

January 2026

Heritage Place Happenings

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>HERITAGE PLACE™ OF FREDERICKSBURG</p> <p>A Morada Senior Living Community</p>	<p>Emotional</p> <p>Intellectual</p> <p>Memory Enhancing</p> <p>Physical</p> <p>Sensory</p> <p>Social</p> <p>Spiritual</p>	<p>CELEBRATIONS ACTIVITIES & EVENTS</p>				
<p>9:00  CHURCH SERVICE</p> <p>10:00 Catholic Communion</p> <p>1:00  Books/ Brain Games</p> <p>2:30  BINGO with Gina</p> <p>6:00  After Dinner Stroll</p>	<p>4 10:00  Group Exercise</p> <p>10:45  Mind Matters with Robyn Adkins, LCSW</p> <p>2:30 BINGO</p> <p>3:45  Random Acts of Kindness</p> <p>5:45  Fireplace Conversations</p> <p>6:00  Prayer Group</p> <p>6:30  Wheel of Fortune Ch. 4</p>	<p>5 9:00 Blood Pressures after breakfast!!</p> <p>9:30 Walmart</p> <p>10:00  Group Exercise</p> <p>10:45  Bible Study with First Baptist Church</p> <p>2:00 Methodist Fellowship and Communion</p> <p>3:00 Connie's Homemade Peppermint Ice Cream</p> <p>4:00  Game Time - Resident Dominoes</p> <p>5:45  Nightly News Ch. 4</p> <p>6:00  Wheel of Fortune Ch. 4</p>	<p>6 HAIR SALON</p> <p>9:15 Walking Club</p> <p>10:00  Sit and Fit Wellness Center Exercise Class!</p> <p>10:45  National Soup Month - Reminisce</p> <p>3:00  Wind Down Wednesday</p> <p>4:00  Aroma Therapy and Healing Tones</p> <p>5:45  Nightly News</p> <p>6:00  Wheel of Fortune Ch. 4</p>	<p>7 10:00  Group Exercise</p> <p>2:00  Catholic Blessings and Communion</p> <p>3:00  LIVE MUSIC</p> <p>4:00  Game Time - Resident Dominoes</p> <p>5:45  Nightly News Ch. 4</p> <p>6:00  Wheel of Fortune Ch. 4</p>	<p>8 10:00  Group Exercise with Select Rehab. Therapist</p> <p>10:45  Get Creative with Sharon</p> <p>2:30  BINGO with Tracy</p> <p>3:30  Jammin with Jim And Happy Hour Snack</p> <p>4:00  Train Your Brain</p> <p>5:45  Fireplace Conversations</p> <p>6:00  Nightly News Ch. 4</p> <p>6:30  Wheel of Fortune Ch. 4</p>	<p>9 10:00  Laughter in the Lobby - Funny Videos</p> <p>10:30 Coffee and Trivia with Rose</p> <p>12:45 Saturday College Football</p> <p>2:00  Brain Busters</p> <p>3:30  Afternoon Snack In Lobby with Meditative Music</p> <p>5:30  Group Evening Walk Inside Heritage Place Facility</p> <p>5:45  Game Time - Resident Dominoes</p>
<p>9:00  CHURCH SERVICE</p> <p>10:00 Catholic Communion</p> <p>1:00  Books/ Brain Games</p> <p>2:30  BINGO with Gina</p> <p>6:00  After Dinner Stroll</p>	<p>4 10:00  Group Exercise</p> <p>10:45  Mind Matters with Robyn Adkins, LCSW</p> <p>2:30 BINGO</p> <p>3:45  Random Acts of Kindness</p> <p>5:45  Fireplace Conversations</p> <p>6:00  Prayer Group</p> <p>6:30  Wheel of Fortune Ch. 4</p>	<p>5 9:00 Blood Pressures after breakfast!!</p> <p>9:30 Walmart</p> <p>10:00  Group Exercise</p> <p>10:45  Bible Study with First Baptist Church</p> <p>2:00 Methodist Fellowship and Communion</p> <p>3:00 Connie's Homemade Peppermint Ice Cream</p> <p>4:00  Game Time - Resident Dominoes</p> <p>5:45  Nightly News Ch. 4</p> <p>6:00  Wheel of Fortune Ch. 4</p>	<p>6 HAIR SALON</p> <p>9:15 Walking Club</p> <p>10:00  Sit and Fit Wellness Center Exercise Class!