

January 2025
Independent & Assisted Living Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>HERITAGE AT IRENE WOODS <i>A Rose Senior Living Community</i></p>	<p>Sign up at the Front Desk as soon as possible for all outings and activities in black bold lettering you may want to attend regardless of commitment. This will help Activities in planning accordingly.</p>		<p>New Years Day 1</p> <p>9:15 🌿 Perk Up & Chat with Activity Staff [C]</p> <p>10:00 ↔ Exercise with Activity Staff [ER]</p> <p>10:15 📖 History: Australia Day - Tedx Talk & Invention Game [TH]</p> <p>1:00 🩺 Blood Pressure Check w/ Power Back Rehab [CR]</p> <p>1:30 ↔ Swat Ball [ER]</p> <p>2:15 📖 Chicken Foot Dominoes with Activity Staff [CR]</p> <p>3:15 📖 Checkers & Board Games w/ Staff [C]</p> <p>6:00 🎬 Movie: "Hello Dolly" [TH]</p>	<p>2</p> <p>9:15 🌿 Perk Up & Chat with Activity Staff [C]</p> <p>10:00 🎭 Music in the Theater [TH]</p> <p>10:15 🕯️ Morning Meditation with Antonio [ER]</p> <p>11:30 🚗 Walmart [BO]</p> <p>1:15 ↔ Wii Bowling with Activity Staff [901GR]</p> <p>2:00 ↔ Chair Yoga [ER]</p> <p>2:30 🌿 AL Activity: Room Visits</p> <p>3:30 🎮 Bingo [CR]</p> <p>6:00 🎬 Movie: "Amazing Grace" [TH]</p>	<p>3</p> <p>9:15 🌿 Perk Up & Chat with Activity Staff [C]</p> <p>10:00 ↔ Exercise with Powerback Rehab [ER]</p> <p>10:15 ↔ Walking Club [FL]</p> <p>11:00 📖 <i>Poker - Led by Residents [P]</i></p> <p>1:00 📖 <i>Ambassador Committee [L]</i></p> <p>1:15 🎭 Rick Steves' - Greece: "Athens and the Peloponnese" [TH]</p> <p>2:00 🌿 Happy Hour/Live Music from Creative Aging [CR]</p> <p>3:00 📖 Kings in the Corner [CR]</p> <p>6:00 🎬 Movie: "A Song To Remember" [TH]</p> <p>6:30 📖 <i>Mexican Train Dominoes - Led by Residents [L]</i></p>	<p>4</p> <p>9:15 🌿 Perk Up & Chat with Activity Staff [C]</p> <p>10:00 🕯️ Daily Bread Devotional & Hymns [TH]</p> <p>11:00 📖 Visiting in Memory Care [FL]</p> <p>11:30 🌿 AL Activity: Room Visits</p> <p>1:30 🎭 Movie: "Hanging Up" [TH]</p> <p>1:45 ↔ Wii Bowling with Activity Staff [901GR]</p> <p>2:30 📖 Chicken Foot Dominoes with Activity Staff [CR]</p>
<p>9:30 🌿 <i>Resident Led - Perk Up & Chat [C]</i> 5</p> <p>11:00 🕯️ Catholic Services [CH]</p> <p>1:00 ❤️ <i>Relax & Color [AS]</i></p> <p>2:00 🕯️ Church Service w/ Pete Trimble [CH]</p> <p>3:30 📖 <i>Jigsaw Puzzles [AS]</i></p>	<p>9:15 🌿 Perk Up & Chat with Activity Staff [C] 6</p> <p>10:00 🚗 Bank Run [BO]</p> <p>10:00 ↔ Exercise with Powerback Rehab [ER]</p> <p>10:15 ↔ Walking Club [FL]</p> <p>11:00 📖 <i>Poker - Led by Residents [P]</i></p> <p>1:15 ↔ Wii Bowling with Activity Staff [901GR]</p> <p>1:30 📖 <i>Resident Council [CH]</i></p> <p>2:30 ❤️ Soothe Your Senses Spa [TH]</p> <p>6:00 🎮 Bingo Fun w/ Sierra [CR]</p>	<p>9:15 🌿 Perk Up & Chat with