

Heritage At Fox Run

Independent Living | Assisted Living Memory Support

## Independent Living

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Exercise Class and Nail Care is in the Wellness Room C-Cafe CY-Court Yard DR-Dining Room CR- Community	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!	Be present in all things and thankful for all thingsMaya Angelou	1 9:45 Rosary-CR 10:45 Exercise 11:15 Walking Club 10:45 Christian Church Service-AL 1:00 Nail Care 3:00 Town Hall Meeting-DR 3:30 Scatter Joy Acres-C	2 10:45 Exercise 11:15 Walking Club 11:15 Lunch at The Farm House Cafe 2:00 Piggy Bank Bingo-CR 3:00 Fresh Pop- corn and Cards-C 6:00 Movie-CR	3 10:45 Exercise Class 11:15 Walking Club 11:15 This Week in History-C 2:00 Penny Ante-C 3:00 Pie Social-C	10:45 Exercise Class-Self Lead 1:00 Board Games, You Choose! Café 2:00 Football Tail Gate-Bring a Snack to Share-CR 3:00 Talk Current Events in the Café 6:00 Fireside
5 9:30 Church with First Christian-AL Chapel 10:45 Self Lead Exercise-WR 11:15 Walking 2:00 UNO Game 3:00 Darts-WR 8:00 Sunday Night Football-CR	6 9:30 Catholic Communion- CR 10:45 Exercise 11:15 Walking Club 11:15 Trivia and Cocoa-C 2:00 Diamond Art Project-C 3:00 UNO-Cafe	7 9:45 Shopping at Walmart 11:15 Walking Club 1:00 YouTube Lessons-CR 2:00 Bingo-CR 3:00 Bowling in the Hallway 7:00 BYOB- Happy Hour-C	8 9:45 Rosary-CR 10:45 Exercise Class 10:45 Christian Church Service- MS 2:00 Toss Em' Card Bingo Game-CR 3:00 Nail Care 6:00-8:00 Rosary Making-C	9 10:45 Exercise 11:15 Walking Club 11:45 Leave for Lunch at Henry's Diner 2:00 Piggy Bank Bingo-CR 3:00 Advanced Coloring Pages-C 6:00 Movie-CR	10 10:45 Exercise 11:15 Walking Club 11:15 This Week in History-C 2:00 Veteran's Day Poetry-C 3:00 Veteran's Day Celebration Music With Dannel Danner-DR	11 Veteran's Day 10:45 Exercise-Self Lead 11:15 Walking Club 11:00 Puzzle Club-CR 2:00 Let's Play UNO-C 3:00 Kings on the Corner-C
12 9:30 Church Service-AL Chapel 10:45 Self Lead Exercise-WR 11:00 Walking Club 2:00 Choose a Game-CR 3:00 Dart Competition-WR 8:00 Sunday Night Football-CR	13 9:30 Catholic Communion- CR 10:45 Exercise 11:15 Walking Club 11:15 Trivia and Coffee-C 2:00 Wii Games-C 3:00 Cards-C	14 9:45 Shopping at Market Place Stores 11:15 Walking Club 1:00 YouTube Lessons-CR 2:00 Bingo-CR 3:00 Ladder Ball Game-C 7:00 BYOB Happy Hour-C	15 9:45 Rosary-CR 10:45 Exercise 10:45 Christian Church Service-AL 2:00 Veggie Trays-C 2:00 Dementia Support Group-CR 3:00 Nail Care 5:00 Pot Luck-CR	16 10:45 Exercise 11:15 Make Popcorn-C 12:30 Leave for Trip to Nishna Heritage Museum-Free Will Donation- Please RSVP 2:00 Card Games-C 6:00 Movie-CR	17 10:45 Exercise 11:15 Walking Club 11:15 This Week in History-C 2:00 It's 5:00 Somewhere and Trivia-C 3:00 Music with Ben To- masello-MS 6:00 Let's Play UNO-C	18 10:45 Exercise Class-Self Lead 1:00 Board Games, You Choosel Café 2:00 Football Tail Gate-Bring a Snack to Share-CR 3:00 Puzzle Club -CR 6:00 Fireside Chat
19 9:30 Church Service with First Christian- AL Chapel 10:45 Self Lead Exercise-WR 2:00 Fireside Chat-Lobby 3:00 Kings on the Corner-CR 8:00 Sunday Night Football-	20 9:30 Catholic Mass-CR 10:45 Exercise 11:15 Walking Club 11:15 Trivia and Cocoa-C 2:00 Music of Walt Were-ILDR 3:00 Nail Care-WR	21 9:45 Shopping at Hy-Vee 11:15 Walking 1:00 YouTube Lessons-CR 2:00 Bingo-CR 3:00 Food Town Hall Meeting-DR 7:00 BYOB Happy Hour-C	9:45 Rosary-CR 10:45 Exercise 10:45 Christian Church Service -MS 1:00 Trip to the Casino-Please RSVP 3:00 Nail Care 6:00-8:00 Rosary Making-C	Thanksgiving Day 10:45 Self Lead Exercise 11:15 Walking Club 12:00 Thanks- giving Meal-ILDR 2:00 Card Games-C 2:00 Football-CR	24 10:45 Exercise 11:15 This Week in History 2:00 Whack Em' Sticks Volleyball-C 3:00 Ice Cream Sundae-You Choose the Flavor-C 6:00 Fireside Chat	25 10:45 Exercise Self Lead 2:00 Choose a Game and Grab a Friend- CR 2:30 What's Happening in the News Dis- cussion-C 3:00 Let's Play Bunco-CR
9:30 Church Service with First Christian- AL Chapel 10:45 Self Lead Exercise 11:15 Walking 2:00 Cards-C 3:00 UNO in the Café 8:00 Sunday Night Football- CR	9:30 Catholic Communion- CR 10:45 Exercise 11:15 Walking Club 11:15 Trivia-C 2:00 Corn Hole Tournament-C 3:00 Chips and Cheese Dip-C	28 9:45 Shopping at Market Place Stores 10:00 Walking Club 1:00 YouTube Lessons 2:00 Bingo-CR 3:00 What's in the Bag Game-C 7:00 BYOB Happy Hour-C	9:45 Rosary-CR 10:45 Exercise 10:45 Christian Church Service -AL 1:00 Timeless Apparel Boutique-DR 1:30 Nail Care 3:30 Fresh Popcorn Social -C	30 10:45 Exercise 11:15 Walking Club 11:15 Leave for Lunch at Garcia's 2:00 Piggy Bank Bingo-CR 3:00 Fresh Popcorn Social -C 6:00 Movie-CR	Resident Birthdays  1 Ebby H 19 Joyce H 23 Mary Etta J 25 Bob K	Team Members Birthdays  13 Nancy W 16 Kamber M 20 Nicole M 21 Toni C 30 Amy V

