

SEPTEMBER 2022

Heritage
Ridge

| SUN | MON | TUE | WED | THU | FRI | SAT |
|--|--|---|--|---|--|---|
| <div>Activity Location</div> <div>A-Activity Room</div> <div>C-Community Room (2nd floor)</div> <div>D-Deck (2nd floor)</div> <div>G-Game Room</div> <div>L-Library</div> <div>P-Pub</div> <div>T-Theater</div> <div>X-Exercise Room</div> <div>Color Key</div> <div>RSVP (sign up is by the mailboxes)</div> <div>CRAFT</div> <div>MUSIC</div> <div>RELIGIOUS</div> | <div></div> <div>joyful moments</div> <div>NATIONAL ASSISTED LIVING WEEK</div> <div>SEPTEMBER 11-17, 2022</div> <div>NALW.org #NALW</div> <div>OFFICIAL SPONSOR</div> <div>Prevail</div> <div>by First Quality</div> | <div>Residents, Family & Staff Party</div> <div>Sunday, September 11</div> <div>11:00-2:00</div> <div></div> <div>Be our guest for a fantastic time:</div> <div>Car Show</div> <div>Grilled Burgers</div> <div>Shaved Ice</div> <div>Bring a lawn chair!</div> | <div>1</div> <div>9:30–1:30</div> <div>Bus to the Horseshoe Casino</div> <div></div> <div>11:15-11:45(C)</div> <div>Lutheran Service & Hymns</div> <div></div> <div>2:00(P) Sing-a-long with Tim</div> <div>2:30(P) Bingo</div> <div>3:45(L) Jukebox Music Favorites</div> | <div>2</div> <div>10:00(X) Ring Toss</div> <div>10:45 Flower Garden Care</div> <div>1:00(P) Rummikub</div> <div></div> <div>1:30 Massage & Nail Care Trailer Tours—parking lot</div> <div></div> <div>3:00(P) Happy Hour - Birthday Celebration!</div> | <div>3</div> <div>10:00-12:30</div> <div>Shopping</div> <div>Capehart</div> <div>Goodwill</div> <div>1:00</div> <div></div> <div>2:30(T)</div> <div>Football</div> <div>Nebraska vs North Dakota</div> <div></div> <div>3:00(C) Corner Store</div> | |
| <div>4</div> <div>10:30(T) Catholic Mass on TV#1008</div> <div>10:45(C) Calvary Christian Church & communion</div> <div>1:00(T) First Baptist Church</div> <div>2:30(P) Bingo</div> <div>4:00(L) Ice Cream & Social Time</div> <div></div> | <div>5</div> <div>10:00(X) Balloon Badminton</div> <div>10:30 Coffee & Conversation in the courtyard</div> <div>1:30(C) Movie: Facing the Giants</div> <div></div> <div>2:00(C) Enjoy fresh Popcorn</div> <div></div> <div>4:30 Supper at Red Lobster \$15+</div> <div></div> | <div>6</div> <div>9:00(C) Wellness Clinic—Assisted</div> <div>10:00(X) Seated Mix Video—DVD</div> <div>1:00(T) Wildest Places Pacific: The Barrier Reef</div> <div></div> <div>2:00(C) Music by Papillion Singing Seniors</div> <div>3:30(T) Music by Jim Butler</div> <div>6:00(C) Bible Study by Linda</div> | <div>7</div> <div>10:00 Baker's</div> <div></div> <div>11:00(T) Rosary</div> <div>2:30(C) Music by Tim Javorsky</div> <div>3:30 Dominoes by #209</div> <div></div> <div>5:30(T) Catholic Communion</div> <div>6:00(D) Music & Lemonade on the Deck</div> <div></div> | <div>8</div> <div>10:00(X) Tai Chi on DVD</div> <div>11:15-11:45(C) Lutheran Service & Hymns</div> <div>1:30(P) Kings in the Corner</div> <div>2:30(P) Bingo</div> <div>3:45(P) Universal Yums—India</div> <div>5:30(A) National Honey Month—Honey Joys</div> <div></div> | <div>9</div> <div>10:00(X) Ring Toss</div> <div>10:30(L) Animal Visit by Scatter Joy Acres</div> <div></div> <div>1:30(C) Hymn Sing-a-long with Lenore, Ralph, & pianist Rachel</div> <div>3:00(P) Happy Hour</div> <div>5:30(C) Movie & Popcorn: Mom's Night Out</div> | <div>10</div> <div>10:00(X) Dancercise</div> <div>12:15 Tour - Omaha Mormon Trail Center</div> <div></div> <div>1:30(G) Puzzle Time</div> <div>4:00(C) Corner Store</div> <div>6:30(T) Football</div> <div>Nebraska vs Georgia S.</div> <div></div> |
| Theme: “joyful moments”..... NATIONAL ASSISTED LIVING WEEK SEPTEMBER 11-17 | | | | | | |
| <div>11 Family Grandparents Day</div> <div>10:30(T) Catholic Mass on TV#1008</div> <div>10:45(C) Calvary Christian Church & communion</div> <div>11:00-2:00 Family & Staff Party</div> <div>in the parking lot Car Show, Grilling out, & Shaved Ice</div> <div></div> | <div>12 Weddings</div> <div>9:00(G) Podiatry IL Residents</div> <div>10:00(X)Exercise</div> <div>10:30(L) Coffee & Wedding Talk</div> <div>1:30(C) Town Hall</div> <div>2:30-5:00(T) Wedding Memories</div> <div>Bring a picture to show & eat Cake!</div> <div></div> | <div>13 Shopping</div> <div>10:00(X) Balloon Badminton</div> <div>10:30-12:30(P) Shopping</div> <div>Cathy's 50¢ Cards for all occasions</div> <div></div> <div>1:30-3:30 Shopping at Shadow Lake</div> <div></div> <div>3:00(C) Corner Store</div> <div>6:00(C) Bible Study by Linda</div> | <div>14 Friends</div> <div>10:00 Baker's</div> <div></div> <div>1:30(C) Catholic Mass</div> <div></div> <div>2:30(D) Root Beer Floats with Friends</div> <div></div> <div>3:00(C) Music by our Friends: The Links</div> <div>4:30 Dinner at Tish's \$20+</div> | <div>15 Travel</div> <div>10:00(X) Tai Chi from China</div> <div>1:00(P) My Favorite Vacation</div> <div></div> <div>2:00(P) Bingo</div> <div>3:45(P) Universal Yums—India</div> <div>5:30(C)Movie: The Tourist &</div> <div></div> | <div>16 Music</div> <div>10:00(X) Ring Toss</div> <div>10:30(T) Kazoo Music Fun (kazoo provided)</div> <div>1:30(C) Music Social Drumming Drum Included!</div> <div>In Honor of Jeanette Chin</div> <div></div> <div>3:00(P) Happy Hour</div> | <div>17 Tailgating</div> <div>10:00(X) Dancercise</div> <div>11:00(T) Football</div> <div>Nebraska vs OU</div> <div></div> <div>1:30 Ice Cream at Culver's</div> <div></div> <div>3:00(C) Corner Store</div> |

