



The Heritage at Northern Hills

Assisted Living

SUN MON TUE WED THU FRI SAT

Color Key
 Light Blue— Religious Green— Game
 Orange— Entertainment
 Red— Outing Pink— Social Event
 Purple— Other Activities
 Yellow— Snapshots Black— Self-Directed

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



08 Bernice Clifton
14 Chuck Schreier
10 Suzanne Shattuck
10 Elaine Ahlwardt
21 Keith McCuddin
27 Diane Lundquist

1
 8:45 News Break (F)
 10:00 Exercise (C)
 10:15 Wii Bowling(C)
10:30 Fareway (Sign-Up)
 1:00 Absentee Voting (AR)
 2:00 Sno-Cones (L)
3:00— Snapshots— Hangman (AR)

2
 9:30 Bingo with Jenny (AR)
 10:30 Wii Bowling (C)
10:45 Farmer's Market (Sign-Up)
 1:00 Popcorn (CS)
 1:00 Movie (C)
 6:00 Gaither Gospel Hour (Ch. 27)
 7:00 Lawrence Welk (Ch.27)

3
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)

4
 8:45 News Break (F)
 10:00 Exercise (C)
10:30 Communion with Neil Peck (C)
12:30-2:00 Walmart (Sign-Up)
 1:00 Popcorn and Cards w/ Friends (CS)
2:30 Happy Hour with Nostalgia John (L)

5
 9:00 Women's Coffee (CS)
 9:30 Bingo (AR)
 10:30 Catholic Communion w/ Father Peter (C)
10:45 Snapshots— Manicures (AR)
 3:00 Game— Beanbag Toss
 6:00 Alzheimer's Association Meeting (C)
3-4 Country Store Open

6
 8:45 News Break (F)
 9:45 Exercise (C)
 10:30 Manicures (AR)
 10:30 Wii Bowling (C)
1:00 Hyvee/ Shopko (Sign-Up)
1:30 Prayer & Reflection
3:00 Snapshots— Country Drive

7
 9:00 Men's Coffee (CS)
 9:30 Bingo (AR)
10:00 Jitters (Sign-Up)
10:45 Snapshots (AR)
 1:00 Popcorn and Cards w/ Friends (CS)
 2:30 Game— Monarch Butterfly (AR)

3-4 Country Store Open

8
 8:45 News Break (F)
 10:00 Exercise (C)
 10:15 Wii Bowling(C)
10:30 Fareway (Sign-Up)
1:30 Snapshots (AR)
2:30 S'mores in the Courtyard
3:30 Women's Night (AR)

9
 9:30 Bingo with Misti(AR)
 10:30 Wii Bowling (C)
10:45 Snapshots (AR)
 12:30 Popcorn (CS)
 1:00 Movie (C)
 6:00 Gaither Gospel Hour (Ch. 27)
 7:00 Lawrence Welk (Ch.27)

10
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)

11
 8:45 News Break (F)
 10:00 Exercise (C)
 10:30 Wii Bowling (C)
1:00 Hy-Vee/ Dollar Tree (Sign-Up)
 1:00 Popcorn and Cards w/ Friends (CS)
 3:00 Craft— Sunglasses Decorating (AR)

12
 9:00 Women's Coffee (CS)
 9:30 Bingo (AR)
10:45 Snapshots— Manicures (AR)
2:30 Lemonade in the Lobby
2:45 Methodist Communion (C)

3-4 Country Store Open

13
 8:45 News Break (F)
 10:00 Exercise (C)
 10:30 Wii Bowling (C)
 10:15 Manicures (AR)
11:00 Ice Cream Days Show w/Emmet Cahill & The Browns (Sign-Up; \$45)
1:30 Prayer & Reflection
3:00 Snapshots— Country Drive

14
 9:00 Men's Coffee (CS)
 9:30 Bingo (AR)
10:30 Church w/ Pastor Travis (L)
10:45 Snapshots (AR)
 1:00 Popcorn and Cards w/ Friends (CS)
4:30 Sneaky's Chicken— Sign Up \$5 (AR)

3-4 Country Store Open

15
 8:45 News Break (F)
 10:00 Exercise (C)
 10:30 Wii Bowling (C)
10:30 Fareway (Sign-Up)
 1:00 Dice Game (C)
3:30 Fathers' Day Brewskis

