

# October Happenings

The Heritage  
at Northern Hills

Independent Living

SUN

MON

TUE

WED

THU

FRI

SAT

(AR)-Activity Room  
(A) – Atrium  
(D)-Dining Room  
(G)-Garden Level  
(AL-C) - Assisted Building Chapel  
(DO) - Dropped OFF  
(AL)- Assisted Building

If you would like to go on an outing, please sign up. All outings are in red. Be ready for outings 15 minutes early as the bus will leave at the time listed.

ALL OUTINGS ARE WEATHER PERMITTING AND MAY CHANGE AT ANY TIME



06-G.G. Yanney  
11-Berneice Trembly  
17 -Joanne Albrecht  
18-Marilyn Schoenherr

<p>1 <b>8-12 Church Transport</b> 9-11 Walking Club 10:00 Wii Golf 11:00 (Ch. 85) Mass 1:00– 9:00 NFL Football (G) 2:00 Coffee (D) 3:00 Gospel Celebration w/Gary in AL Chapel</p>	<p>2 9-11 Walking Club- 9:20 Exercise (G) 10:05 Manicures (AR) 10:30 Church with Pastor Neil Peck (C-AL) 1:00-2:30 Walmart 6:00 Bridge (D)</p>	<p>3 9-11 Walking Club 9:00 Men's Coffee (AR) 10:00 Wii Bowling (G) 11:00 Lunch at Chic-fil-a 3:00 QTR BINGO (D)</p>	<p>4 8:45 Devotion with Justine (AR) 9-11 Walking Club 9:20 Exercise (G) 1:00 Hy-Vee/ Shopko 3:00-3:30 Coffee by the Fireplace 4:00 Men's Night (D)</p>	<p>5 9-11 Walking Club 10:00 Wii Bowling (G) 10:30 Church w/ Pastor Travis (AL-C) 1-3 Sewing/Knitting Group (AR) 2:00 Coffee w/Friends (D)</p>	<p>6 9-11 Walking Club- 9:20 Exercise (G) 10:00 Fareway 1:00 Shopping at Memory Lane &amp; Thrift Store 3:00 QTR BINGO (D) 6:00 Bridge (D)</p>	<p>7 9-11 Walking Club 9:00 First Lutheran Pancake Breakfast &amp; Bazaar 10:00 Wii Bowling (G) 12-9 College Football 1:00-4:00 Garage Sale 6:00 Gaither Gospel Hour (Ch. 27) 7:00 Lawrence Welk (Ch.27)</p>
<p>8 <b>8-12 Church Transport</b> 9-11 Walking Club 10:00 Wii Golf 11:00 (Ch. 85) Mass 1:00– 9:00 NFL Football (G) 2:00 Coffee (D) 3:00 Gospel Celebration w/ Gary (AL-C)</p>	<p>9 9-11 Walking Club- 9:20 Exercise (G) 10:05 Manicures (AR) 12:45 Hy-Vee/ Dollar Tree 4:30 Potluck (D) 6:00 Bridge (D)</p>	<p>10 9-11 Walking Club 9:00 Men's Coffee (AR) 10:00 Communion (G) 10:00 Wii Bowling (G) 2:00 Devotion w/ Pastor Todd (G) 3:00 QTR BINGO (D)</p>	<p>11 8:45 Devotion with Justine (AR) 9-11 Walking Club 9:20 Exercise (G) 11:00 Lunch at Pita Pit 2:00 BOOK CLUB 3:00-3:30 Coffee by the Fireplace</p>	<p>12 9-11 Walking Club 10:00 Wii Bowling (G) 10:30 Church w/ Pastor Travis (AL-C) 1-3 Sewing/Knitting Group (AR) 2:00 Coffee w/Friends (D) 3:00 Food Council (D)</p>	<p>13 9-11 Walking Club- 9:20 Exercise (G) 10:00 Fareway 1:00 Craft– Halloween Pennants (AR) 4:00pm Happy Hour w/ Old Rusty Minstrels (D) 6:00 Bridge (D)</p>	<p>14 9-11 Walking Club 9:00 Farmers Market 10:00 Wii Bowling (G) 12:00-9:00 College Football 6:00 Gaither Gospel Hour (Ch. 27) 7:00 Lawrence Welk (Ch.27)</p>
<p>15 <b>8-12 Church Transport</b> 9-11 Walking Club 10:00 Wii Golf 11:00 (Ch. 85) Mass 1:00– 9:00 NFL Football (G) 2:00 Coffee (D) 3:00 Gospel Celebration w/Gary in AL Chapel</p>	<p>16 9-11 Walking Club- 9:20 Exercise (G) 10:05 Manicures (AR) 1:00-2:30 Walmart 4:00 Ladies Night (D) 6:00 Bridge (D)</p>	<p>17 9-11 Walking Club 9:00 Men's Coffee (AR) 10:00 Wii Bowling (G) 11:00 Men's Group (AR) 3:00 QTR BINGO (D)</p>	<p>18 8:45 Devotion with Justine (AR) 9-11 Walking Club 9:20 Exercise (G) 2:00 Lutheran Communion (AR) 2:00 Meet and Greet 3:00-3:30 Coffee by the Fireplace 4:00 Happy Hour w/ Aaron Shoemaker (D)</p>	<p>19 9-11 Walking Club 9:15 Breakfast @ Jitters 10:00 Wii Bowling 1-3 Sewing/Knitting Group (AR) 2:00 Coffee w/Friends (D)</p>	<p>20 9-11 Walking Club 9:20 Exercise 10:00 Fareway 1:30 Pies and Bunco (AL) 3:00 QTR BINGO (D) 6:00 Bridge (D)</p>	<p>21 9-11 Walking Club 10:00 Wii Bowling (G) 10:30 Game with Justine 12:00-9:00 College Football 6:00 Gaither Gospel Hour (Ch. 27) 7:00 Lawrence Welk (Ch.27)</p>
<p>22 <b>8-12 Church Transport</b> 9-11 Walking Club 10:00 Wii Golf 11:00 (Ch. 85) Mass 1:00– 9:00 NFL Football (G) 2:00 Coffee (D) 3:00 Gospel Celebration w/Gary in AL Chapel</p>	<p>23 9-11 Walking Club 9:20 Exercise (G) 10:05 Manicures (AR) 12:00 Lunch and Southern Hills Mall 4:30 Taverns \$4 (PAY AHEAD) 6:00 Bridge (D)</p>	<p>24 9-11 Walking Club 9:00 Men's Coffee (AR) 10:00 Wii Bowling (G) 3:00 QTR BINGO (D) 4:15 Resident Council (D) 4:15 October BDAY Party (D)</p>	<p>25 8:45 Devotion with Justine (AR) 9-11 Walking Club 9:20 Exercise (G) 10-11:30 Flu Shots (AL) 10:00 Communion (G) 2:00 Book Club 3:00-3:30 Coffee by the Fireplace</p>	<p>26 9-11 Walking Club 10:00 Wii Bowling(G) 10:30 Blood Pressure with Recovery Health 1-3 Sewing/Knitting Group (AR) 2:00 Coffee w/Friends (D)</p>	<p>27 9-11 Walking Club 9:20 Exercise (G) 10:00 Fareway 2:00 Game (AR) 4:00 Dinner at Red Lobster 6:00 Bridge (D)</p>	<p>28 9-11 Walking Club 10:00 Wii Bowling (G) 10:45 Craft with Jenny 12:00-9:00 College Football 6:00 Gaither Gospel Hour (Ch. 27) 7:00 Lawrence Welk (Ch.27)</p>

