



The Heritage at Northern Hills

Assisted Living

SUN	MON	TUE	WED	THU	FRI	SAT	
1 8-12 Church Transport 11:00 (Ch. 85) Mass 2:00 Coffee with Friends (CS) 3:00 Gospel Celebration w/Gary (C) 3:30 Fellowship (CS) 6:30 Creative Coloring (CS)	2 9:00 Women's Coffee (CS) 10:00 Exercise (C) 10:30 Wii Bowling (C) 10:30 Church with Neil Peck (Methodist) (C) 12:30-2:00 Walmart 2:30 Snapshots-Puzzle Painting (AR) 3:30 Women's Night (AR)	3 9:30 Bingo (AR) 10:45 Yoga (C) 11:00 Perkins 1:00 Stories by the fireplace- "Rip Van Winkle" (F) 3:00 Snapshots-Balloon Tennis (AR) 3-4 Country Store Open	4 9:00 Men's Coffee (CS) 10:00 Exercise (C) 10:15 Manicures (AR) 1:00 Hy-Vee/Shopko 1:30 Prayer & Reflection (C) 2:00 Snapshots-Puzzles (AR)	5 9:30 Bingo (AR) 10:30 Church w/ Pastor Travis (L) 10:30 Popcorn & Coffee (C) 1:30 Farkle (AR) 3:30 Happy Hour with Caleb (L) 3-4 Country Store Open	6 8:45 News Break (F) 10:00 Exercise (C) 10:30 Wii Bowling (C) 10:30 Fareway 10:45 Snapshots-Coloring (AR) 1:30 Prayer & Reflection (C) 1:30 Garden Show (\$5)	7 10:15 Yoga (C) 10:30 Wii Bowling (C) 10:45 Snapshots-Uno (AR) 12:30 Popcorn (CS) 1:00 Bingo with Jenny (AR) 6:00 Gaither Gospel Hour (Ch. 27) 7:00 Lawrence Welk (Ch.27)	
8 8-12 Church Transport 11:00 (Ch. 85) Mass 2:00 Coffee with Friends (CS) 3:00 Gospel Celebration w/Gary (C) 3:30 Fellowship (CS) 6:30 Creative Coloring (CS)	9 9:00 Women's Coffee (CS) 10:00 Exercise (C) 10:30 Wii Bowling (C) 10:45 Snapshots- Trivia 1:00 Hy-Vee/ Dollar Tree 3:30 Creative Coloring (AR)	10 9:30 Bingo (AR) 10:45 Yoga (C) 1:30 Game- Rummikub (AR) 2:30 100 Day Activity (L) 2:45 Methodist Communion (C) 3-4 Country Store Open	11 9:00 Men's Coffee (CS) 10:00 Exercise (C) 10:30 Wii Bowling (C) 10:15 Manicures (AR) 1:00 Hard Rock 1:30 Prayer & Reflection (C) 3:00 Game- Yahtzee (AR) 3:30 Snapshots-Country Drive	12 9:30 Bingo (AR) 10:00 Circus 10:45 Snapshots-Nature Bingo (AR) 1:00 Stories by the Fireplace (F) 2:00 Craft- Coin Purses (AR) 3:00 Country Drive 3-4 Country Store Open 6:30 Creative Coloring (CS)	13 8:45 News Break (F) 10:00 Exercise (C) 10:15 Wii Bowling(C) 10:30 Fareway 1:30 Prayer & Reflection (C) 2:00 Game- KarPlunk (AR) 3:00 Happy Hour	14 10:15 Yoga (C) 10:30 Wii Bowling (C) 10:45 Snapshots- Ball Game (C) 12:30 Popcorn (CS) 1:00 Bingo with Misti (AR) 6:00 Gaither Gospel Hour (Ch. 27) 7:00 Lawrence Welk (Ch.27)	
15 8-12 Church Transport 11:00 (Ch. 85) Mass 2:00 Coffee with Friends (CS) 3:00 Gospel Celebration w/Gary (C) 3:30 Fellowship (CS) 6:30 Creative Coloring (CS)	16 9:00 Women's Coffee (CS) 10:00 Exercise (C) 10:30 Wii Bowling (C) 10:30 Popcorn & Coffee (CS) 12:30-2:00 Walmart 3:30 Game- Hangman (AR)	17 9:30 Bingo (AR) 10:45 Yoga (C) 11:00 Lunch at Perkins 1:00 Stories by the Fireplace (F) 2:30 Catholic Communion / Pastor Ries (C) 3:00 Craft- Rainbow Coasters (AR) 3-4 Country Store Open	18 9:00 Men's Coffee (CS) 10:00 Exercise (C) 10:30 Wii Bowling (C) 10:15 Manicures (AR) 1:30 Art Center 1:30 Prayer & Reflection (C) 3:00 Snapshots-Balloon Tennis (AR)	19 9:30 