DR</p> <p> 2:00 ART EXHIBIT-Bring something YOU/or a LOVED one have created, DR</p>	<p>16</p> <p> 9:30 Peg's Story Cafe with Peg Hoffmiller, LR</p> <p> 10:30 Lunch Outing to Pizza Ranch, LOB</p> <p> 1:00 Country Store Open, AR</p> <p> 2:00 HealthFair (OPEN TO THE PUBLIC), LOB</p>	<p>17</p> <p> 8:30 Morning Mindfulness Exercise Body & Brain, DR</p> <p>9:30 Shuttle & Shopping, LOB</p> <p> 1:00 Bible Study w/ Wayne and Pastor Jeff, PDR</p> <p> 2:30 St. John's Communion Service (ALL ARE WELCOME), DR</p>	<p>18</p> <p> 9:00 Bible Study, PDR</p> <p> 9:30 Creative Expression Available in Dining Room Buffet, DR</p> <p> 10:00 Food Council with Michelle, DR</p> <p> 1:30 Armchair Travel-Churchill Downs, DR</p>	<p>19</p> <p>Jammie Day!, Com</p> <p> 8:30 Morning Mindfulness Exercise Body & Brain, DR</p> <p> 9:30 Activity Planning for May, DR</p> <p> 2:00 ReMemory ReRemember, DR</p> <p> 3:30 Country Store Open, AR</p>	<p>20</p> <p> Word Search Available in Lobby, LOB</p> <p> 1:00 Book Review Club, PDR</p> <p> 2:00 Weekend Matinee-Bring your own Snacks, DR</p>
<p>21</p> <p> 9:00 Cards & Games available in Dining Room, AR</p> <p>9:00 Variety of Spiritual Services on TV, IA</p> <p> 1:30 Dominoes, BDR</p>	<p>22</p> <p> EARTH DAY-wear Blue or Green, Com</p> <p> 8:30 Morning Mindfulness Exercise Body & Brain, DR</p> <p>9:30 in2L computer fun</p> <p> 11:00 Bring a Penny to Lunch, DR</p> <p> 1:30 Dirt Day-Patio work, BP</p>	<p>23</p> <p>PicNic Day, Com</p> <p> 9:30 BINGO, DR</p> <p> 1:00 Country Store Open, AR</p> <p> 2:00 Devotions with Pastor Jane-All Welcome, DR</p>	<p>24</p> <p> 8:30 Morning Mindfulness Exercise Body & Brain, DR</p> <p>9:30 Shuttle & Shopping, LOB</p> <p> 1:00 Bible Study w/ Wayne and Pastor Jeff, PDR</p> <p> 2:30 Volunteer Appreciation Social, DR</p> <p>HAPPY BIRTHDAY MARGARET H.</p>	<p>25</p> <p> 9:00 Bible Study, PDR</p> <p> 9:30 Creative Expression Available in Dining Room Buffet, DR</p> <p> 12:00 Birthday Brunch Bash with Kathy, PDR</p> <p> 2:30 Nitty Gritty with Nikki, DR</p>	<p>26</p> <p> 8:30 Morning Mindfulness Exercise Body & Brain, DR</p> <p> 9:30 Dominoes! DR</p> <p> 2:00 Universal Yums w/ Dan, DR</p> <p> 3:30 Country Store Open, AR</p>	<p>27</p> <p> Word Search Available in Lobby, LOB</p> <p> 1:00 Book Review Club, PDR</p> <p> 2:00 Weekend Matinee-Bring your own Snacks, DR</p>
<p>28</p> <p> 9:00 Cards & Games available in Dining Room, AR</p> <p>9:00 Variety of Spiritual Services on TV, IA</p> <p> 2:00 Devotions with Jim Port-ALL WELCOME, DR</p>	<p>29</p> <p> 8:30 Morning Mindfulness Exercise Body & Brain, DR</p> <p> 11:00 Bring a Penny to Lunch, DR</p> <p> 1:30 Armchair Travels, DR</p>	<p>30</p> <p> 9:30 Caring Center Outing-Sign up in Lobby Book, LOB</p> <p> 1:00 Country Store Open, AR</p> <p> 2:00 BINGO, DR</p>		<p>MEETING PLACES</p> <p>Com - Community</p> <p>DR - Dining Room</p> <p>1Ncap - 1st Floor North EndCap</p> <p>AR - Activity Room</p> <p>1stFLN - 1st Floor N by Nurses Office</p> <p>LOB - Lobby</p> <p>PDR - Private Dining Room</p>		<p>DIMENSIONS OF</p> <p> Physical </p> <p> Emotional </p> <p> Spiritual </p> <p> Environmental </p> <p> Vocational </p> <p> Social </p> <p> Intellectual </p>