

October 2017

The Heritage
at Sterling Ridge

Assisted/
Independent
Living

SUN	MON	TUE	WED	THU	FRI	SAT
<p>1 8:30(TR) Westside Church on TV 9:00(TR) Communion 10:30 Mass: St.Robert's 10:30(TR) Catholic Mass on TV 2:00(CR) Bingo 3:30(CS) Caramel Sundaes</p> 	<p>2 9:30(CR) Exercise 10:30(CS) Coffee & Games 1:30(TR) VNA: Tips for Keeping Your Mind Sharp 2:30(CS) Mental Fitness 3:00(TR) Musical Mondays: Sing Along</p> 	<p>3 9:30(CR) Exercise 10:00-11:00 Store Open 10:30(CS) Coffee and Biscotti 1:00 Walgreens- Sr Discout Day 3:00(GR) Poker 3:30(AC) Manicures & Ironing 6:30(CR) Tim Smallwood Music & Magic Show</p>	<p>4 9:00-10:30(TR) Vitals Clinic/ Balance Clinic</p>  <p>9:30(CR) Exercise 10:30(CR) Worship w/ Pastor Berger 1:30(B) Canasta Group 4:00(TR) Rosary Group 4:30(TR) Catholic Communion</p>	<p>5 9:30(CR) Exercise 10:00 Technology Assistance- Sign Up</p>  <p>10:00-11:00 Store Open 1:00 Shop at HyVee 1:00(P) Bridge 3:30(CR) Bingo: Quarter 6:30(P) New Neighbors Night</p>	<p>6 Wear Pink</p>  <p>9:30(CR) Exercise 10:30(TR) Travel Documentary: Alaska 11:30-1:30(P) Greeting Cards for Sale by Kathy 1:30(CS) Craft Corner: Pumpkin Porch Craft 3:00(P) Pub & Grub: Margarita 4:00-5:00 Store Open 6:30(TR) New Movie: Paris Can Wait [PG]</p>	<p>7 9:30(CR) Exercise 10:30(AC) Manicures & Ironing 1:00-3:00 Store Open 1:30(CS) UNO Card Game 2:30(TR) Afternoon Movie: Glen Campbell: I'll Be Me 7:00(TR) NE vs. Wisconsin on BTN</p> 
<p>8 8:30(TR) Westside Church on TV 9:00(TR) Communion 10:30 Mass: St.Robert's 10:30(TR) Catholic Mass on TV 2:00(CR) Bingo 3:30(CS) Sherbet Ice Cream</p> 	<p>9 Columbus Day 9:30(CR) Exercise 10:30(CS) Coffee & Games 1:30(CR) Sukkot and Shofar Factory- Learn about Jewish Traditions- All Welcome! 2:30(CS) Mental Fitness 4:00(TR) Meet Your Sterling Ridge Nurses</p>	<p>10 9:30(CR) Exercise 10:00(TR) Bible Study 10:00-11:00 Store Open 1:00 Shop at Target 3:00-4:00(PD) Custom Hearing Solutions 3:00(GR) Poker 3:30(AC) Manicures & Ironing 4:30 Dinner at Johnny's Café</p>	<p>11 9:30(CR) Exercise 10:30(TR) Christian Sing Along w/ Pastor Joe 1:30(B) Canasta Group 2:30(TR) Resident Activities Council: All Welcome 4:00(TR) Catholic Mass and Communion w/ Msgr. Gilg</p> 	<p>12 9:30(CR) Exercise 10:00-11:00 Store Open 1:00 Shop at HyVee 1:00(P) Bridge 3:30(CR) Bingo: Dollar 6:30(TR) The Price is Right</p>	<p>13 Wear Pink</p>  <p>9:30(CR) Exercise 10:30(CS) Scatter Joy Acres Animal Visit 10:30(TR) Travel Documentary: Germany 3:00(P) Pub & Grub: Oktoberfest- German Beer 4:00-5:00 Store Open 4:00(TR) Shabbat w/ Temple Israel 6:30(TR) New Movie: The Lost City of Z [PG-13]</p>	<p>14 9:30(CR) Exercise 10:30(AC) Manicures & Ironing 1:00-3:00 Store Open 1:30(CS) SkipBo Card Game 2:30(CS) National Dessert Day Celebration Time TBA (TR) NE vs Ohio State</p> 
<p>15 8:30(TR) Westside Church on TV 9:00(TR) Communion 10:00 Pacific Hills Lutheran Church 10:30 Mass: St.Robert's 10:30(TR) Catholic Mass on TV 3:30(CS) Butter Pecan Ice Cream</p> 	<p>16 9:30(CR) Exercise 10:30(CS) Coffee & Games 1:00 Wildlife Safari Bus Tour Ride-\$7.50 2:30(CS) Mental Fitness 3:30(CR) October Birthday Party 3:30(CR) Music w/ Wayne Miller</p>	<p>17 9:30(CR) Exercise 10:00-11:00 Store Open 10:30(CS) Coffee and Biscotti 1:00 Shop at Trader Joe's 3:00(GR) Poker 3:30(AC) Manicures & Ironing 5:00(TR) Pizza and Movie Night-Limit 25</p>	<p>18 9:30(CR) Exercise 10:30(CR) Worship w/ Pastor Berger 1:30(B) Canasta Group 2:00(CR) Beth El Chesed