

August

The Heritage
at Northern Hills

Assisted
Living

SUN

MON

TUE

WED

THU

FRI

SAT



03 Nancy Horton
28 Edee Swanson
28 Pat Condon

Staff Birthdays:

2-John Swanson 8-Clarissa Cook
14-Kaila Mohr 14-Brittany Rodriguez
20-Teran Cross 21-Jeana Veach
28-Laura Cowan 31-Aaron Wilson

1
8:45 News Break (F)
9:00 Exercise (C)
10:15 Manicures (AR)
10:00 Wii Bowling(C)
1:00 Hy-Vee/ Shopko (Sign-Up)
1:30 Prayer & Reflection
2:00 Game– Jenga (AR)
3:00 Snapshots– Country Drive

2
9:00 Men's Coffee (CS)
9:30 Bingo (AR)
10:45 Snapshots (AR)
1:00 Popcorn and Cards w/ Friends (CS)
2:00 Minute to Win-It Pen-ny Challenges (F)
3:00 Miracle Treat Day Blizzards (D)
3-4 Country Store Open

3
8:45 News Break (F)
9:00 Exercise (C)
10:00 Wii Bowling(C)
10:00 Fareway (Sign-Up)
1:00 Dice Game (F)
2:00 Woodbury County Fair (Sign-Up)
6:30 Creative Coloring (CS)

4
9:00 Bingo with Misti (AR)
10:30 Wii Bowling (C)
1:00 Popcorn (CS)
1:00 Movie– The Secret (C)
6:00 Gaither Gospel Hour (Ch. 27)
7:00 Lawrence Welk (Ch.27)

5
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)

6
8:45 News Break (F)
9:00 Exercise (C)
9:45 Wii Bowling(C)
10:30 Communion with Neil Peck (C)
12:30-2:00 Walmart (Sign-Up)
1:00 Popcorn and Cards w/ Friends (CS)
3:30 Men's Night (AR)

7
9:00 Women's Coffee (CS)
9:30 Bingo (AR)
10:30 Communion w/ Father Peter (L)
1:00 Creative Coloring (AR)
3:00 Happy Hour w/ Wayne Miller (L)
6:00 Alzheimer's Association Meeting (C)
3-4 Country Store Open

8
8:45 News Break (F)
9:00 Exercise (C)
10:15 Manicures (AR)
10:00 Wii Bowling(C)
11:30 Golden Corral (Sign-Up)
1:30 Prayer & Reflection
2:00 Men's Group- Sailboats (AR)
3:00 Snapshots– Country Drive

9
9:00 Men's Coffee (CS)
9:30 Bingo (AR)
10:30 Church w/ Pastor Travis (L)
11:00 Jitters (Sign-Up)
1:00 Popcorn & Cards w/ Friends (CS)
1:30 Back Pack Drive w/ Kelly Nash (IL)
3:30 Creative Coloring (AR)
3-4 Country Store Open

10
8:45 News Break (F)
9:00 Exercise (C)
10:00 Wii Bowling(C)
10:00 Fareway (Sign-Up)
1:30 Painting Class w/ Touchstone (AR)
3:00 Game– Jenga (AR)

11
9:00 Bingo with Jenny (AR)
10:30 Wii Bowling (C)
12:30 Popcorn (CS)
1:00 Movie– The Ultimate Gift (C)
6:00 Gaither Gospel Hour (Ch. 27)
7:00 Lawrence Welk (Ch.27)

12
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)

13
8:45 News Break (F)
9:00 Exercise (C)
10:00 Wii Bowling(C)
1:00 Hy-Vee/ Dollar Tree (Sign-Up)
1:00 Popcorn and Cards w/ Friends (CS)
3:00 Game– Uno (AR)

14
9:00 Women's Coffee (CS)
9:30 Bingo (AR)
1:00 Creative Coloring (AR)
2:45 Methodist Communion (C)
5:30 Movie Night– Island of Grace (C)
3-4 Country Store Open

15
8:45 News Break (F)
9:00 Exercise (C)
10:15 Manicures (AR)
10:00 Wii Bowling(C)
11:30 Lunch at Applebee's (Sign-Up)
1:30 Prayer & Reflection
2:00 Stories by the Fireplace
3:00 Snapshots– Country Drive

16
9:00 Men's Coffee (CS)
9:30 Bingo (AR)
10:45 Snapshots (AR)
1:00 Popcorn and Cards w/ Friends (CS)
2:00 Craft– Dragonfly Pin (AR)
4:30 Sneaky's Chicken \$5 (AR)
3-4 Country Store Open

