



HAPPY NEW YEAR



JANUARY 2024

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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

- Meeting Places**
- AR** Activity Room
 - OS** Off Site
 - RA** Resident Apartment
 - GS** General Store
 - IA** Independent Activity
 - DR** Dining Room
 - L** Lobby
 - NS** 2nd Floor Nursing Station

January 8th- 2:00-4:00
Elvis is in the building. Come Dance, Eat and Drink all things Elvis. Special appearance from Roy E Renyolds as Elvis with a show like no other.

January 16th 10:30-3:30 Covid/RSV Clinic with CVS 2nd Floor CNA station.



<p><i>Happy New Years from all of us here at Heritage Woods</i></p>	<p>New Year's Day 01</p> <p>8:00a Rose Bowl Parade RA</p> <p>5:00p Rose Bowl Game RA</p> <p>6:00p Card Games AR</p>	<p>02</p> <p>8:00a Walking Club AR</p> <p>10:30a Morning Stretch AR</p> <p>1:00p Uno AR</p> <p>6:00p Card Games AR</p>	<p>03</p> <p>8:00a Coffee & Chat AR</p> <p>10:30a Balloon Volleyball AR</p> <p>2:00p Bible Study! AR</p> <p>3:30p General Store Open GS</p> <p>6:00p Card Games AR</p>	<p>04</p> <p>8:00a Walking Club AR</p> <p>10:00a Doctor's Appointment's OS</p> <p>1:30p Thursday Matinee & Popcorn AR</p> <p>6:00p Card Games AR</p>	<p>05</p> <p>8:00a Coffee & Chat AR</p> <p>10:30a Balloon Volleyball AR</p> <p>1:00p Bingo Game AR</p> <p>3:00p Happy Hour W/ Heart to Heart AR</p> <p>6:00p Card Games AR</p>	<p>06</p> <p>1:00p Independent puzzle packets AR</p> <p>1:30p Saturday Matinee AR</p> <p>3:00p Pictionary AR</p>
<p>07</p> <p>9:30a Cath. Mass (CH.9) IA</p> <p>10:30a Catholic Communion Service AR</p> <p>11:00a Devotions (CH. 20) IA</p> <p>1:30p Spinner Domino's DR</p> <p>6:00p Yahtzee Game AR</p>	<p>08</p> <p>10:30a Balloon Volleyball AR</p> <p>1:00p Bingo AR</p> <p>2:00p Elvis is in the Building! AR</p> <p>3:30p General Store Open GS</p> <p>6:00p Card Games AR</p>	<p>09</p> <p>8:00a Walking Club AR</p> <p>10:30a Men's Club Meeting L</p> <p>1:00p Crafts with Mary! AR</p> <p>6:00p Card Games AR</p>	<p>10</p> <p>8:00a Coffee & Chat AR</p> <p>10:30a Balloon Volleyball AR</p> <p>2:00p Bible Study! AR</p> <p>3:00p Crochet Club AR</p> <p>3:30p General Store Open GS</p> <p>6:00p Card Games AR</p>	<p>11</p> <p>8:00a Walking Club AR</p> <p>10:00a Doctor's Appointment's OS</p> <p>1:30p Penny Auction AR</p> <p>6:00p Card Games AR</p>	<p>12</p> <p>8:00a Coffee & Chat AR</p> <p>10:30a Balloon Volleyball AR</p> <p>1:00p Bingo Game AR</p> <p>3:00p Happy Hour AR</p> <p>6:00p Card Games AR</p>	<p>13</p> <p>1:00p Independent puzzle packets AR</p> <p>1:30p Saturday Matinee AR</p> <p>3:00p Pictionary AR</p>