</p> <p>10:45  National Soup Month - Reminisce</p> <p>3:00  Wind Down Wednesday</p> <p>4:00  Aroma Therapy and Healing Tones</p> <p>5:45  Nightly News</p> <p>6:00  Wheel of Fortune Ch. 4</p>	<p>7 10:00  Group Exercise</p> <p>2:00  Catholic Blessings and Communion</p> <p>3:00  LIVE MUSIC</p> <p>4:00  Game Time - Resident Dominoes</p> <p>5:45  Nightly News Ch. 4</p> <p>6:00  Wheel of Fortune Ch. 4</p>	<p>8 10:00  Group Exercise with Select Rehab. Therapist</p> <p>10:45  Get Creative with Sharon</p> <p>2:30  BINGO with Tracy</p> <p>3:30  Jammin with Jim And Happy Hour Snack</p> <p>4:00  Train Your Brain</p> <p>5:45  Fireplace Conversations</p> <p>6:00  Nightly News Ch. 4</p> <p>6:30  Wheel of Fortune Ch. 4</p>	<p>9 10:00  Laughter in the Lobby - Funny Videos</p> <p>10:30 Coffee and Trivia with Rose</p> <p>12:45 Saturday College Football</p> <p>2:00  Brain Busters</p> <p>3:30  Afternoon Snack In Lobby with Meditative Music</p> <p>5:30  Group Evening Walk Inside Heritage Place Facility</p> <p>5:45  Game Time - Resident Dominoes</p>
<p>9:00  CHURCH SERVICE</p> <p>10:00 Catholic Communion</p> <p>1:00  Books/ Brain Games</p> <p>2:30  BINGO with Gina</p> <p>6:00  After Dinner Stroll</p>	<p>11 10:00  Group Exercise</p> <p>10:45  German Club</p> <p>2:30 BINGO</p> <p>5:45  Fireplace Conversations</p> <p>6:00  Nightly News Ch. 4</p> <p>6:30  Wheel of Fortune Ch. 4</p> <p>11:15  Lunch out - Hilda's Mexican Food</p>	<p>12 9:30 Walmart</p> <p>10:00  Group Exercise</p> <p>10:45  Bible Study with First Baptist Church</p> <p>2:30 Healing with Stories & Songs</p> <p>3:00 Scott Krippel -</p> <p>4:00  Game Time - Resident Dominoes</p> <p>5:45  Nightly News Ch. 4</p> <p>6:00  Wheel of Fortune Ch. 4</p>	<p>13 HAIR SALON</p> <p>9:15 Walking Club</p> <p>10:00  Sit and Fit Wellness Center Exercise Class!</p> <p>10:45  The Great Gatsby Movie</p> <p>2:00  Wind Down Wednesday</p> <p>3:00  Aroma Therapy and Healing Tones</p> <p>4:00  Nightly News</p> <p>6:30  Wheel of Fortune Ch. 4</p>	<p>14 HAIR SALON</p> <p>9:15 Walking Club</p> <p>10:00  Sit and Fit Wellness Center Exercise Class!</p> <p>10:45  The Great Gatsby Movie</p> <p>2:00  Wind Down Wednesday</p> <p>3:00  Aroma Therapy and Healing Tones</p> <p>4:00  Nightly News</p> <p>6:30  Wheel of Fortune Ch. 4</p>	<p>15 PODIATRIST ALL DAY</p> <p>9:30 Lutheran Church</p> <p>10:00  Group Exercise</p> <p>2:00  Catholic Blessings and Communion</p> <p>3:00  LIVE MUSIC</p> <p>4:00  Funny Animal Videos</p> <p>5:45  Game Time - Resident Dominoes</p> <p>6:00  Nightly News Ch. 4</p> <p>6:30  Wheel of Fortune Ch. 4</p>	<p>16 10:00  Group Exercise with Select Rehab. Therapist</p> <p>10:45  Get Creative with Sharon</p> <p>2:30  BINGO with Tracy</p> <p>4:00  Train Your Brain</p> <p>5:45  Fireplace Conversations</p> <p>6:00  Nightly News Ch. 4</p> <p>6:30  Wheel of Fortune Ch. 4</p>
<p>9:00  CHURCH SERVICE</p> <p>10:00 Catholic Communion</p> <p>1:00  Books/ Brain Games</p> <p>2:30  BINGO with Gina</p> <p>2:30  Texas Guitar Quartet</p> <p>6:00  After Dinner Stroll</p>	<p>18 10:00  Group Exercise</p> <p>10:45  Roberta's Read Aloud</p> <p>2:30 BINGO</p> <p>3:30  The David Lively Band</p> <p>5:45  Fireplace Conversations</p> <p>6:00  Nightly News Ch. 4</p> <p>6:00  Prayer Group</p> <p>6:30  Wheel of Fortune Ch. 4</p>	<p>19 9:30 Walmart</p> <p>10:00  Group Exercise</p> <p>10:45  Bible Study with First Baptist Church</p> <p>2:30 Healing with Stories & Songs</p> <p>3:00 Roberta's Read Aloud</p> <p>4:00  Live Music and Happy Hour</p> <p>5:45  Game Time - Resident Dominoes</p> <p>6:00  Nightly News Ch. 4</p> <p>6:00  Wheel of Fortune Ch. 4</p>	<p>20 HAIR SALON</p> <p>9:15 Walking Club</p> <p>10:00  Sit and Fit Wellness Center Exercise Class!