17
8:45 News Break (F)
9:00 Exercise (C)
10:00 Wii Bowling(C)
10:00 Fareway (Sign-Up)
1:30 Snapshots (AR)
2:30 Game– Phase 10 (AR)

18
9:00 Bingo with Misti (AR)
10:30 Wii Bowling (C)
10:30 1st Annual Art Affair (Sign-Up)
2:00 Piano Man (IL-A)
6:00 Gaither Gospel Hour (Ch. 27)
7:00 Lawrence Welk (Ch.27)

19
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)

20
8:45 News Break (F)
9:00 Exercise (C)
10:00 Wii Bowling(C)
12:30-2:00 Walmart (Sign-Up)
1:00 Popcorn and Cards w/ Friends (CS)
3:00 Game– SkipBo (AR)
4:00 Sing-A-Long w/ Carole (L)

21
9:00 Women's Coffee (CS)
9:30 Bingo (AR)
10:45 Snapshots– Manicures (AR)
2:00 Paint by Sticker (AR)
3:00 Game– Dominos (AR)
5:30 Movie Night– Just Getting Started (C)
3-4 Country Store Open

22
8:45 News Break (F)
9:00 Exercise (C)
10:15 Manicures (AR)
10:00 Wii Bowling(C)
1:30 Prayer & Reflection (C)
2:00 Men's Group- Sailboats (AR)
3:00 Snapshots– Country Drive

23
9:00 Men's Coffee (CS)
9:30 Bingo (AR)
10:30 Church w/ Pastor Travis (L)
11:00 Lunch at Johnny Mars (Sign-Up)
1:00 Popcorn and Cards w/ Friends (CS)
2:00 Game– Sorry (AR)
3:30 Happy Hour w/ Joe Cockson (IL-D)
3-4 Country Store Open

24
8:45 News Break (F)
9:00 Exercise (C)
10:00 Wii Bowling(C)
10:30 Health & Leisure Expo (Sign-Up)
1:00 Fareway (Sign-Up)
2:00 Food Council (D)
3:30 Ladies' Night- Mudslides and Games (AR)

25
9:00 Bingo with Misti(AR)
10:30 Wii Bowling (C)
12:30 Popcorn (CS)
1:00 Movie-Beowolf (C)
6:00 Gaither Gospel Hour (Ch. 27)
7:00 Lawrence Welk (Ch.27)

26
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)

27
8:45 News Break (F)
9:00 Exercise (C)
10:00 Wii Bowling(C)
11:00 Lunch and Shopping at the Mall (Sign-Up)
1:00 Popcorn (CS)
3:00 Geometric Painting (AR)
6:30 Creative Coloring (CS)

28
9:00 Women's Coffee (CS)
9:30 Bingo (AR)
10:45 Snapshots– Manicures (AR)
1:00 Hobby Lobby (Sign-Up)
1:00 Creative Coloring
3:00 Resident Council and BDAY Party (D)
5:30 Movie Night– Untouchables (C)
3-4 Country Store Open

29
8:45 News Break (F)
9:00 Exercise (C)
10:15 Manicures (AR)
10:00 Wii Bowling(C)
1:00 Hard Rock (Sign-Up)
1:00 Prayer & Reflection
1:30 Stories by the Fireplace
3:00 Snapshots– Country Drive

30
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 Happy Hour
3:30 Entertainment w/ Brenda James (L)
3-4 Country Store Open
6:30 Creative Coloring (CS)

31
8:45 News Break (F)
9:00 Exercise (C)
10:00 Wii Bowling(C)
10:00 Fareway (Sign-Up)
1:00 Snapshots (AR)
2:00 Game– Uno (AR)
3:00 Creative Coloring (AR)

Location Key

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

Staff Anniversaries:

30 Kelli Herman (2 years)
31 Joseph Pearson (1 year)

Color Key

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

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 leave at the time listed.

Please note the calendar is subject to change without notice.

