



2025  
January



**Executive Director**

Laurie Pomeroy

**Director of Nursing**

Rebecca Schindler

**BOM/HR Manager**

Blanca Ramirez

**Maintenance**

Travis Cooper

**Resident Care Coordinators**

Carla Perez

Mandy Sigleer

**Activity Director**

Lea Safarov

**Dietary Manager**

Mike Dowell

**Receptionist**

Isavell Carter

**Main Number: 503-980-9990**

# HEARTWOODS ALL STAFF CHRISTMAS PARTY!



# Reminiscing the memories



# that 2024 brought to us!



Sunday

Monday



Tuesday

Wednesday

# January 2025



<p><b>5</b></p> <p>9:30 Morning Walk 10:00 Coffee social 10:30 Table games 3:00 <b>Sunday Hymn's with Wheeler's family</b> 3:30 Creative Art 6:00 TV Show</p>	<p><b>6</b></p> <p>10:00 Balloon Volleyball 10:30 Creative Art 2:00 Daily Chronicle 3:00 Bingo 4:00 Music we know 6:00 Game show</p>	<p><b>7</b></p> <p>10:00 Music and Motion 10:30 One on One visit 11:00 <b>Resident council</b> 2:00 Uncle Dave 3:30 Craft/Art 6:00 Evening visits</p>	<p><b>Happy Birthda</b></p> <p>10:00 Balloon V 10:30 Sing Fit 2:00 Daily Chro 3:00 <b>Red Hat te</b> 4:00 Music we l 6:00 TV show</p>
<p><b>12</b></p> <p>9:30 Morning Walk 10:00 Coffee social 10:30 Table games 3:00 <b>Sunday Hymn's with Wheeler's family</b> 3:30 Creative Art 6:00 TV Show</p>	<p><b>13</b></p> <p>10:00 Music and Motion 10:30 Creative Art 11:00 <b>Chef chat</b> 2:00 Daily Chronicle 3:00 Bingo 4:00 Music we know 6:00 TV Show</p>	<p><b>14</b></p> <p>10:00 Balloon Volleyball 10:30 Short story reading 11:00 Sing Fit 2:00 Daily Chronicle 2:30 Baking 3:00 Trivia 4:00 Dining room Socializing 6:00 Evening visits</p>	<p>10:00 Morning 10:30 Bowling 11:00 Craft/Art 2:00 Daily Chro 3:00 <b>Red Hat te</b> 4:00 Music we l 6:00 Game sho</p>
<p><b>19</b></p> <p>9:30 Morning Walk 10:00 Coffee social 10:30 Table games 3:00 <b>Sunday Hymn's with Wheeler's family</b> 3:30 Creative Art 6:00 TV Show</p> <p><small>Activity Professionals Week</small></p>	<p><b>Martin Luther King Day!</b> <b>20</b></p> <p>10:00 Balloon Volleyball 10:30 Documentary about Martin Luter King Jr. 2:00 Daily Chronicle 3:00 <b>Music we Remember</b> 4:00 Music we know 6:00 Evening visit</p> <p><small>Martin Luther King Jr. Day</small></p>	<p><b>21</b></p> <p>10:00 Music and Motion 10:30 One on One visit 11:00 Sing Fit 2:00 Hot chocolate social 3:00 Art/Craft with Music 4:00 Dining room socializing 6:00 TV Show</p>	<p>10:00 <b>Baking B</b> 10:30 Short sto 11:00 Bible stud 2:00 Daily Chro 3:00 <b>Red Hat te</b> 4:00 Music we l 6:00 Game sho</p>
<p><b>26</b></p> <p>9:30 Morning Walk 10:00 Coffee social 10:30 Table games 3:00 <b>Sunday Hymn's with Wheeler's family</b> 3:30 Creative Art 6:00 TV Show</p> <p><small>Australia Day (Observed)</small></p>	<p><b>27</b></p> <p>10:00 Balloon Volleyball 10:30 Art/Craft 2:00 Daily Chronicle 3:00 Bingo 4:00 Music we know 6:00 Evening visit</p>	<p><b>28</b></p> <p>10:00 Music and Motion 10:30 One on One visit 11:00 Sing Fit 2:00 Daily Chronicle 2:30 Baking 4:00 Music we know 6:00 TV Show</p>	<p>10:00 Balloon V 10:30 Short sto 11:00 Art/Craft 2:00 Daily Chro 3:00 <b>Red Hat te</b> 4:00 Music we l 6:00 Game sho</p> <p><small>Chinese New Year</small></p>

