

September 2022

The Heritage
at Fox Run

Assisted Living

SUN	MON	TUE	WED	THU	FRI	SAT
<p>CH-Chapel CS-Coffee Shop CY-Court Yard D-Dining Room L-Library TH-Theatre *Exercise Class is in the Wellness Room *Walking Club in on 2nd Floor *Nail Care is in the Library</p>	<p>Resident Birthdays 5 John K 7 Norm S 14 Charlene C 15 Kent B 15 Diane W 25 Wilma B 26 Alene O 30 Ila N</p>	<p>Staff Birthdays 3 Don R 8 Alesis M 9 Mckenna M 9 Kendra A 10 Abigail W 17 Karina G 18 Kiara S 20 Sherissa C 24 Mayra P</p>	<p>National Assisted Living Week in September 11th-17th. The theme is "Joyful Moments". Stay tuned for special events throughout the week!</p>	<p>1 10:00 Exercise 10:30 Walking Club 10:30-11:30 The Bank is Here! 11:00 Crossword Puzzles-CS 2:00 Faces and Places-Theater 3:00 Fresh Buttery Popcorn Social-CS</p>	<p>2 9:00 Shopping at Walmart 10:00 Self Lead Exercise 10:30 Walking Club 2:00 Favorite Floats Party-CS 3:00 Ladder Ball Game-CS</p>	<p>3 10:00 Exercise 10:30 Walking Club 11:00 Snapshots 1:30 Bingo-CS 2:30 Surprise Treats-CS 6:00 Night Owls Walking Club</p>
<p>4 9:30 Church Service with First Christian 11:00 Trivia-CS 1:30 Piggy Bank Bingo-CS 2:30 Reminisce -Labor Days of the Past-CS 3:00 Cards-L 6:00 America's Funniest Videos</p>	<p>5 Happy Labor Day! 10:00 Self Lead Exercise Class 10:30 Walking Club 2:00 Coloring Pages-CS 3:00 Card Games-L 6:00 Relaxing in the Courtyard</p>	<p>6 9:00 Snapshots 10:00 Exercise Class 10:30 Walking Club 10:45 Trivia-CS 2:00 Bingo-CS 3:00 Bowling in the Hallway for National Bowling Day!-CS 6:30 Tuesday Night Cap-CS</p>	<p>7 10:00 Exercise 10:30 Walking Club 10:45 Chapel-Pastor Blodgett 11:00 Out to Lunch at Mineola Steakhouse 2:00 Town Hall Meeting-CS 3:00 Refreshments in the Courtyard</p>	<p>8 10:00 Exercise 10:30 Walking Club 11:00 Crossword Puzzles-CS 2:00 Pressed Flower Book Mark Craft-CS 3:00 Gardening Discussion and Ice Cream Treats-CS 6:00 UNO-L</p>	<p>9 9:00 Shopping at Hy-Vee 10:00 Self Lead Exercise 1:00 Drive Around Lake Manawa-Please RSVP 3:00 Sweet Treats-Coffee Shop 6:30 Friday Night Movie-TH</p>	<p>10 10:00 Exercise 11:00 Snapshots Programming 1:30 Bingo-CS 2:30 Popcorn Social-CS 3:00 Card Games in the Library 6:00 Movie Night-Theater</p>
<p>11 Happy Grandparents Day! 9:30 Sunday Morning Church Service 1:30 Piggy Bank Bingo-CS 2:30-3:30 Invite your grandchildren/great Grandchildren for Snacks and Bubbles in the Courtyard</p>	<p>12 Look at Joyful Pictures by the Coffee Shop! 9:30 Catholic Communion-C 10:00 Exercise 10:30 Walking Club 10:45 Nail Care 2:00 Music of Billy Troy-CS 3:00 Nail Care 3:00 Card</p>	<p>13 Let's be JOYFUL on Golf Cart Rides! 