August

The Heritage at Northern Hills

Independent Living

SUN

MON

TUE

WED

THU

FRI

SAT



12 Gary Lillie
14 Lillian Owens
20 Theresa Skow
28 Honey Griffin
31 Glenna Adams
Staff Birthdays:
2-John Swanson 8-Clarissa Cook
14-Kaila Mohr 14-Brittany Rodriguez
20-Teran Cross 21-Jeana Veach

1 9-11 Walking Club
9:35 Exercise (G)
10:00 Women's Coffee (D)
1:00 Hyvee/ Shopko (Sign-Up)
2:30 Book Club w/ Rhonda
3:00-3:30 Coffee by the Fireplace
5:00 Happy Hour w/ Cowboy Jim (D)

2 9-11 Walking Club
9:30 Crocheting Group– Baby Hats (L)
10:00 Wii Bowling (G)
1:30 Craft– Diamond Dotz
2:00 Coffee w/Friends (D)
3:00 Miracle Treat Day Blizzards (D)

3 9-11 Walking Club
9:35 Exercise (G)
10:20 Fareway (Sign-Up)
1:00 Bible Study w/ Laura and Joy (L)
2:00 Woodbury County Fair (Sign-Up)
6:00 Bridge (D)

4 9-11 Walking Club
10:00 Wii Bowling (G)
10:30 Game w/ Misti(L)
1:00 Cards (A)
1:30 Craft– Diamond Dotz w/ Misti (L)
6:00 Gaither Gospel Hour (Ch. 27)
7:00 Lawrence Welk (Ch.27)

5 8-12 Church Transport
9-11 Walking Club
11:00 (Ch. 85) Mass
1:00 Cards (A)
2:00 Coffee w/ Friends (D)
3:00 Gospel Celebration w/ Gary (AL-C)

6 9-11 Walking Club
9:35 Exercise (G)
10:00 Men's Coffee (D)
10:30 Manicures (L)
10:30 Communion with Neil Peck (AL-C)
1:00-2:30 Walmart (Sign-Up)
3:30 Men's Night (AL-AR)
6:00 Bridge (D)

7 9-11 Walking Club
10:00 Wii Bowling (G)
10:00 Communion w/ Father Peter (L)
1:00 Craft– Diamond Dotz
3:00 Quarter Bingo (D)
3:00 Happy Hour w/ Wayne Miller (AL-L)
6:00 Alzheimer's Association Meeting (AL-C)

8 9-11 Walking Club
9:35 Exercise (G)
10:00 Women's Coffee (D)
11:30 Golden Corral (Sign-Up)
2:00 Minute to Win It Penny Challenges
3:00-3:30 Coffee by the Fireplace

9 9-11 Walking Club
9:30 Game– Rummikub (L)
10:00 Wii Bowling (G)
10:30 Calvary Lutheran Service (AL)
11:00 Jitters (Sign-Up)
1:30 Back Pack Drive w/ Kelly Nash (D)
2:00 Coffee w/Friends (D)

10 9-11 Walking Club
9:35 Exercise (G)
10:20 Fareway (Sign-Up)
1:00 Bible Study w/ Laura and Joy (L)
3:00 Quarter Bingo
6:00 Darrell Peters & Lois Berner Birthday Party in Merril (Sign-Up)
6:00 Bridge (D)

11 9-11 Walking Club
10:00 Wii Bowling (G)
10:30 Game w/ Jenny (L)
1:00 Cards with Friends (A)
1:30 Country Drive (Sign-Up)
6:00 Gaither Gospel Hour (Ch. 27)
7:00 Lawrence Welk (Ch.27)

12 8-12 Church Transport
9-11 Walking Club
11:00 (Ch. 85) Mass
1:00 Cards (A)
2:00 Coffee w/ Friends (D)
3:00 Gospel Celebration w/ Gary (AL-C)

13 9-11 Walking Club
9:35 Exercise (G)
10:00 Men's Coffee (D)
10:30 Manicures (L)
1:00 Hy-Vee/ Dollar Tree (Sign-Up)
3:00 Book Club w/ Rhonda
4:30 Meal Night– Pizza Ranch Pizza \$5 (D)
6:00 Bridge (D)

14 9-11 Walking Club
10:00 Wii Bowling (G)
10:30 Game– Jenga (L)
1:30 Watermelon on the Patio (G)
2:00 Methodist Communion (G)
3:00 Quarter Bingo (D)

15 9-11 Walking Club
9:35 Exercise (G)
10:00 Women's Coffee (D)
11:30 Lunch at Applebee's (Sign-Up)
1:30 Diamond Dotz (L)
2:00 Lutheran Communion (G)
3:00-3:30 Coffee by the Fireplace
3:00 Meet and Greet

16 9-11 Walking Club
9:30 Crocheting Group– Baby Hats (L)
10:00 Wii Bowling (G)
11:30 Lunch at Brightside Café (Sign-Up)
1:30 Men's Group- Sailboats (L)
2:00 Coffee w/Friends (D)