29  
**8-12 Church Transport**  
9-11 Walking Club  
10:00 Wii Golf  
11:00 (Ch. 85) Mass  
1:00– 9:00 NFL Football (G)  
2:00 Coffee (D)  
3:00 Gospel Celebration w/Gary in AL Chapel

30  
9-11 Walking Club-  
9:20 Exercise (G)  
10:00-11:30– Children Trick or Treating (D)  
2:00 Creative Coloring  
6:00 Bridge (D)

31  
9-11 Walking Club  
9:00 Men's Coffee (AR)  
10:00 Wii Bowling (G)  
11:00 Men's Group  
3:00 QTR BINGO (D)  
4:00 Halloween Party (D)



Staff Birthdays:  
09 Yanet Padilla-10/09  
15 Katie Uden

Staff Anniversaries:  
04 Deb Hernandez  
06 Lori Littsen  
12 Nate Dillard

Please note the calendar is subject to change without notice.



# October Happenings

The Heritage  
at Northern Hills

Assisted  
Living

SUN

MON

TUE

WED

THU

FRI

SAT

AR—Activity Rm  
C— Chapel  
CY— Courtyard  
CS— Country Store  
D— Dining Rm  
F— 2nd Level Fireplace  
L— Lobby

If you would like to go on an outing, please sign up. All outings are in red. Be ready for outings 15 minutes early as the bus will leave at the time listed.

