



Heritage Pointe



SUN	MON	TUE	WED	THU	FRI	SAT
January Birthdays Jan. 3 - Evie O. Jan. 12 - Jerry H. Jan. 13 - Norma H. Jan. 14 - Sylvia H. Jan. 19 - Sylvia M. Jan. 23 - John G. Jan. 26 - Elaine E. Jan. 27 - Arlene F. Jan. 30 - Betty B.			1 New Year's Day 9:30 (WR) Resident Led Exercise 10:15 (CS) Resident Coffee Talk 11:00-1:00 (D) New Years Day Buffet 1:30 (CS) New Year's Word Search 2:30 (CS) Cookie Social 4:00 (T) Rose Bowl Game	2 8:30-10:30 Vitals Clinic in Coffee Shop 9:30 (WR) Mind & Body Exercise 10:15 (C) Devotional 10:45 (L) New Years Traditions/Trivia 2:00 (CM) BINGO 3:15 (C) Catholic Mass 6:00 (CS) Sorry! Game	3 9:30 (WR) Fitness 10:00-11:00(P) Store 1:00 Walgreens Trip (Sign Up) 1:00 (T) Comedy Video: Ventriloquist 2:30 (AR) Meaningful Activity: Maintenance Gifts 6:00 (CS) Rummy	4 9:30 (WR) Fitness 10:30 (AR) Manicures (Sign Up) 1:30 (AR) National Trivia Day 2:30 (AR) Variety Snack Social 6:00 (T) Lawrence Welk Show
5 9:15 (C) Church Service w/ Dick Sladky 10:30 (T) Catholic Mass on TV 10:45 (T) Catholic Communion 2:00 (CM) BINGO 3:15 (AR) Pie Social 6:00 (CS) Monopoly game Day	6 9:30 (WR) Exercise 10:15 (BN) Book Club 11:00-12:00(P) Store 2:00 (AR) Mexican Dominoes 3:15 (AR) One Day Monday Video Time 6:00 (CS) Jenga! with Diane & Friends	7 9:30 (WR) Tai Chi 10:15 (C) Devotions 10:30 (C) Bible Study 1:00 (T) Movie Matinee: Dead Poet's Society 3:00 (CM) Gospel Quartet Performs 6:00 (L) Sing-Along	8 9:30 (WR) Mind & Body Exercise 10:15(CS) Coffee Talk 11:00-12:00 (P) Store 1:00 (AR) Manicures 1:00 (G) Men's Club 3:00 (CM) Happy Hour w/ New Residents 6:00 (G) Checkers	9 9:30 (WR) Exercise 10:15 (C) Devotions 10:45 (CS) Current Events 2:00 (CM) BINGO 3:00 (CM) Town Hall Meeting 3:45 (L) Piano Music with Holly 6:00 (T) Movie Night	10 9:30 (WR) Fitness 10:00-11:00 (P) Corner Store 11:00 Don & Millie's Trip (Sign Up) 1:00 (CS) Adult Coloring 2:30 (WR) Fitness Equipment Training & Healthy Snacks 6:00 (CS) Rummy	11 9:30 (WR) Fitness 10:30 (AR) Manicures (Sign Up) 1:30 (AR) Family Feud 2:30 (AR) Baking: Pecan Snow Balls 6:00 (T) Lawrence Welk Show
12 9:15 (C) Church Service w/ Dick Sladky 10:30 (T) Catholic Mass on TV 10:45 (T) Catholic Communion 2:00 (CM) BINGO 3:15 (AR) Nat'l Hot Tea Day Social 6:00 (CS) Yahtzee	13 9:30 (WR) Exercise 10:15 (BN) Book Club 11:00-12:00 (P) Store 1:00 (CM) Custom Hearing Solutions 2:00 (AR) Mexican Dominoes 3:15 (T) Wii Bowling 6:00 Midland's Pet Therapy in Lobby	14 9:30 (WR) Tai Chi 10:00 Massage Therapist Here- Sign Up! 10:15 (C) Devotions 10:30 (C) Bible Study 1:00 (T) Movie Time 2:30 (CM) Dick Sladky Music Show 3:30 (C) Cards & Coffee	15 9:30 (WR) Mind & Body Exercise 10:15(CS) Coffee Talk 11:00-12:00 (P) Store Open 1:00 (AR) Manicures 1:00 (G) Men's Club 2:00-3:30 (CM) OnCare Balance Clinic 6:00(G) Shuffleboard	16 9:30 (WR) Exercise 10:00 (P) Dining Council Tasting 2:00 (CM) BINGO 3:15 (C) Catholic Mass 4:30 (DR) Omaha Steaks Night 6:00 (CS) Sorry!	