Heritage Woods of Watseka
Supportive Living & Memory Care

Activities are subject to change.

HELLO March

MARCH 2024

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

Hello March

Mar16th- Easter Egg Hunt- public event.

Mar 17th- St. Patty's Day

Mar 18th- St Patty's Lunch

Mar 31st- Easter Sunday

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Mar 31 9:00 Music Appreciation- iN2L 10:00 Spiritual/ INT. Wellness 11:00 Physical/INT. Wellness 1:00 Quiet/Indep. Time 2:00 Creative Expressions 3:00 INT. Wellness & Snacks 4:00 Vocational Wellness 6:00 Intentional Moments	March Birthdays Joan G Mar 14th				**01** 9:00 Music Appreciation- iN2L 10:00 Spiritual/ INT. Wellness 11:00 Physical/INT. Wellness 1:00 Quiet/Indep. Time 2:00 Creative Expressions 3:00 INT. Wellness & Snacks 4:00 Vocational Wellness 6:00 Intentional Moments	**02** 9:00 Music Appreciation- iN2L 10:00 Spiritual/ INT. Wellness 11:00 Physical/INT. Wellness 1:00 Quiet/Indep. Time 2:00 Creative Expressions 3:00 INT. Wellness & Snacks 4:00 Vocational Wellness 6:00 Intentional Moments
03 9:00 Music Appreciation- iN2L 10:00 Spiritual/ INT. Wellness 11:00 Physical/INT. Wellness 1:00 Quiet/Indep. Time 2:00 Creative Expressions 3:00 INT. Wellness & Snacks 4:00 Vocational Wellness 6:00 Intentional Moments	**04** 9:00 Music Appreciation- iN2L 10:00 Spiritual/ INT. Wellness 11:00 Physical/INT. Wellness 1:00 Quiet/Indep. Time 2:00 Creative Expressions 3:00 INT. Wellness & Snacks 4:00 Vocational Wellness 6:00 Intentional Moments	**05** 9:00 Music Appreciation- iN2L 10:00 Spiritual/ INT. Wellness 11:00 Physical/INT. Wellness 1:00 Quiet/Indep. Time 2:00 Creative Expressions 3:00 INT. Wellness & Snacks 4:00 Vocational Wellness 6:00 Intentional Moments	**06** 9:00 Music Appreciation- iN2L 10:00 Spiritual/ INT. Wellness 11:00 Physical/INT. Wellness 1:00 Quiet/Indep. Time 2:00 Creative Expressions 3:00 INT. Wellness & Snacks 4:00 Vocational Wellness 6:00 Intentional Moments	**07** 9:00 Music Appreciation- iN2L 10:00 Spiritual/ INT. Wellness 11:00 Physical/INT. Wellness 1:00 Quiet/Indep. Time 2:00 Creative Expressions 3:00 INT. Wellness & Snacks 4:00 Vocational Wellness 6:00 Intentional Moments	**08** 9:00 Music Appreciation- iN2L 10:00 Spiritual/ INT. Wellness 11:00 Physical/INT. Wellness 1:00 Quiet/Indep. Time 2:00 Creative Expressions 3:00 INT. Wellness & Snacks 4:00 Vocational Wellness 6:00 Intentional Moments	**09** 9:00 Music Appreciation- iN2L 10:00 Spiritual/ INT. Wellness 11:00 Physical/INT. Wellness 1:00 Quiet/Indep. Time 2:00 Creative Expressions 3:00 INT. Wellness & Snacks 4:00 Vocational Wellness 6:00 Intentional Moments
10 9:00 Music Appreciation- iN2L 10:00 Spiritual/ INT. Wellness 11:00 Physical/INT. Wellness 1:00 Quiet/Indep. Time 2:00 Creative Expressions 3:00 INT. Wellness & Snacks 4:00 Vocational Wellness 6:00 Intentional Moments	**11** 9:00 Music Appreciation- iN2L 10:00 Spiritual/ INT. Wellness 11:00 Physical/INT. Wellness 1:00 Quiet/Indep. Time 2:00 Creative Expressions 3:00 INT. Wellness & Snacks 4:00 Vocational Wellness 6:00 Intentional Moments	**12** 9:00 Music Appreciation- iN2L 10:00 Spiritual/ INT. Wellness 11:00 Physical/INT. Wellness 1:00 Quiet/Indep. Time 2:00 Creative Expressions 3:00 INT. Wellness & Snacks 4:00 Vocational Wellness 6:00 Intentional Moments	**13** 9:00 Music Appreciation- iN2L 10:00 Spiritual/ INT. Wellness 11:00 Physical/INT. Wellness 1:00 Quiet/Indep. Time 2:00 Creative Expressions 3:00 INT. Wellness & Snacks 4:00 Vocational Wellness 6:00 Intentional Moments	**14** 9:00 Music Appreciation- iN2L 10:00 Spiritual/ INT. Wellness 11:00 Physical/INT. Wellness 1:00 Quiet/Indep. Time 2:00 Creative Expressions 3:00 INT. Wellness & Snacks 4:00 Vocational Wellness 6:00 Intentional Moments	**15** 9:00 Music Appreciation- iN2L 10:00 Spiritual/ INT. Wellness 11:00 Physical/INT. Wellness 1:00 Quiet/Indep. Time 2:00 Creative Expressions 3:00 INT. Wellness & Snacks 4:00 Vocational Wellness 6:00 Intentional Moments	**16** 9:00 Music Appreciation- iN2L 10:00 Spiritual/ INT. Wellness 11:00 Physical/INT. Wellness 1:00 Quiet/Indep. Time 2:00 Creative Expressions 3:00 INT. Wellness & Snacks 4:00 Vocational Wellness 6:00 Intentional Moments
