



May 2023

The Heritage  
at Fox Run

Independent Living | Assisted Living  
Memory Support



Independent Living

SUN	MON	TUE	WED	THU	FRI	SAT
C-Café CY-Court Yard DR-Dining Room Exercise Class is in the Wellness Room CR-Community Room Sign Language Class-Café Nail Care-By the DR	1 10:15 Catholic Communion-CR 10:45 Exercise Class 11:15 Walking Club 2:00 Wii Competition 3:00 Fresh Fruit-C	2 9:00 Shopping at Metro Area 10:45 Self Lead Exercise 11:15 Nail Care-BS 1:30 Sign Language Class 2:00 Bingo 3:00 Hang Man Game-CR	3 9:45 Rosary-CR 10:45 Exercise 10:45 Christian Church Service-AL 2:00 Root Beer Floats in the Courtyard 3:00 Town Hall Meeting-DR 6:00 Shuffle Board-Courtyard	4 10:45 Self Lead Exercise Class 11:15 Walking Club 10:45 Lunch at Garcia Family Restaurant in Underwood 1:30 Sign Language Class 2:00 Piggy Bank Bingo-CS 3:00 Golfing-C	5 10:45 Exercise Class 11:15 Walking Club 2:00 Country Drive and Stop for Ice Cream-Please RSVP 3:00 Let's Play UNO in the Café	6 10:45 Exercise Class-Self Lead 11:15 Walking Club 2:00 Board Games, You Choose!-CR 3:00 Talk Current Events in the Café 6:00 Fireside Chat
7 9:30 Church Service with First Christian-AL Chapel 10:45 Self Lead Exercise-WR 11:15 Walking Club 2:00 Relaxing in the Courtyard 3:00 Kings on the Corner-CR 6:00 Watch America's Funniest	8 10:15 Catholic Communion-CR 10:45 Exercise Class 11:15 Walking Club 2:00 Wii in the Café 3:00 Kings on the Corner-C	9 10:45 Exercise 11:15 Walking Club 1:30 Sign Language Class 10:30 Trip to Round the Bend Steakhouse and Tour of Holy Family Shrine 3:00 Air Dry Clay Craft!-C 7:00 Train Domino's-CR	10 9:45 Rosary-CR 10:45 Exercise 10:45 Christian Church Service-MS 2:00 Dementia Support Group-CR 3:00 Shuffle Board in the Court Yard 5:00 Pot Luck-CR-Please	11 10:45 Exercise Class 11:15 Walking Club 1:30 Sign Language Class 2:00 Piggy Bank Bingo-CS 3:00 Wii Games in the Café 6:30 Movie in the Community Room	12 10:45 Exercise Class 11:15 Walking Club 2:00 Mother's Day Party-Music with Danelle Danner and Tea Party-DR 3:00 Relax in the Courtyard	13 10:45 Exercise-Self Lead 11:15 Walking Club 11:00 Puzzle Club-CR 2:00 Choose a Game in the Community Room 6:00 Evening Stroll
14 Mother's Day 9:30 Church Service with First Christian-AL Chapel 10:45 Self Lead Exercise-WR 11:00 Walking Club 2:00 Train Domino's 3:00 UNO Game-C 6:00 Watch	15 10:45 Catholic Communion-CR 10:45 Exercise Class 11:15 Walking Club 1:00 Leave for Bowling with Heritage Ridge Friends at Patio Bowl	16 9:00 Shopping at Walmart 10:45 Self Lead Exercise 11:15 Nail Care 1:30 Sign Language Class 2:00 Bingo-CR 3:00 Food Town Hall-DR 7:00 Tuesday Night Cap-BYOB	17 9:45 Rosary-CR 10:45 Exercise 10:45 Christian Church Service-AL 11:15 Walking 2:00 Choose Your Favorite Flavored Float!-Café 3:00 Poetry Reading-Café	18 10:45 Exercise 11:15 Walking & Stair Steppers 11:00 Lunch at Johnny's Café-Please RSVP 1:30 Sign Language Class 2:00 Music of Pam Kragt-MS-Please Join Us! 3:00 Ladderball in the Courtyard	19 10:45 Exercise Class 11:15 Walking Club 2:00 Corn Hole Competitions in the Courtyard 3:00 Veggie Tray-C	20 10:45 Exercise Self Lead 11:15 Walking Club 2:00 Choose a Game and Grab a Friend-CR 3:00 Let's Play Bunco-
21 9:30 Church Service with First Christian-AL Chapel 10:45 Self Lead Exercise-WR 11:15 Walking 2:00 Relaxing in the Courtyard 3:00 Cards-CR 6:00 Watch America's Funniest	22 9:30 Catholic Mass-CR 10:45 Exercise 10:15 Walking 10:45 Shopping-Walmart 2:00 Adult Coloring Pages-C 3:00 Music of Mary Link-MS	23 10:45 Exercise 11:15 Walking Club 11:15 Nail Care-BS 1:30 Sign Language Class 2:00 Bingo-CR 3:00 Happy Hour in the Café!	24 9:45 Rosary-CR 10:45 Exercise 11:15 Walking Club 10:45 Christian Church Service-CR 1:30 Piggy Bank Bingo-CR 3:00 Shuffle Board in the Courtyard	25 10:45 Self Lead Exercise 11:15 Walking Club 1:30 Sign Language Class 2:00 Ice Cream Treats-CY 3:00 Card Games-C 6:00 Movie in the Community Room	26 10:45 Self Lead Exercise 11:00 Walking Club 11:00 Puzzles-CR 2:00 Music with John Beck-MS-Please Come Join Us! 3:00 Let's Play Darts-WR	27 10:45 Exercise-Self Lead 11:15 Walking Club 11:00 Puzzle Club-CR 2:00 Kings on the Corner-C 6:00 Evening Stroll-Grab a
28 9:30 Church Service with First Christian-AL Chapel 10:45 Self Lead Exercise 11:00 Walking 2:00 Cards-C 3:00 UNO in the Café 6:00 Watch America's Funniest Video's-CR	29 Memorial Day 10:45 Self Lead Exercise 11:00 Puzzle Club 11:15 Walking Club 2:00 Card Games in the Café 3:00 Relaxing in the Courtyard	30 10:45 Exercise 11:15 Walking Club & Stair Steppers 11:15 Nail Care 1:30 Sign Language Class 2:00 Bingo-CR 3:00 Yogurt Parfaits-You Choose the Ingredients-C	31 9:45 Rosary-CR 10:45 Exercise Class 11:15 Walking Club 10:45 Christian Church Service-AL 2:00 Fresh Popcorn Social-Kettle, Caramel, Nacho Cheese Flavors-C 3:00 Card Games	Resident Birthday  5 Donna C  9 Don R  19 Millie C  Anniversary's  5/18/53 Ed & Lavina	Staff Birthdays 1 Kiri A 4 Debay B 6 Jessica M 6 Kendall H 8 Hope M 14 Shelby K 15 Sarah B 16 Kyleigh R 19 Sharvonna WB 27 Mackenzie S	Activities are subject to change. We will notify you as soon as possible if we are expecting a change to occur on the activity calendar. Thank you!