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|--|--|---|---|---|--|--|
| 18 10:30(T) Catholic Mass on TV#1008 10:45(C) Calvary Christian Church & communion 1:00(T) First Baptist Church 2:30(P) Bingo 4:00(L) Ice Cream & Social Time  | 19 9:00(T) Hearing Aid / Ear Checks 10:00(X) Seated Mix Video-DVD 1:30(G) Craft: Balloon Dip Painting 3:00(C) Merry Makers Present: NEW! Mark Irvin  4:30(G) Puzzles with friends 5:30(A) Baking: Cupcake Decorating  | 20 9:30-2:00 Henry Doorly Zoo Trip Gorilla & Orangutans and Lunch \$15+ (lots of walking)  3:00(C) Corner Store 3:30(T) Grief Support Group With OnCare 6:00(C) Bible Study by Linda | 21 10:00 Baker's  11:00(T) Rosary 1:00 Seniors Concert & Hymns at Thanksgiving Lutheran Church 2:00(C) Music by Dick Keiser  5:30(T) Catholic Communion 6:00(G) Craft: Ceramic Owl Painting  | 22 10:00(X) Tai Chi on DVD 11:15-11:45(C) Lutheran Service & Hymns 1:30(T) OnCare "Respiratory Health" Learning 2:30(P) Bingo 3:45(L) Jukebox Music Favorites  5:30(G) Kings in the Corner | 23 10:00(X) Ring Toss 10:45(T) Wildest Places Pacific: Islands  1:30(P) National Checkers Day  3:00(P) Happy Hour 5:30 Dominoes by #209  | 24 10:00(X) Dancercise 10:45(G) Nail Care 1:00(A) Yard Pumpkins  2:30(G) Games with friends 3:00(C) Corner Store |
| 25 10:30(T) Catholic Mass on TV#1008 10:45(C) Calvary Christian Church & communion 1:00(T) First Baptist Church 2:30(P) Bingo 4:00(L) Ice Cream & Social Time  | 26 10:00(X) Seated Mix Video-DVD 10:45(G) UNO card game  1:30(P) Meet & Eat In the Pub! 3:00(G) Craft: Pirate Ship  | 27 10:00(X) Balloon Badminton 10:45 Flower Garden clean-up and watering  1:30(P) Show & Tell Tea Party—bring something to show  3:00(C) Corner Store 6:00(C) Bible Study by Linda | 28 10:00 Baker's  11:00(T) Rosary 1:30(G) Walk the Plank Game 2:30(C) Music by Wayne Miller  3:30 Music & Rocking in the Courtyard 5:30(T) Catholic Communion | 29 10:00(X) Tai Chi on DVD 11:15-11:45(C) Lutheran Service & Hymns 1:30(P) Pirate Jokes & Name Tag Game 2:30(P) Bingo 3:45(P) Universal Yums—India 6:00 Culver's Ice Cream Flavor of the day: Espresso Toffee Bar  | 30 10:00(X) Ring Toss 10:45(T) Name "TEN" Game 1:30(P) Pirate's Booty Game  3:00(P) Happy Hour  5:30 Dominoes By #209  | Craft Sign-Up  We ask that you please sign up so that we have enough supplies with little waste. We have several great ideas and hope that you will enjoy making them. |



9/4 Jane Krause
9/5 Lucy Beck
9/6 Theresa Mitera
9/7 Linda Rothanzl
9/9 Alice Hoschar
9/21 Frances Revord
9/21 Kay Baker
9/24 Lucille Cordwin

Activity Location

A-Activity Room
 C-Community Room
 D-Deck
 G-Game Room
 L-Library
 P-Pub
 T-Theater
 X-Exercise Room