



September 2022

The Heritage
at Fox Run

Independent Living | Assisted Living
Memory Support



Independent Living

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MON

TUE

WED

THU

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<p>C-Cafe CY-Court Yard DR-Dining Room Exercise Class is in the Wellness Room CR-Community Room Sign Language Class-Café Nail Care-</p>	<p>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!</p>	<p><u>Resident Birthdays</u></p> <p>1 Joan S 20 Don T</p>	<p><u>Staff Birthdays</u></p> <p>3rd Don R 8 Alesis M 9 Mckenna M 10 Abigail W 17 Karina G 18 Kiara S 20 Sherissa C 24 Mayra P</p>	<p>1 10:00 Exercise 11:00 Walking & Stair Steppers Club 11:00 Crosswords-CR 1:30 Sign Language Class 2:00 Piggy Bank Bingo-CR 3:00 Board Games-CR</p>	<p>2 9:00 Shopping at Walmart 10:30 Video Exercise 10:30 Walking Club 2:00 Quarter Trivia-CR 3:00 Fresh Buttery Pop-corn Social-C</p>	<p>3 10:30 Exercise Class-Self Lead 11:00 Walking Club 11:00 Flower Watering-CY 2:00 Board Games-CR 3:00 Talk Current Events in the Cafe</p>
<p>4 10:30 Self Lead Exercise-WR 11:00 Walking Club 2:00 Card Games-CR 3:00 UNO in the Café 6:00 Fireside Chat</p>	<p>5 Happy Labor Day! 10:30 Video Exercise 11:00 Walking Club 2:00 Relaxing in the Courtyard 3:00 Card Games 3:30 Talk About Labor Days of the Past</p>	<p>6 10:00 Self Lead Exercise 11:00 Walking & Stair Steppers Club 1:30 Sign Language Class 2:00 Bingo-CR 3:00 Make Nutella Roll Ups 6:30 Tuesday Night Cap-</p>	<p>7 10:00 Exercise Class 10:30 Trivia-C 11:00 Walking Club 2:00 Toe Nail Painting in the Beauty Shop 3:00 Town Hall Meeting-DR 4:00 Cards-C</p>	<p>8 10:00 Exercise 11:00 Walking & Stair Steppers Club 11:00 Crosswords-CR 1:30 Sign Language Class 2:00 Piggy Bank Bingo-CR 3:00 Fresh Watermelon-C 5:00 Charter Club Dinner-DR</p>	<p>9 9:00 Shopping at Hy-Vee 10:30 Video Exercise 11:00 Walking Club 2:00 Crochet and/or Knitters Club 3:00 Mudslides-C 6:00 Movie Night in the Theater-Movie will be announced at Lunch</p>	<p>10 10:30 Exercise Class-Self Lead 11:00 Walking Club 11:00 Puzzle Club in the CR 2:00 Kings on the Corner-C 3:00 Talk Current Events in the Cafe</p>
<p>11 10:30 Self Lead Exercise-WR 11:00 Walking Club 2:30 Bunco-CR 3:30 Relaxing in the Courtyard 6:00 Game Night-CR</p>	<p>12 9:30 Catholic Communion-AL 10:00 Exercise 11:00 Walking Club 11:00 Lunch at Round the Bend Steakhouse and Drive Through the Wild Life Safari-RSVP 3:30 Cards Games</p>	<p>13 10:00 Exercise 11:00 Walking & Stair Steppers Club 11:00 Adult Coloring Pages-CR 1:30 Sign Language Class 2:00 Bingo-CR 3:00 Ladder Ball -C 6:30 Tuesday Night Cap-BYOB</p>	<p>14 Library Day! 10:00 Exercise Class 11:00 Walking Club 10:45 Church Service with Pastor Blodgett-MS 2:00 Dementia Support Group 5:00 Pot Luck-Please RSVP</p>	<p>15 10:00 Exercise 11:00 Walking & Stair Steppers Club 11:00 Word Searches-CR 1:30 Sign Language Class 2:00 Music with Paul Siebert-CR 3:00 Frozen Treats in the Cafe</p>	<p>16 9:00 Shopping at Target 11:00 Walking Club 11:00 Board Games-CR 2:00 The Price is Right-You Keep the Prizes-CR 3:00 It's 5:00 Somewhere-C</p>	<p>17 10:30 Exercise-Self Lead 11:00 Walking Club 11:00 Puzzle Club-CR 2:00 Choose a Game in the Community Room 6:00 Evening Stroll-Grab a Friend</p>
<p>18 10:30 Self Lead Exercise-WR 11:00 Walking Club 2:00 Board Games in the Community Room 3:00 Kings on the Corner-CR</p>	<p>19 9:30 Catholic Mass-AL 10:00 Exercise Class 11:30 Leave for Lunch at Tish's 2:00 Music with Joyce Torchia-DR 3:00 Cards-C 6:00 Watch "Turning Red"</p>	<p>20 10:00 Exercise Class 10:30 Walking & Stair Steppers Club 1:30 Sign Language Class 2:00 Bingo-CR 3:00 Bowling in the Hallway 6:30 Tuesday Night Cap-BYOB</p>	<p>21 9:00 Rosary-AL 10:00 Exercise Class 11:00 Walking Club 11:00 Coloring Pages-CR 2:00 Scatter Joy Acres Visits-C 3:00 Food Hall Meeting-DR</p>	<p>22 10:00 Exercise 11:00 Walking & Stair Steppers Club 11:00 Puzzle Time-CR 1:30 Sign Language Class 2:00 Piggy Bank Bingo-CR 3:00 Kylie's Happy Hour-</p>	<p>23 9:00 Shopping at Walmart 10:30 Video Exercise 11:00 Walking Club 2:00 Music of Walt Were-DR 3:00 Root Beer Floats-C 6:30 Movie Night-CR</p>	<p>24 Exercise Self Lead 11:00 Walking Club 2:00 Relaxing in the Courtyard 3:00 Let's Play Bunco-CR</p>
<p>25 10:30 Self Lead Exercise-WR 11:00 Walking Club 2:00 UNO in the Café 3:00 Relaxing in the Courtyard 6:00 Fireside Chat</p>	<p>26 9:30 Catholic Communion-CH 10:00 Exercise 11:00 Walking Club 2:00 Bingo in the Community Room 3:00 Nail Care 3:30 Cards-C</p>	<p>27 10:00 Exercise Class 11:30 Leave for Lunch at The Twisted Tail Saloon 1:30 Sign Language Class 3:00 September Birthday Party-CR 6:30 Tuesday Night Cap-BYOB</p>	<p>28 9:00 Rosary-AL 10:00 Exercise Class 11:00 Walking Club 11:00 Flavored Coffee Social with Creamer-C 2:00 Relaxing in the Courtyard 3:00 Card Games in the Cafe</p>	<p>29 10:00 Exercise Class 11:00 Walking & Stair Steppers Club 11:00 Puzzle Time-CR 1:30 Sign Language Class 2:00 Piggy Bank Bingo-CR 3:00 Fresh Veggies-C</p>	<p>30 9:00 Shopping at Hy-Vee 10:30 Video Exercise 11:00 Walking Club 2:00 Book Club-Let's Talk! 3:00 Domino's-CR 6:30 Movie Night-CR</p>	<p style="background-color: green; color: white; text-align: center;">No activities scheduled for Saturday, September 30th.</p>