Committee 3:00(CR) Resident Dining Council 4:00(TR) Catholic Mass and Communion w/ Msgr. Gilg</p>	<p>19 9:30(CR) Exercise 10:00-11:00 Store Open 1:00 Shop at HyVee 1:00(P) Bridge 3:30(CR) Bingo: Mystery 5:00 Ladies Night w/ Cottage Door Boutique</p> 	<p>20 Wear Pink</p>  <p>9:30(CR) Exercise 10:30(TR) Travel Documentary: Australia 1:30(CS) Craft Corner: Fall Leaf Bowls 3:00(P) Pub & Grub: Margaritas 4:00-5:00 Store Open 6:30(TR) Halloween Movie: E.T. [PG]</p>	<p>21 9:30(CR) Exercise 10:30(AC) Manicures & Ironing 1:00-3:00 Store Open 1:30(CS) CLR Dice Game 2:30(TR) Afternoon Movie: Alfred Hitchcock Halloween</p> 
<p>22 8:30(TR) Westside Church on TV 9:00(TR) Communion 10:30 Mass: St. Robert's 10:30(TR) Catholic Mass on TV 2:00(CR) Bingo 3:30(CS) Brownie Sundaes</p>	<p>23 9:30(CR) Exercise 10:30(CS) Coffee & Games 1:00 Fall Scenic Bus Ride 2:30(CS) Mental Fitness 3:30(L) Classical Piano Music w/ Msgr. Gilg</p> 	<p>24 Podiatrist AL 9:30(CR) Exercise 10:00(TR) Bible Study 10:00-11:00 Store Open 1:00 Shop at Walmart 3:00(GR) Poker 3:30(AC) Manicures & Ironing 4:30-6:30(DR) Wine & Dine: Your Choice of wine or soda with dinner</p> 	<p>25 Podiatrist IL 9:30(CR) Exercise 10:00-12:00(CR) Flu Shot Clinic 1:30 Book Club Trip to Omaha Public Library- Millard Branch 1:30(B) Canasta Group 4:00(TR) Rosary Group 4:30(TR) Catholic Communion</p>	<p>26 9:30(CR) Exercise 10:00-11:00 Store Open 10:30(CR) Town Hall 1:00 Shop at HyVee 1:00(P) Bridge 3:30(CR) Bingo: Mystery 4:30 Men's Night at Ridge in Bellevue</p> 	<p>27 Wear Pink</p>  <p>9:30(CR) Exercise 10:30(TR) Travel Documentary: Greece 11:00 Lunch at Jim & Jennie's Greek Village 3:00(P) Pub & Grub: Apple Cider 4:00-5:00 Store Open 4:00(L) Piano Music w/ Holly 6:30(TR) Halloween Movie: Hocus Pocus [PG]</p>	<p>28 9:30(CR) Exercise 10:30(AC) Manicures & Ironing 1:00-3:00 Store Open 1:30(CS) National Chocolate Day: Chocolate Pairings Time TBA (TR) NE vs Purdue</p> 
<p>29 8:30(TR) Westside Church on TV 9:00(TR) Communion 10:00 Pacific Hills Lutheran Church 10:30 Mass: St. Robert's 10:30(TR) Catholic Mass on TV 2:00-4:00 (L) Family & Friends Trick or Treat at Sterling Ridge</p>	<p>30 9:30(CR) Exercise 10:30(CS) Coffee & Games 12:30 Trip to Morrill Hall Museum- Lincoln, NE- \$7 2:30(CS) Mental Fitness 4:00(AC) Donation Drop Off- Goodwill & Open Door Mission</p> 	<p>31 Halloween Time TBA(L) Trick or Treating w/ Schools 9:30(CR) Exercise 10:00-11:00 Store Open 1:30(L) Costume Party and Parade 3:00(GR) Poker 3:30(AC) Manicures & Ironing 6:30(CR) Halloween Bingo Night</p> 	<p>RED: RSVP in Lobby BLUE: Creative Time Green: Entertainer PURPLE: Educational PINK: Party Orange: Weekday Religious</p>	<p>RED: RSVP in Lobby BLUE: Creative Time Green: Entertainer PURPLE: Educational PINK: Party Orange: Weekday Religious</p>	<p>Corner Store Hours (Located behind the front desk) Tuesday/Thursday 10-11 a.m. Friday 4-5 p.m. Saturday 1-3 p.m.</p>	<p>(AC) Activity Center (CR) Community Rm (GR) Game Room (LA) Library Area (P) Pub (B) Balcony (TR) Theatre Room (CS) Coffee Shop (PD) Private Dining (CY) Courtyard (L) Lobby</p>

Please see the Fall Edition of **What's What** for the latest info. on all of our Life Enrichment offerings!

Join us for our October Birthday celebration on Monday, October 16th at 3:30 in the Community Room



Happy Birthday!

Ann Kaiman 1st
Ed Hustak 4th
Marge Quinlan 4th
Alene Karnes 27th
Rosemary Liebenritt 28th
Eleanor McHale 29th
Sally Malashock 31st