Activities are subject to change.

Heritage Woods of Watseka
Supportive Living & Memory Care

VALENTINE'S DAY

FEBRUARY 2024

Dimensions of Wellness
- Physical
- Emotional
- Spiritual
- Environmental
- Vocational
- Social
- Intellectual

Meeting Places

DIN Dining Room
DOW Downstairs Foyer
UL Upstairs Lounge
ACT Activity Room
VT Van Trip
Hall Hallway Walks

Hello February

Feb 11th- Super Bowl Party in the dining room at 5:50pm

Feb 14th - Mimosas at 1:30pm

Feb 16th- Tim the Tune Man at 1:30pm

Walking Warriors-

- Walk the halls with your neighbors. Become a Walking Warrior by keeping track of your steps.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		February Birthdays: Patrica G. – Feb 2nd Bob R. – Feb 8th Tom B. – Feb 14th		**01** 9:30 Bingo DIN 1:30 Trivia UL 3:00 Hot Cocoa Bar DOW 6:30 Game Night UL	**02** 9:30 Chair Exercise - Dance UL 10:00 Well-Grounded UL 1:30 Me and My Shadow ACT 6:30 Helping Hands ACT	**03** 10:00 Activity Puzzle Packets FD 1:30 Games with Friends UL
04 9:30 Coffee & News DOW 1:00 Music with Friends UPF	**05** 10:00 Lets Talk Yums ACT 1:30 Pass the Pig Game ACT 3:00 National Break Wind Day UL 6:30 Evening Exercise ACT	**06** 9:30 Shuttle Day VT 1:30 Bingo DIN 3:00 Hot Cocoa Bar DOW 6:00 Evening Revival ACT	**07** 9:30 Trinity Church DIN 1:00 Communion DIN 1:30 Valentine's Craft ACT 6:30 Walking Warriors Hall	**08** 9:30 Bingo DIN 1:30 Bowling DOW 3:00 Hot Cocoa Bar DOW 6:30 Game Night ACT	**09** 9:30 Chair Exercise-Yoga DOW 10:00 Are You A Dragon UL 1:30 Who Is William Harrison UL 6:30 Helping Hands ACT	**10** 10:00 Activity Puzzle Packets FD 1:30 Games with Friends UL
11 9:30 Coffee & News DOW 1:00 Music with Friends UPF 5:30 Super Bowl Party DIN	**12** 10:00 Breakfast Physics ACT 1:30 Family Feud ACT 3:00 National Lost Penny Day DOW 6:30 Evening Exercise ACT	**13** 9:30 Shuttle Day VT 1:30 Mardi Gras Bingo DIN 3:00 Mardi Gras Hot Cocoa Bar DOW 6:00 Evening Revival ACT	**14** Valentine's Day 10:00 Coffee Hour ACT 1:00 Communion DIN 1:30 Valentine's Mimosa Party DIN 6:30 Walking Warriors Hall	**15** 9:30 Bingo DIN 1:30 Trivia UL 3:00 Hot Cocoa Bar DOW 6:30 Game Night UL	**16** 9:30 Chair Exercise-floor Ball DOW 10:00 Resident Meeting UL 1:30 Tim The Tune Man DOW 6:30 Helping Hands ACT	**17** 10:00 Activity Puzzle Packets FD 1:30 Games with Friends UL
18 9:30 Coffee & News DOW 1:00 Music with Friends UPF	**19** President's Day 10:00 Tour of Yums ACT 1:30 Guess the President UL 3:00 Iwo Jima Day UL 6:30 Evening Exercise ACT	**20** 9:30 Shuttle Day VT 1:30 Bingo DIN 3:00 Hot Cocoa Bar DOW 6:00 Evening Revival ACT	**21** 10:00 Coffee Hour ACT 1:00 Communion DIN 1:30 Health Pro ACT 6:30 Walking Warriors Hall	**22** 9:30 Bingo DIN 1:30 Bowling DOW 3:00 Hot Cocoa Bar DOW 6:30 Game Night ACT	**23** 9:30 Chair Exercise - ti-chi UL 10:00 What is Leap Year UL 1:30 Resident Birthday Party DIN 6:30 Helping Hands ACT	**24** 10:00 Activity Puzzle Packets FD 1:30 Games with Friends UL
25 9:30 Coffee & News DOW 1:00 Music with Friends UPF	**26** 10:00 Guess the Tune ACT 1:30 Healthy Cooking with Kaleb DIN 1:30 Tell a Fairy Tale Day UL 6:30 Evening Exercise ACT	**27** 9:30 Shuttle Day VT 1:30 Bingo DIN 3:00 Hot Cocoa Bar DOW 6:00 Evening Revival ACT	**28** 10:00 Coffee Hour ACT 1:00 Communion DIN 1:30 Food Meeting UL 6:30 Walking Warriors Hall	**29** 9:30 Bingo DIN 1:30 Taste of Yums ACT 3:00 Hot Cocoa Bar DOW 6:30 Game Night UL		