Wednesday	Thursday	Friday	Saturday
	<p><b>2</b></p> <p>10:00 Balloon Volleyball  10:30 Scenic drive (N)  11:00 Scenic drive(S)  1:30 Wayne's reader  3:00 Bingo  4:00 Dining room Socializing  6:00 TV Show</p>	<p><b>3</b></p> <p>10:00 Music and Motion  10:30 Sing Fit  2:00 <b>Armchair travel Italy</b>  3:00 <b>Happy hour &amp; Karaoke</b>  4:00 Dining room Socializing  6:00 Reminisce</p>	<p><b>4</b></p> <p>9:30 Parachute ball  10:00 Manicure  10:30 Hot chocolate social  3:00 Movie &amp; Snack  6:00 Evening visits</p>
<p>ay Gladys!  Volleyball</p> <p>nicile  ea party  know</p>	<p><b>8</b></p> <p><b>Happy Birthday Bonita!</b> <b>9</b></p> <p>10:00 Music and Motion  10:30 Hot chocolate social  11:00 Communion  2:00 Craft/Art  3:00 Bingo  4:00 Dining room Socializing  6:00 Game show</p>	<p><b>10</b></p> <p>10:00 <b>Baking Bread</b>  10:30 Sing Along  2:00 <b>Armchair travel Peru</b>  3:00 <b>Cathy Yale performance</b>  4:00 Dining room Socializing  6:00 Evening visits</p>	<p><b>11</b></p> <p>9:30 Balloon Volleyball  10:00 Manicure  10:30 Word search/Puzzle  3:00 Movie &amp; Snack  6:00 Reminisce</p>
<p>greetings</p> <p>nicile  ea party  know  w</p>	<p><b>15</b></p> <p>10:00 Music and Motion  10:30 Scenic drive (N)  11:00 Scenic drive (S)  1:30 Wayne's Reader  3:00 Bingo  4:00 Music we know  6:00 Evening visits</p>	<p><b>16</b></p> <p>10:00 Balloon Volleyball  10:30 Sing Along  2:00 <b>Armchair travel Chili</b>  3:00 Craft/Art  4:00 Dining room Socializing  6:00 TV Show</p>	<p><b>17</b></p> <p>9:30 Parachute ball  10:00 Manicure  10:30 Hot chocolate social  3:00 Movie &amp; Snack  6:00 Evening visits</p>
<p>read  ry reading  dy with Holly  nicile  ea party  know  w</p>	<p><b>22</b></p> <p><b>Happy Birthday Shirley!</b> <b>23</b></p> <p>10:00 Balloon Volleyball  10:30 Scenic drive (N)  11:00 Scenic drive (S)  2:00 Daily Chronicle  3:00 Bingo  4:00 Music we know  6:00 Evening visit</p>	<p><b>24</b></p> <p>10:00 Music and Motion  10:30 Sing Along  2:00 <b>Armchair travel Australia</b>  3:00 Craft/Art  4:00 Dining room Socializing  6:00 TV Show</p>	<p><b>25</b></p> <p>9:30 Balloon Volleyball  10:00 Manicure  10:30 Word search/Puzzle  3:00 Movie &amp; Snack  6:00 Reminisce</p>
<p>Volleyball  ry reading</p> <p>nicile  ea party  know  w</p> <p>(Year of the Snake)</p>	<p><b>29</b></p> <p>10:00 Music and Motion  10:30 Scenic drive (N)  11:00 Scenic drive (S)  2:00 Daily Chronicle  3:00 Bingo  4:00 Music we know  6:00 Evening visit</p>	<p><b>30</b></p> <p>10:00 Balloon Volleyball  10:30 Sing Along  2:00 <b>Armchair travel China</b>  3:00 <b>Happy hour &amp; Karaoke</b>  4:00 Dining room Socializing  6:00 TV Show</p>	<p><b>31</b></p> 



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