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02—Helen Kehrberg  
18—Wanda Lafferty  
24—Myrna Fowkes

<p>1 <b>8-12 Church Transport</b> 11:00 (Ch. 85) Mass 1:30 Wii Golf 2:00 Coffee (CS) 3:00 Gospel Celebration w/Gary in AL Chapel 3:30 Fellowship (CS)</p>	<p>2 8:45 Devotion with Justine (AR) 9:45 Exercise (C) 10:15 Wii Bowling © 10:30 Church with Pastor Neil Peck (C-AL) 11:00 Popcorn (CS) 11:00 Snapshots (AR) 12:30-2:00 Walmart 3:30 Stories by the</p>	<p>3 8:45 News Break (F) 9:30 Bingo (AR) 10:35 Manicures (AR) 11:00 Lunch at Chic-fil-a 1:00 Creative Coloring 3:00 QTR BINGO (IL-D) 3-4 Country Store Open</p>	<p>4 9:00 Men's Coffee (CS) 9:45 Exercise (C) 10:15 Manicures (AR) 12:45 Shopko/ Hy-Vee 1:30 Cards (CS) 2:30 Treats (AR)</p>	<p>5 8:45 News Break (F) 9:30 Bingo (AR) 10:30 Church w/ Pastor Travis (L) 10:00 Wii Bowling (G) 11:00 Snapshots 2:00 Craft— Halloween Pennants 3-4 Country Store Open</p>	<p>6 9:00 Women's Coffee 9:45 Exercise (C) 10:30 Fareway 10:15 Wii Bowling(C) 1:00 Shopping at Memory Lane &amp; Thrift Store 1:30 Absentee Sioux City Primary Election (AR) 3:30 Stories by the Fire-</p>	<p>7 9:00 First Lutheran Pancake Breakfast &amp; Bazaar 10:00 Wii Bowling © 11:30 Popcorn (CS) 1:00-4:00 Garage Sale (IL) 6:00 Gaither Gospel Hour (Ch. 27) 7:00 Lawrence Welk (Ch.27)</p>	
<p>8 <b>8-12 Church Transport</b> 11:00 (Ch. 85) Mass 1:30 Wii Golf 2:00 Coffee (CS) 3:00 Gospel Celebration w/Gary (C) 3:30 Fellowship (CS)</p>	<p>9 8:45 Devotion with Justine (AR) 9:45 Exercise (C) 10:15 Wii Bowling © 11:00 Popcorn (CS) 11:00 Snapshots (AR) 1:00 Hy-Vee/ Dollar Tree</p>	<p>10 8:45 News Break (F) 9:30 Bingo with Nancy (AR) 10:35 Manicures (AR) 1:00 Country Drive 3:00 QTR BINGO (IL-D) 3-4 Country Store Open</p>	<p>11 9:00 Men's Coffee (CS) 9:45 Exercise (C) 10:15 Manicures (AR) 11:00 Lunch at Pita Pit 1:30 Cards (CS) 4:00 Sing-A-Long with Carole (L)</p>	<p>12 8:45 News Break (F) 9:30 Bingo (AR) 10:00 Wii Bowling (G) 11:00 Snapshots 1:00 Creative Coloring (AR) 2:00 Food Council (D) 3-4 Country Store Open</p>	<p>13 9:00 Women's Coffee (CS) 9:45 Exercise with Nancy (C) 10:15 Wii Bowling 10:30 Fareway 2:30 Stories by the Fireplace (F)</p>	<p>14 9:00 Farmers Market 10:00 Wii Bowling (C) 11:00 Popcorn (CS) 6:00 Gaither Gospel Hour (Ch. 27) 7:00 Lawrence Welk (Ch.27)</p>	
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<p>29 <b>8-12 Church Transport</b> 11:00 (Ch. 85) Mass 1:30 Wii Golf 2:00 Coffee (CS) 3:00 Gospel Celebration w/Gary in AL Chapel 3:30 Fellowship (CS)</p>	<p>30 8:45 Devotion with Justine (AR) 9:45 Stretch&amp;Flex(C) 10:15 Wii Bowling 10:00-11:30— Children Trick or Treating 11:00 Popcorn (CS) 1:00 Snapshots</p>	<p>31 8:45 News Break (F) 9:30 Bingo (AR) 10:35 Manicures (AR) 1:30 Halloween Party (D) 3:00 QTR BINGO (IL-D) 3-4 Country Store Open</p>				<p><b>Staff Birthdays:</b> 09 Yanet Padilla-10/09 15 Katie Uden</p>	<p><b>Staff Anniversaries:</b> 04 Deb Hernandez 06 Lori Littsen 12 Nate Dillard 12 James Mechikoff</p>

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