</p> <p>10:45  Scam Prevention - Police Dept.</p> <p>2:00  Wind Down Wednesday</p> <p>3:00  Aroma Therapy and Healing Tones</p> <p>4:00  Nightly News</p> <p>6:30  Wheel of Fortune Ch. 4</p>	<p>21 HAIR SALON</p> <p>9:15 Walking Club</p> <p>10:00  Sit and Fit Wellness Center Exercise Class!</p> <p>10:45  Wind Down Wednesday</p> <p>2:00  Aroma Therapy and Healing Tones</p> <p>3:00  Nightly News</p> <p>6:30  Wheel of Fortune Ch. 4</p>	<p>22 10:00  Group Exercise</p> <p>10:45  Roberta's Read Aloud</p> <p>2:00  Catholic Blessings and Communion</p> <p>3:00  LIVE MUSIC</p> <p>4:00  Game Time - Resident Dominoes</p> <p>5:45  Nightly News Ch. 4</p> <p>6:00  Wheel of Fortune Ch. 4</p>	<p>23 10:00  Group Exercise with Select Rehab. Therapist</p> <p>10:45  Get Creative with Sharon</p> <p>2:30  BINGO with Tracy</p> <p>4:00  Train Your Brain</p> <p>5:45  Fireplace Conversations</p> <p>6:00  Nightly News Ch. 4</p> <p>6:30  Wheel of Fortune Ch. 4</p>
<p>9:00  CHURCH SERVICE</p> <p>10:00 Catholic Communion</p> <p>1:00  Books/ Brain Games</p> <p>2:30  BINGO with Gina</p> <p>6:00  After Dinner Stroll</p>	<p>25 10:00  Group Exercise</p> <p>10:45  Roberta's Read Aloud</p> <p>2:30 BINGO</p> <p>3:45  Health Talk</p> <p>5:45  Fireplace Conversations</p> <p>6:00  Nightly News Ch. 4</p> <p>6:30  Wheel of Fortune Ch. 4</p>	<p>26 9:30 Walmart</p> <p>10:00  Group Exercise</p> <p>10:15  Happy Tails Exotic Animals</p> <p>10:45  Bible Study with First Baptist Church</p> <p>2:00  Heritage Place Willing Helpers - OPEN HOUSE</p> <p>2:30  Anabelle Plays Your Favorites</p> <p>5:45  Game Time - Resident Dominoes</p> <p>6:00  Nightly News Ch. 4</p> <p>6:30  Wheel of Fortune Ch. 4</p>	<p>27 HAIR SALON</p> <p>9:15 Walking Club</p> <p>10:00  Sit and Fit Wellness Center Exercise Class!</p> <p>10:45  Resident Council Meeting</p> <p>12:00  Resident Birthday Lunch Bunch</p> <p>2:00  Wind Down Wednesday</p> <p>3:00  Aroma Therapy and Healing Tones</p> <p>4:00  Nightly News</p> <p>6:30  Wheel of Fortune Ch. 4</p>	<p>28 HAIR SALON</p> <p>9:15 Walking Club</p> <p>10:00  Sit and Fit Wellness Center Exercise Class!</p> <p>10:45  Sports Trivia</p> <p>12:00  Wind Down Wednesday</p> <p>3:00  Aroma Therapy and Healing Tones</p> <p>4:00  Nightly News</p> <p>6:30  Wheel of Fortune Ch. 4</p>	<p>29 10:00  Group Exercise</p> <p>10:45  Roberta's Read Aloud</p> <p>12:00  Connie's Lunch Bunch</p> <p>2:00  Catholic Blessings and Communion</p> <p>3:00  LIVE MUSIC</p> <p>4:00  Game Time - Resident Dominoes</p> <p>5:45  Nightly News Ch. 4</p> <p>6:00  Wheel of Fortune Ch. 4</p>	<p>30 10:00  Group Exercise with Select Rehab. Therapist</p> <p>10:45  Get Creative with Sharon</p> <p>2:30  BINGO with Tracy</p> <p>4:00  Train Your Brain</p> <p>5:45  Fireplace Conversations</p> <p>6:00  Nightly News Ch. 4</p> <p>6:30  Wheel of Fortune Ch. 4</p>