17 9-11 Walking Club
9:35 Exercise (G)
10:20 Fareway (Sign-Up)
1:00 Bible Study w/ Laura and Joy (L)
3:00 Quarter Bingo
4:30 Movie Night– The Ultimate Gift (G)
6:00 Bridge (D)

18 9-11 Walking Club
10:00 Wii Bowling (G)
10:30 1st Annual Art Affair (Sign-Up)
1:00 Cards (A)
2:00 Piano Man (A)
6:00 Gaither Gospel Hour (Ch. 27)
7:00 Lawrence Welk (Ch.27)

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9:35 Exercise (G)
10:00 Men's Coffee (D)
10:30 Manicures (L)
1:00-2:30 Walmart (Sign-Up)
4:00 Sing-A-Long w/ Carole (AL-L)
6:00 Bridge (D)

21 9-11 Walking Club
10:00 Wii Bowling (G)
10:30 Game– Apples to Apples (L)
1:00 Scrapbooking Group (L)
2:00 Country Drive (Sign-Up)
3:00 Quarter Bingo (D)

22 9-11 Walking Club
9:35 Exercise (G)
10:00 Women's Coffee (D)
10:30 Game– Uno (L)
1:30 Painting Class w/ Touchstone (L)
3:00-3:30 Coffee by the Fireplace
4:00 Ladies' Night- Mudslides and Games (D)

23 9-11 Walking Club
9:30 Game– SkipBo (AR)
10:00 Wii Bowling
10:30 Calvary Lutheran Service (AL)
11:00 Lunch at Johnny Mars (Sign-Up)
1:30 Craft– Diamond Dotz
2:00 Coffee w/Friends (D)
3:30 Happy Hour w/ Joe Cockson (D)

24 9-11 Walking Club
9:35 Exercise (G)
10:30 Health & Leisure Expo (Sign-Up)
1:00 Bible Study w/ Laura and Joy (L)
1:30 Fareway (Sign-Up)
3:00 Food Council (D)
6:00 Bridge (D)

25 9-11 Walking Club
10:00 Wii Bowling (G)
10:30 Game w/ Misti (L)
1:00 Cards (A)
1:00 Craft– Diamond Dotz w/ Misti (L)
6:00 Gaither Gospel Hour (Ch. 27)
7:00 Lawrence Welk (Ch.27)

26 8-12 Church Transport
9-11 Walking Club
11:00 (Ch. 85) Mass
1:00 Cards (A)
2:00 Coffee w/ Friends (D)
3:00 Gospel Celebration w/ Gary (AL-C)

27 9-11 Walking Club
9:35 Exercise (G)
10:00 Men's Coffee (D)
10:30 Manicures (L)
11:00 Lunch and Shopping at the Mall (Sign-Up)
3:00 Book Club w/ Rhonda
4:30 Meal Night– KFC Chicken Night \$5 (D)
6:00 Bridge (D)

28 9-11 Walking Club
10:00 Wii Bowling (G)
9:30 Men's Group- Sailboats (L)
1:00 Hobby Lobby (Sign-Up)
3:00 Quarter Bingo (D)
4:15 Resident Council and BDAY Party (D)

29 9-11 Walking Club
9:35 Exercise (G)
10:00 Women's Coffee (D)
1:00 Hard Rock (Sign-Up)
2:00 Game– Uno (L)
3:00-3:30 Coffee by the Fireplace

30 9-11 Walking Club
9:30 Crocheting Group– Baby Hats (L)
10:00 Wii Bowling (G)
1:30 Craft– Diamond Dotz
2:00 Coffee w/Friends (D)
3:30 Entertainment w/ Brenda James (AL-L)

31 9-11 Walking Club
9:35 Exercise (G)
10:20 Fareway (Sign-Up)
12:00 Lunch in the Park (Sign-Up)
1:00 Bible Study w/ Laura and Joy (L)
3:00 Quarter Bingo
4:30 Movie Night– Beowolf (G)
6:00 Bridge (D)

Location Key
(L)- Library/Activity Room
(A) – Atrium
(D)-Dining Room
(G)-Garden Level
(AL)- Assisted Living Building
(DO) - Dropped Off

Staff Anniversaries:

30 Kelli Herman (2 years)
31 Joseph Pearson (1 year)

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Light Blue– Religious Green– Game
Orange– Entertainment
Red– Outing Purple–Other Activities
Pink– Social Event Black– Self-Directed

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