<p>14</p> <p>9:30a Cath. Mass (CH.9) IA</p> <p>10:30a Catholic Communion Service AR</p> <p>11:00a Devotions (CH. 20) IA</p> <p>1:30p Spinner Domino's DR</p> <p>6:00p Yahtzee Game AR</p>	<p>15</p> <p>10:30a Balloon Volleyball AR</p> <p>10:30a Walmart Shopping/Sign Up L</p> <p>1:00p Bingo AR</p> <p>2:00p Jeopardy! AR</p> <p>3:30p General Store Open GS</p> <p>6:00p Card Games AR</p>	<p>16</p> <p>8:00a Walking Club AR</p> <p>10:30a Covid /RSV Clinic NS</p> <p>10:30a Morning Stretch AR</p> <p>1:00p Casino Outing- Sign up! L</p> <p>6:00p Card Games AR</p>	<p>17</p> <p>8:00a Coffee & Chat AR</p> <p>10:30a Balloon Volleyball AR</p> <p>2:00p Bible Study! AR</p> <p>3:00p Meal Planning AR</p> <p>3:30p General Store Open GS</p> <p>6:00p Card Games AR</p>	<p>18</p> <p>8:00a Walking Club AR</p> <p>10:00a Doctor's Appointment's OS</p> <p>10:30a Wellness Seminar W/ Amie AR</p> <p>1:30p Thursday Matinee & Popcorn AR</p> <p>6:00p Card Games AR</p>	<p>19</p> <p>8:00a Coffee & Chat AR</p> <p>10:30a Balloon Volleyball AR</p> <p>1:00p Bingo Game AR</p> <p>3:00p Happy Hour AR</p> <p>6:00p Card Games AR</p>	<p>20</p> <p>1:00p Independent puzzle packets AR</p> <p>1:30p Saturday Matinee AR</p> <p>3:00p Pictionary AR</p>
<p>21</p> <p>9:30a Cath. Mass (CH.9) IA</p> <p>10:30a Catholic Communion Service AR</p> <p>11:00a Devotions (CH. 20) IA</p> <p>1:30p Spinner Domino's DR</p> <p>6:00p Yahtzee Game AR</p>	<p>22</p> <p>8:00a Coffee & Chat AR</p> <p>10:30a Balloon Volleyball AR</p> <p>10:30a Kroger/Sign Up L</p> <p>1:00p Bingo AR</p> <p>3:30p General Store Open GS</p> <p>6:00p Card Games AR</p>	<p>23</p> <p>8:00a Walking Club AR</p> <p>10:30a Men's Club Outing L</p> <p>2:00p Painting/Snowman AR</p> <p>6:00p Card Games AR</p>	<p>24</p> <p>8:00a Coffee & Chat AR</p> <p>10:30a Balloon Volleyball AR</p> <p>2:00p Bible Study! AR</p> <p>3:00p Crochet Club AR</p> <p>3:30p General Store Open GS</p> <p>6:00p Card Games AR</p>	<p>25</p> <p>12:00a Walking Club AR</p> <p>10:00a Doctor's Appointment's OS</p> <p>1:30p Thursday Matinee & Popcorn AR</p> <p>6:00p Card Games AR</p>	<p>26</p> <p>8:00a Coffee & Chat AR</p> <p>10:30a Balloon Volleyball AR</p> <p>1:00p Bingo Game AR</p> <p>3:00p Happy Hour AR</p> <p>6:00p Card Games AR</p>	<p>27</p> <p>1:00p Independent puzzle packets AR</p> <p>1:30p Saturday Matinee AR</p> <p>3:00p Pictionary AR</p>
<p>28</p> <p>9:30a Cath. Mass (CH.9) IA</p> <p>10:30a Catholic Communion Service AR</p> <p>11:00a Devotions (CH. 20) IA</p> <p>1:30p Spinner Domino's DR</p> <p>2:00p Book Club AR</p> <p>6:00p Yahtzee Game AR</p>	<p>29</p> <p>8:00a Coffee & Chat AR</p> <p>10:30a Balloon Volleyball AR</p> <p>1:00p Bingo AR</p> <p>3:30p General Store Open GS</p> <p>6:00p Card Games AR</p>	<p>30</p> <p>8:00a Walking Club AR</p> <p>10:30a Lunch Outing/ Crackle Barrel L</p> <p>1:30p Resident Council DR</p> <p>6:00p Card Games AR</p>	<p>31</p> <p>8:00a Coffee & Chat AR</p> <p>10:30a Balloon Volleyball AR</p> <p>2:00p Bible Study! AR</p> <p>3:30p General Store Open GS</p> <p>6:00p Card Games AR</p>	<p>January Birthday's</p> <p>Diane C -4th</p> <p>Barbara S- 6th</p> <p>Pete A -9th</p> <p>Mamie D-9th</p> <p>Ronald P-10th</p>		<p>Eleanor B-13th</p> <p>Frank K-19th</p> <p>Bonnie S-21st</p> <p>Thomas G-22nd</p> <p>Rosalie J-30th</p>