Activity Staff [C] 7</p> <p>10:00 🕯️ Bible Study: East Shelby Church of Christ [CR]</p> <p>10:15 📖 History & Craft: Putty in Your Hands [P]</p> <p>11:00 🕯️ Catholic Service [CH]</p> <p>11:30 🚗 Kroger [BO]</p> <p>1:30 📖 Coloring & Jigsaw Puzzles [AS]</p> <p>2:00 ↔ Chair Yoga [ER]</p> <p>2:30 🌿 AL Activity: Room Visits</p> <p>3:30 🎮 Bingo [CR]</p> <p>6:00 🎬 Movie: "Simon Birch" [TH]</p>	<p>8</p> <p>9:15 🌿 Perk Up & Chat with Activity Staff [C]</p> <p>10:00 ↔ Exercise with Activity Staff [ER]</p> <p>10:45 🚗 Lunch Outing: Tony's Trophy Room</p> <p>1:30 📖 Chit Chat w/ Sam & Leadership [CH]</p> <p>2:15 📖 Cooking w/ Margie: Elvis' Grilled Peanut Butter & Banana Sandwiches [AS]</p> <p>2:30 🌿 Elvis Sip & Paint w/ Deb [CR]</p> <p>3:15 📖 Checkers & Board Games w/ Staff [C]</p> <p>3:30 📖 <i>Assisted Living Chit Chat w/ Sam [CH]</i></p> <p>6:00 🎬 Netflix Series: "The Crown" [TH]</p>	<p>9</p> <p>9:15 🌿 Perk Up & Chat with Activity Staff [C]</p> <p>10:00 🎭 Music in the Theater [TH]</p> <p>10:15 🕯️ Morning Meditation with Antonio [ER]</p> <p>11:30 🚗 Dollar Tree [BO]</p> <p>1:00 🩺 Assisted Living Wellness Clinic [ADR]</p> <p>1:15 ↔ Wii Bowling with Activity Staff [901GR]</p> <p>2:00 ↔ Chair Yoga [ER]</p> <p>2:30 🌿 AL Activity: Room Visits</p> <p>3:30 🎮 Bingo [CR]</p> <p>6:00 🎬 Movie: "The Man From Snowy River" [TH]</p>	<p>Houseplant Appreciation Day 10</p> <p>9:15 🌿 Perk Up & Chat with Activity Staff [C]</p> <p>10:00 ↔ Exercise with Powerback Rehab [ER]</p> <p>10:15 ↔ Walking Club [FL]</p> <p>11:00 📖 <i>Poker - Led by Residents [P]</i></p> <p>1:15 🎭 Rick Steves' -Greece: "Greek Islands" [TH]</p> <p>2:00 🌿 Happy Hour w/ Elvis Songs by Paul Morphis [CR]</p> <p>3:00 🌿 Decorating & Potting Air Plants [CR]</p> <p>6:00 🎬 Movie: "Sense & Sensibility" [TH]</p> <p>6:30 📖 <i>Mexican Train Dominoes - Led by Residents [L]</i></p>	<p>11</p> <p>9:15 🌿 Perk Up & Chat with Activity Staff [C]</p> <p>10:00 🕯️ Daily Bread Devotional & Hymns [TH]</p> <p>11:00 📖 Visiting in Memory Care [FL]</p> <p>11:30 🌿 AL Activity: Room Visits</p> <p>12:30 📖 <i>Hand and Foot - Led by Residents [P]</i></p> <p>1:30 🎬 Movie: "My Giant" [TH]</p> <p>1:45 ↔ Wii Bowling with Activity Staff [901GR]</p>
<p>9:30 🌿 <i>Resident Led - Perk Up & Chat [C]</i> 12</p> <p>11:00 🕯️ Catholic Services [CH]</p> <p>1:00 ❤️ <i>Relax & Color [AS]</i></p> <p>2:00 🕯️ Church Service w/ Gregorio Barnett [CH]</p> <p>3:30 📖 <i>Jigsaw Puzzles [AS]</i></p>	<p>Ring, Ring Day 13</p> <p>9:15 🌿 Perk Up & Chat with Activity Staff [C]</p> <p>9:30 🚗 Casino Outing: Horseshoe [BO]</p> <p>10:00 ↔ Exercise with Powerback Rehab [ER]</p> <p>10:15 ↔ Walking Club [FL]</p> <p>11:00 📖 <i>Poker - Led by Residents [P]</i></p> <p>1:15 ↔ Wii Bowling with Activity Staff [901GR]</p> <p>1:30 📖 <i>Food Committee [IDR]</i></p> <p>2:15 📖 <i>Men's Meet-Up w/ Antonio [P]</i></p> <p>2:45 📖 iPhone Questions Part 2 [TH]</p> <p>6:00 🎬 Movie: "The Story of Alexander Graham Bell" [TH]</p>	<p>9:15 🌿 Perk Up & Chat with Activity Staff [C] 14</p> <p>10:00 🕯️ Bible Study: East Shelby Church of Christ [CR]</p> <p>10:15 ↔ Pool with Activity Staff [901GR]</p> <p>11:00 🕯️ Catholic Service [CH]</p> <p>11:30 🚗 Kroger [BO]</p> <p>1:30 📖 Coloring & Jigsaw Puzzles [AS]</p> <p>2:00 ↔ Chair Yoga [ER]</p> <p>2:30 🌿 AL Activity: Room Visits</p> <p>3:30 🎮 Bingo [CR]</p> <p>6:00 🎬 Movie: "Death Defying Acts - Houdini's Secret [TH]</p>	<p>National Bagel Day 15</p> <p>9:15 🌿 Perk Up & Chat with Activity Staff [C]</p> <p>10:00 ↔ Exercise with Activity Staff [ER]</p> <p>1:00 🩺 Blood Pressure Check w/ Power Back Rehab [CR]</p> <p>1:30 📖 <i>Activities Committee [CH]</i></p> <p>2:00 📖 Creative Arts: Wooden Beaded Key Chain [AS]</p> <p>2:15 📖 2025 Wellness Planning with Sierra [TH]</p> <p>2:15 ↔ Swat Ball [ER]</p> <p>3:15 📖 Checkers & Board Games w/ Staff [C]</p> <p>4:00 🚗 Dinner Outing: Commissary BBQ w/ Sierra [BO]</p> <p>6:00 🎬 Netflix Series: "The Chosen" [TH]</p>	<p>Fig Newton Day 16</p> <p>9:15 🌿 Perk Up & Chat with Activity Staff [C]</p> <p>10:00 🚗 Forever Young Veterans Monthly Gathering [BO]</p> <p>10:00 🎭 Music in the Theater [TH]</p> <p>10:15 🕯️ Morning Meditation with Antonio [ER]</p> <p>1:00 🚗 Walmart [BO]</p> <p>1:15 ↔ Wii Bowling with Activity Staff [901GR]</p> <p>2:00 ↔ Chair Yoga [ER]</p> <p>2:30 🌿 AL Activity: Room Visits</p> <p>3:30 🎮 Bingo [CR]</p> <p>6:00 🎬 Movie: "The Last Brickmaker in America" [TH]</p>	<p>17</p> <p>9:15 🌿 Perk Up & Chat with Activity Staff [C]</p> <p>10:00 ↔ Exercise with Powerback Rehab [ER]</p> <p>10:15 ↔ Walking Club [FL]</p> <p>11:00 📖 <i>Poker - Led by Residents [P]</i></p> <p>1:00 📖 <i>Ambassador Committee [L]</i></p> <p>1:15 🎭 Rick Steves' - Turkey: "West Turkey" [TH]</p> <p>2:00 🌿 Happy Hour/Live Music from Creative Aging [CR]</p> <p>3:00 📖 Kings in the Corner [CR]</p> <p>6:00 🎬 Movie: "Finding Forrester" [TH]</p> <p>6:30 📖 <i>Mexican Train Dominoes - Led by Residents [L]</i></p>	<p>18</p> <p>9:15 🌿 Perk Up & Chat with Activity Staff [C]</p> <p>10:00 🕯️ Daily Bread Devotional & Hymns [TH]</p> <p>11:00 📖 Visiting in Memory Care [FL]</p> <p>11:30 🌿 AL Activity: Room Visits</p> <p>1:30 🎬 Movie: "Selma" [TH]</p> <p>1:45 ↔ Wii Bowling with Activity Staff [901GR]</p> <p>2:30 📖 Chicken Foot Dominoes with Activity Staff [CR]</p>