9:00-11:30 Golf Cart Rides 10:30 Walking Club 1:00-3:00 Golf Cart Rides 3:00 Bingo-CS 6:30 Tuesday Night Cap-CS</p>	<p>14 Library Day! 10:00 Exercise 11:00 Walking Club 11:00 Lunch at Tish's 2:00 Pet Visits with Scatter Joy Acres-CS 3:00 Reminisce About Pet and Bring Your Pet!!! 3:00 Popcorn Social-CS</p>	<p>15 10:00 Exercise Class 10:30 Walking Club 10:45 Word Searches-CS 2:00 Joys of Country Drives and Ice Cream-Please RSVP 3:00 Kings on the Corner-L 6:00 Card Games</p>	<p>16 Wear Your Favorite Team Shirt! 9:00 Shopping at Target 10:00 Self Lead Exercise 10:30 Walking Club 2:00 Music of Walt Were-CS 3:00 Tail Gate Snacks-CS 6:30 Friday Night Movie-TH</p>	<p>17 Last Day to Donate Non-Perishable Food Items at the Front Office!!! 10:00 Exercise Class 11:00 Snapshots 1:30 Bingo-CS 2:30 Jane to Deliver the Food to the Homeless Shelter</p>
<p>18 9:30 Sunday Morning Church Service with First Christian Church 11:00 Making Popcorn-CS 1:30 Piggy Bank Bingo-CS 2:30 August Trivia-CS America's Funniest Videos-CS</p>	<p>19 9:30 Catholic Mass-CH 10:00 Exercise 10:30 Walking Club 10:45 Nail Care 2:00 Watch "Red Panda" for National Red Panda Day!-TH 3:00 Nail Care-Library</p>	<p>20 10:00 Exercise 10:30 Walking Club 10:45 Bowling in the Hallway 2:00 Bingo-CS 3:00 Sing A Long-CS 6:30 Tuesday Night Cap-CS</p>	<p>21 9:00 Rosary-CH 10:00 Exercise 10:30 Walking Club 10:45 Chapel with Pastor Blodgett 1:00 Leave for Trip to The Wildlife Safari-Please RSVP-Cost \$7.00 2:00 Food Town Hall Meeting-CS</p>	<p>22 10:00 Exercise 10:30 Walking Club 11:00 Coloring Pages-CS 2:00 Water Coloring Book Magic-CS 3:00 UNO Lesson's in the Library</p>	<p>23 9:00 Shopping at Walmart 10:00 Self Lead Exercise 10:30 Walking Club 2:00 National Chocolate Lovers Day-Chocolate Sampling-CS 3:00 Bean Bag Bash Competition-CS</p>	<p>24 10:00 Exercise 11:00 Snapshots Programming 1:30 Bingo-CS 2:30 Cold Lemonade-CS 6:00 Fireside Chat on 1st Floor by the Fireplace</p>
<p>25 9:30 Sunday Morning Church Service with First Christian 11:00 Morning Stroll-Courtyard 1:30 Piggy Bank Bingo-CS 2:30 Ice Cream Sundaes-CS 3:30 Cards-L 6:00 America's Funniest</p>	<p>26 9:30 Catholic Communion-CH 10:00 Exercise Class 10:30 Walking Club 10:45 Nail Care-L 2:00 Get to Know Your Neighbor-CS 3:00 Nail Care-L 3:00 Card Games-Library</p>	<p>27 10:00 Exercise Class 10:30 Walking Club 10:45 Bowling in the Hallway 2:00 Bingo-CS 3:00 Ladder Ball Competition-CS 6:30 Tuesday Night Cap-CS</p>	<p>28 9:00 Rosary-CH 10:00 Exercise Class 11:00 Walking Club 11:00 Lunch at Red Lobster 2:00 Card Games in the Library 3:00 Relaxing in the Courtyard</p>	<p>29 10:00 Exercise 10:30 Walking Club 11:00 Coloring Pages-CS 2:00 Hang Man Game-CS 3:00 Fresh Buttery Popcorn-CS 3:00 Card Games-L</p>	<p>30 9:00 Shopping at Hy-Vee 10:00 Self Lead Exercise 2:00 JINGO Bingo-CS 5:00 Family Night BBQ with Music From Un-Bro-Ken in the Courtyard-We will move inside if need be!</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>