Bingo (AR) 10:00 Jitters 10:30 Church w/ Pastor Travis (L) 1:00 Popcorn & Coffee (CS) 2:00 Game- Monopoly (AR) 3:00 Happy Hour with Jerry O'Dell (L) 3-4 Country Store Open	20 8:45 News Break (F) 10:00 Exercise (C) 10:30 Wii Bowling (C) 10:30 Fareway 10:45 Snapshots- UNO (AR) 1:30 Prayer & Reflection (C) 2:00 Food Council (D) 3:00 Country Drive	21 10:15 Yoga (C) 10:30 Wii Bowling (C) 10:45 Snapshots- Uno (AR) 12:30 Popcorn (CS) 1:00 Bingo with Jenny (AR) 6:00 Gaither Gospel Hour (Ch. 27) 7:00 Lawrence Welk (Ch.27)	
22 8-12 Church Transport 11:00 (Ch. 85) Mass 12:45 AURA at Lamb Theatres 2:00 Coffee with Friends (CS) 3:00 Gospel Celebration w/Gary in AL Chapel 3:30 Fellowship (CS) 6:30 Creative Coloring (CS)	23 9:00 Women's Coffee (CS) 10:00 Exercise (C) 10:30 Wii Bowling (C) 10:45 Snapshots- Uno (AR) 11:15 1968 Into the Darkness at WITCC 3:30 Games and Crafts with Beyond the Bell	24 9:30 Bingo (AR) 10:45 Yoga (C) 2:00 Craft- Rain Stick (AR) 3:00 Resident Council and BDAY Party (D) 3-4 Country Store Open	25 9:00 Men's Coffee (CS) 10:00 Exercise (C) 10:30 Wii Bowling (C) 10:15 Manicures 11:30 Lunch at the Senior Center 1:30 Prayer & Reflection (C) 1:30 Country Drive 3:30 Men's Night (AR)	26 9:30 Bingo (AR) 10:45 Snapshots-Nature Bingo (AR) 1:30 Popcorn & Coffee (CS) 2:00 Game- Family Feud (AR) 4:00 Happy Hour with New Horizon's Band (IL-A) 3-4 Country Store Open	27 8:45 News Break (F) 9:45 Exercise (C) 10:30 Wii Bowling (C) 10:30 Fareway 1:30 Prayer & Reflection (C) 2:00 Snapshots- ISpy Bottle Game (AR) 5:30 Movie Night- Still Alive (C)	28 10:15 Yoga (C) 10:30 Wii Bowling (C) 10:45 Snapshots- Ball Game (C) 12:30 Popcorn (CS) 1:00 Bingo with Misti(AR) 6:00 Gaither Gospel Hour (Ch. 27) 7:00 Lawrence Welk (Ch.27)	
29 8-12 Church Transport 11:00 Mass (CH. 85) 2:00 Coffee with Friends (CS) 3:00 Gospel Celebration with Gary (AL-C) 3:30 Fellowship (CS) 6:30 Creative Coloring (CS)	30 9:00 Women's Coffee (CS) 10:00 Exercise (C) 10:30 Wii Bowling (C) 10:30 Popcorn & Coffee (CS) 1:00 Target/Marshalls 6:30 Creative Coloring (CS)						<p>Staff Birthdays:</p> 02 Ruben Munoz 14 Megan Cordova 17 Shelby Boettcher 26 Tasha James 26 Jessica Fitzmaurice 26 Justine Weir <p>Staff Anniversaries:</p> 3 Christy Nikkel (1 year) 20 Julie Feltz (9 years) <p>Color Key</p> Light Blue- Religious Green- Game Orange- Entertainment Pink- Social Event Red- Outing Purple-Other Activities Yellow- Snapshots Black- Self-Directed

Please note the calendar is subject to change without notice.

If you would like to go on an outing, please sign up. All outings are weather permitting. Be ready for outings 15 minutes early as the bus will

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| 02 Don Jacobsen | 02 Margaret McCreight |
| 03 Ellen Trobaugh | 04 Mina Karcher |
| 06 Cleo Begnoche | 11 Irene "Dolly" Glaeser |
| 14 Ruth Shortenhaus | 17 David Considine |
| 20 Carol Larson | 22 Lotte Streit |
| 24 Darrell Grubel | 27 Helen Forde |
| 28 Helen Thatcher | |

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

