Heritage Woods of Watseka
Supportive Living & Memory Care

Activities are subject to change.

April SHOWERS

APRIL 2024

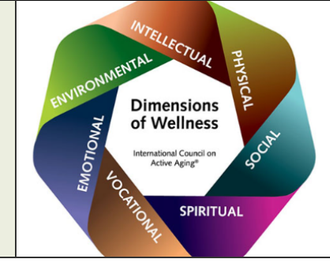
Dimensions of Wellness
- Physical
- Emotional
- Spiritual
- Environmental
- Vocational
- Social
- Intellectual

Hello April:

Apr 1st - April Fools' Day

Apr 17th - Open House 4-7pm

Apr 21st - Go Fly a Kite Day

Apr 22nd - Earth Day.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	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
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