17 9:30 (WR) Fitness 10:00-11:00 (P) Store Open 1:00 Target Trip (Sign Up) 1:00 (CS) Word Search Puzzle 2:30 (T) Video Sing-Along 6:00 (CS) Rummy	18 National Maintenance Day 9:30 (WR) Fitness 10:30 (AR) Manicures (Sign Up) 1:30 (AR) Conversation Cards 2:30 (AR) Root-Beer Floats Social 6:00 (T) L. Welk
19 9:15 (C) Church Service w/ Dick Sladky 10:30 (T) Catholic Mass on TV 10:45 (T) Catholic Communion 2:00 (CM) BINGO 3:15 (AR) Nat'l Pop-corn Day Social 6:00 (CS) Cards	20 Martin Luther King Jr. Day 9:30 (WR) Exercise 10:15 (BN) Book Club 11:00-12:00 (P) Store 2:00 (AR) Mexican Dominoes 3:15 (T) Video: Martin Luther King, Jr. 6:00 (CM) Quarter Bingo Night	21 9:30 (WR) Tai Chi 10:15 (C) Devotions 10:30 (C) Bible Study w/NanciMae 1:00 (T) Movie Matinee 3:15 (CM) Chair Volleyball 6:00 (L) Sing-A-Long	22 9:30 (WR) Mind & Body Exercise 10:15(CS) Coffee Talk 11:00-12:00 (P) Store Open 1:00 (AR) Manicures 3:00 (CM) Happy Hour w/ Billy Troy 6:00 (G) Checkers	23 9:30 (WR) Fitness 10:15 (C) Devotional 10:45 (CS) Time Slips 11-1 (L) Timeless Apparel 2:00 (CM) BINGO 3:15 (C) Catholic Communion 4:30 (DR) Pizza & Beer 4:30 Men's Night Out/ Sterling Ridge	24 9:30 (WR) Fitness 10:00-11:00 (P) Store Open 11:00 Chinese Buffet Trip -SignUp 1:30 (AR) Activity Suggestion Mtg. 3:00 (C) Hymn Sing w/ Nanci Mae 6:00 (CS) Rummy	25 Chinese New Year 9:30 (WR) Fitness 10:30 (AR) Manicures (Sign Up) 1:30 (AR) Chinese NY Trivia 2:30 (AR) Popular Chinese Snacks 6:00 (T) Lawrence Welk Show
26 9:15 (C) Church Service w/ Dick Sladky 10:30 (T) Catholic Mass on TV 10:45 (T) Catholic Communion 2:00 (CM) BINGO 3:15 (AR) Nat'l Peanut Brittle Day Social 6:00 (CS) Sorry! Game	27 9:30 (WR) Exercise Class 10:15 (BN) Book Club 11:00-12:00 (P) Store 1:00 HyVee Shopping Trip (Sign Up) 2:00 (AR) Mexican Dominoes 3:15 (T) Wii Bowling 6:00 Count Basie Music Social in Lobby	28 9:30 (WR) Fitness 10:00 Massage Therapist Here- Sign Up! 10:15 (C) Devotions 10:30(C)Bible Study 1:00(T) Travel Video: China 2:30 (CM) January Birthday Party w/ Teri Orr 6:00 (L) Sing-A-Long	29 9:30 (WR) Mind & Body Exercise 10:15(CS) Coffee Talk 11:00-12:00 (P) Store Open 1:00 (AR) Manicures w/ Doris & Tarynn 1:00 (G) Men's Club w/ Stan 6:00 (CS) Sorry! Board Game	30 9:30 (WR) Mind & Body Exercise 10:15 (C) Devotional 10:45 (CS) Valentine Dining Centerpieces 2:00 (CM) BINGO 3:15 (CM) National Soup Month Tasting 6:00 (T) Movie Night	31 9:30 (WR) Fitness 10:00-11:00 (P) Store Open 1:00 Kohl's Trip (Sign Up) 1:15 (CS) Crossword Puzzle 2:30 (AR) Craft Time 6:00 (CS) Rummy	Room Key AR=Activity Room C=Chapel CS=Coffee Shop CM=Comm. Room CY=Courtyard D=Dining Room T=Theatre WR=Wellness Room BN=Birds Nest on 2 G=Game Room P=Pub