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:30 🌿 Resident Led - Perk Up & Chat [C] 19</p> <p>11:00 🙏 Catholic Services [CH]</p> <p>1:00 ❤️ Relax & Color [AS]</p> <p>2:00 🙏 Church Service w/ Peace Tree [CH]</p> <p>3:30 🧩 Jigsaw Puzzles [AS]</p>	<p>Inauguration Day 20 Martin Luther King Day</p> <p>9:15 🌿 Perk Up & Chat with Activity Staff [C]</p> <p>10:00 🚗 Bank Run [BO]</p> <p>10:00 ↔ Exercise with Powerback Rehab [ER]</p> <p>10:15 ↔ Walking Club [FL]</p> <p>11:00 🎴 Poker - Led by Residents [P]</p> <p>11:00 🏛️ Presidential Inauguration Ceremony Viewing [TH]</p> <p>1:15 ↔ Wii Bowling with Activity Staff [901GR]</p> <p>2:30 ❤️ Soothe Your Senses Spa [TH]</p> <p>6:30 🎬 Movie: College Football National Championship [TH]</p>	<p>9:15 🌿 Perk Up & Chat with Activity Staff [C] 21</p> <p>10:00 🙏 Bible Study: East Shelby Church of Christ [CR]</p> <p>10:15 🌿 History & Craft: The Language of Flowers [P]</p> <p>11:00 🙏 Catholic Service [CH]</p> <p>11:30 🚗 Kroger [BO]</p> <p>1:30 🧩 Coloring & Jigsaw Puzzles [AS]</p> <p>2:00 ↔ Chair Yoga [ER]</p> <p>2:30 🌿 AL Activity: Room Visits</p> <p>3:30 🎮 Bingo [CR]</p> <p>6:00 🎬 Movie: "Hearts in Atlantis" [TH]</p>	<p>9:15 🌿 Perk Up & Chat with Activity Staff [C] 22</p> <p>10:00 ↔ Exercise with Activity Staff [ER]</p> <p>1:30 🏠 Chit Chat w/ Sam & Leadership [CH]</p> <p>2:15 ↔ Swat Ball [ER]</p> <p>2:30 🌿 Cooking w/ Margie: Blonde Brownies [AS]</p> <p>3:15 🎴 Checkers & Board Games w/ Staff [C]</p> <p>3:30 🏠 Assisted Living Chit Chat w/ Sam [CH]</p> <p>6:00 🎬 Netflix Series: "The Chosen" [TH]</p>	<p>9:15 🌿 Perk Up & Chat with Activity Staff [C] 23</p> <p>10:00 🎬 Music in the Theater [TH]</p> <p>10:15 🙏 Morning Meditation with Antonio [ER]</p> <p>11:30 🚗 TJ Maxx [BO]</p> <p>1:15 ↔ Wii Bowling with Activity Staff [901GR]</p> <p>2:00 ↔ Chair Yoga [ER]</p> <p>2:30 🌿 AL Activity: Room Visits</p> <p>3:30 🎮 Bingo [CR]</p> <p>6:00 🎬 Movie: "The Rare Breed" [TH]</p>	<p>9:15 🌿 Perk Up & Chat with Activity Staff [C] 24</p> <p>10:00 ↔ Exercise with Powerback Rehab [ER]</p> <p>10:15 ↔ Walking Club [FL]</p> <p>11:00 🎴 Poker - Led by Residents [P]</p> <p>1:15 🎬 Rick Steves' - Turkey: "Central Turkey" [TH]</p> <p>2:00 🌿 Happy Hour/Live Music from Creative Aging [CR]</p> <p>3:00 🎴 Kings in the Corner [CR]</p> <p>6:00 🎬 Movie: "The Little Princess" [TH]</p> <p>6:30 🎴 Mexican Train Dominoes - Led by Residents [L]</p>	<p>9:15 🌿 Perk Up & Chat with Activity Staff [C] 25</p> <p>10:00 🙏 Daily Bread Devotional & Hymns [TH]</p> <p>11:00 🏠 Visiting in Memory Care [FL]</p> <p>11:30 🌿 AL Activity: Room Visits</p> <p>12:30 🌿 Hand and Foot - Led by Residents [P]</p> <p>1:30 🎬 Movie: "A Prairie Home Companion" [TH]</p> <p>1:45 ↔ Wii Bowling with Activity Staff [901GR]</p> <p>2:30 🎮 Saturday Bingo [CR]</p>