17 St. Patrick's Day 9:00 Music Appreciation- iN2L 10:00 Spiritual/ INT. Wellness 11:00 Physical/INT. Wellness 1:00 Quiet/Indep. Time 2:00 Creative Expressions 3:00 INT. Wellness & Snacks 4:00 Vocational Wellness 6:00 Intentional Moments	**18** 9:00 Music Appreciation- iN2L 10:00 Spiritual/ INT. Wellness 11:00 Physical/INT. Wellness 1:00 Quiet/Indep. Time 2:00 Creative Expressions 3:00 INT. Wellness & Snacks 4:00 Vocational Wellness 6:00 Intentional Moments	**19** 9:00 Music Appreciation- iN2L 10:00 Spiritual/ INT. Wellness 11:00 Physical/INT. Wellness 1:00 Quiet/Indep. Time 2:00 Creative Expressions 3:00 INT. Wellness & Snacks 4:00 Vocational Wellness 6:00 Intentional Moments	**20** 9:00 Music Appreciation- iN2L 10:00 Spiritual/ INT. Wellness 11:00 Physical/INT. Wellness 1:00 Quiet/Indep. Time 2:00 Creative Expressions 3:00 INT. Wellness & Snacks 4:00 Vocational Wellness 6:00 Intentional Moments	**21** 9:00 Music Appreciation- iN2L 10:00 Spiritual/ INT. Wellness 11:00 Physical/INT. Wellness 1:00 Quiet/Indep. Time 2:00 Creative Expressions 3:00 INT. Wellness & Snacks 4:00 Vocational Wellness 6:00 Intentional Moments	**22** 9:00 Music Appreciation- iN2L 10:00 Spiritual/ INT. Wellness 11:00 Physical/INT. Wellness 1:00 Quiet/Indep. Time 2:00 Creative Expressions 3:00 INT. Wellness & Snacks 4:00 Vocational Wellness 6:00 Intentional Moments	**23** 9:00 Music Appreciation- iN2L 10:00 Spiritual/ INT. Wellness 11:00 Physical/INT. Wellness 1:00 Quiet/Indep. Time 2:00 Creative Expressions 3:00 INT. Wellness & Snacks 4:00 Vocational Wellness 6:00 Intentional Moments
24 9:00 Music Appreciation- iN2L 10:00 Spiritual/ INT. Wellness 11:00 Physical/INT. Wellness 1:00 Quiet/Indep. Time 2:00 Creative Expressions 3:00 INT. Wellness & Snacks 4:00 Vocational Wellness 6:00 Intentional Moments	**25** 9:00 Music Appreciation- iN2L 10:00 Spiritual/ INT. Wellness 11:00 Physical/INT. Wellness 1:00 Quiet/Indep. Time 2:00 Creative Expressions 3:00 INT. Wellness & Snacks 4:00 Vocational Wellness 6:00 Intentional Moments	**26** 9:00 Music Appreciation- iN2L 10:00 Spiritual/ INT. Wellness 11:00 Physical/INT. Wellness 1:00 Quiet/Indep. Time 2:00 Creative Expressions 3:00 INT. Wellness & Snacks 4:00 Vocational Wellness 6:00 Intentional Moments	**27** 9:00 Music Appreciation- iN2L 10:00 Spiritual/ INT. Wellness 11:00 Physical/INT. Wellness 1:00 Quiet/Indep. Time 2:00 Creative Expressions 3:00 INT. Wellness & Snacks 4:00 Vocational Wellness 6:00 Intentional Moments	**28** 9:00 Music Appreciation- iN2L 10:00 Spiritual/ INT. Wellness 11:00 Physical/INT. Wellness 1:00 Quiet/Indep. Time 2:00 Creative Expressions 3:00 INT. Wellness & Snacks 4:00 Vocational Wellness 6:00 Intentional Moments	**29** 9:00 Music Appreciation- iN2L 10:00 Spiritual/ INT. Wellness 11:00 Physical/INT. Wellness 1:00 Quiet/Indep. Time 2:00 Creative Expressions 3:00 INT. Wellness & Snacks 4:00 Vocational Wellness 6:00 Intentional Moments	**30** 9:00 Music Appreciation- iN2L 10:00 Spiritual/ INT. Wellness 11:00 Physical/INT. Wellness 1:00 Quiet/Indep. Time 2:00 Creative Expressions 3:00 INT. Wellness & Snacks 4:00 Vocational Wellness 6:00 Intentional Moments