16
 9:30 Bingo with Jenny (AR)
 10:30 Wii Bowling (C)
10:45 Snapshots— Uno (AR)
 12:30 Popcorn (CS)
 1:00 Movie (C)
 6:00 Gaither Gospel Hour (Ch. 27)
 7:00 Lawrence Welk (Ch.27)

17
8-12 Church Transport
 11:00 (Ch. 85) Mass
 2:00 Coffee with Friends (CS)
3:00 Gospel Celebration w/Gary in AL Chapel
 3:30 Fellowship (CS)
 6:30 Creative Coloring (CS)

18
 8:45 News Break (F)
 10:00 Exercise (C)
 10:30 Wii Bowling (C)
12:30-2:00 Walmart (Sign-Up)
 1:00 Popcorn and Cards w/ Friends (CS)
4:00 Sing-A-Long w/ Carole (L)

19
 9:00 Women's Coffee (CS)
 9:30 Bingo (AR)
10:45 Snapshots (AR)
1:30 Hobby Lobby (Sign-Up)
 2:30 Creative Coloring (AR)
 3:30 Game— Dominos (AR)

3-4 Country Store Open

20
 8:45 News Break (F)
 10:00 Exercise (C)
 10:30 Wii Bowling (C)
 10:15 Manicures (AR)
1:30 Prayer & Reflection (C)
2:00 Snapshots— Country Drive

21
 9:00 Men's Coffee (CS)
 9:30 Bingo (AR)
10:45 Snapshots (AR)
 1:00 Popcorn and Cards w/ Friends (CS)
 2:00 Cooking— Banana Split Brownies (AR)
3:00 Men's Night (AR)

3-4 Country Store Open

22
 8:45 News Break (F)
 9:45 Exercise (C)
 10:30 Wii Bowling (C)
10:30 Fareway (Sign-Up)
 1:00 Games (AR)
 2:00 Food Council (D)
 3:00 Creative Coloring (AR)

23
 9:30 Bingo with Misti(AR)
 10:30 Wii Bowling (C)
11:00- 2:00 Summer Kick-Off Party
12:30 Music with Country Flavor Band
 12:30 Popcorn (CS)
 1:00 Movie (C)
 6:00 Gaither Gospel Hour (Ch. 27)
 7:00 Lawrence Welk (Ch.27)

24
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)

25
 8:45 News Break (F)
 9:45 Exercise (C)
 10:30 Wii Bowling (C)
11:00 Lunch and Shopping at the Mall (Sign-Up)
 1:00 Popcorn (CS)
 3:30 Game— Jenga (AR)
 6:30 Creative Coloring (CS)

26
 9:00 Women's Coffee (CS)
 9:30 Bingo (AR)
10:45 Jitters (Sign-Up)
1:00 Lymphedema presentation by Regency (IL)
 2:00 Creative Coloring (AR)
3:00 Resident Council and BDAY Party (D)

3-4 Country Store Open

27
 8:45 News Break (F)
 10:00 Exercise (C)
 10:30 Wii Bowling (C)
 10:15 Manicures (AR)
1:30 Prayer & Reflection
 2:00 Treats in the Courtyard- Bomb Pops
3:00 Snapshots— Country Drive

28
 9:00 Men's Coffee (CS)
 9:30 Bingo (AR)
10:45 Snapshots (AR)
 1:00 Popcorn and Cards w/ Friends (CS)
 2:00 Game— Jenga (AR)
 3:00 Craft— Narrowboat Rose Art (AR)
 6:30 Creative Coloring (CS)

3-4 Country Store Open

29
 8:45 News Break (F)
 9:45 Exercise (C)
 10:30 Wii Bowling (C)
10:30 Fareway (Sign-Up)
1:30 Ball Game (C)
 2:30 Creative Coloring (AR)
4:00 Happy Hour (L)

30
 9:30 Bingo with Jenny (AR)
 10:30 Wii Bowling (C)
10:45 Snapshots— Uno (AR)
12:30 Car Show at Knoefler Chevrolet (Sign-Up)
 6:00 Gaither Gospel Hour (Ch. 27)
 7:00 Lawrence Welk (Ch.27)

Staff Anniversaries:
 18 Susan Wilde (8 years)
 23 Tara Riemenschneider (2 years)
 30 Megan Cordova (15 years)

Staff Birthdays:
 02 Susan Wilde
 15 Brenden Frisbie

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

Please note the calendar is subject to change without notice.