<p>9:30 🌿 Resident Led - Perk Up & Chat [C] 26</p> <p>11:00 🙏 Catholic Services [CH]</p> <p>1:00 ❤️ Relax & Color [AS]</p> <p>2:00 🙏 Gospel Music w/ Johnson & Johnson [CR]</p> <p>3:30 🧩 Jigsaw Puzzles [AS]</p>	<p>Holocaust Memorial Day 27</p> <p>9:15 🌿 Perk Up & Chat with Activity Staff [C]</p> <p>10:00 🚗 Bank Run [BO]</p> <p>10:00 ↔ Exercise with Powerback Rehab [ER]</p> <p>10:15 ↔ Walking Club [FL]</p> <p>11:00 🎴 Poker - Led by Residents [P]</p> <p>1:15 ↔ Wii Bowling with Activity Staff [901GR]</p> <p>1:30 🏠 Food Committee [IDR]</p> <p>2:00 🌿 Alice in Wonderland Social</p> <p>3:15 🎴 Kings in the Corner [C]</p> <p>6:00 🎬 Movie: "The Boy in the Woods" [TH]</p>	<p>9:15 🌿 Perk Up & Chat with Activity Staff [C] 28</p> <p>10:00 🙏 Bible Study: East Shelby Church of Christ [CR]</p> <p>10:15 ↔ Pool with Activity Staff [901GR]</p> <p>11:00 🙏 Catholic Service [CH]</p> <p>11:30 🚗 Kroger [BO]</p> <p>1:30 🧩 Coloring & Jigsaw Puzzles [AS]</p> <p>2:00 ↔ Chair Yoga [ER]</p> <p>2:30 🌿 AL Activity: Room Visits</p> <p>3:30 🎮 Bingo [CR]</p> <p>6:00 🎬 Movie: "The Wizard of Oz" [TH]</p>	<p>9:15 🌿 Perk Up & Chat with Activity Staff [C] 29</p> <p>9:30 🚗 Toasted Yolk [BO]</p> <p>10:00 ↔ Exercise with Activity Staff [ER]</p> <p>1:15 🎨 Creative Arts: Custom Paint Pour Coasters [AS]</p> <p>1:30 ↔ Swat Ball [ER]</p> <p>2:30 🗣️ Guest Speaker: Nutrition & Diabetes w/ Jennifer Reed, RD [CH]</p> <p>3:15 🎴 Checkers & Board Games w/ Staff [C]</p> <p>6:00 🎬 Netflix Series: "The Chosen" [TH]</p>	<p>9:15 🌿 Perk Up & Chat with Activity Staff [C] 30</p> <p>10:00 🎬 Music in the Theater [TH]</p> <p>10:15 🙏 Morning Meditation with Antonio [ER]</p> <p>11:30 🚗 Marshalls [BO]</p> <p>1:15 ↔ Wii Bowling with Activity Staff [901GR]</p> <p>2:00 ↔ Chair Yoga [ER]</p> <p>2:30 🌿 AL Activity: Room Visits</p> <p>3:30 🎮 Bingo [CR]</p> <p>6:00 🎬 Movie: "Dr. Zhivago" - Part 1 [TH]</p>	<p>9:15 🌿 Perk Up & Chat with Activity Staff [C] 31</p> <p>10:00 ↔ Exercise with Powerback Rehab [ER]</p> <p>10:15 ↔ Walking Club [FL]</p> <p>11:00 🎴 Poker - Led by Residents [P]</p> <p>1:15 🎬 Rick Steves' - Turkey: "East Turkey" [TH]</p> <p>2:00 🌿 Birthday Bash/Live Music from Creative Aging [CR]</p> <p>3:00 🎴 Kings in the Corner [CR]</p> <p>6:00 🎬 Movie: "Dr. Zhivago" - Part 2 [TH]</p> <p>6:30 🎴 Mexican Train Dominoes - Led by Residents [L]</p>	<p>"And now, let us believe in a long year that is given to us, new, untouched, full of things that have never been." — Rainer Maria Rilke</p>

- ❤️ Emotional
- 🌿 Environmental
- 🗣️ Health Services
- 🧩 Intellectual
- 🚗 Outing

- ↔ Physical
- 🏠 Purposeful
- 🌿 Social
- 🙏 Spiritual
- 🎬 Video

901 Game Room-3rd Floor
AL Dining Room-1st Floor
Art Studio-3rd Floor
Bus Outing
Café

901GR Chapel-1st Floor
ADR Club Room-1st Floor
AS Exercise Room-2nd Floor
BO Front Lobby
C

Location Keys

CH IL Dining Room-1st Floor
CR Library-3rd Floor
ER Pub-1st Floor
FL Theater-1st Floor
IDR
L
P
TH