

# March 2019

The Heritage  
at Fox Run

# Assisted Living

SUN	MON	TUE	WED	THU	FRI	SAT
<b>CH-Chapel</b> <b>CS-Coffee Shop</b> <b>CY-Court Yard</b> <b>D-Dining Room</b> <b>L-Library</b> <b>PD-Private Dining Room</b> <b>TH-Theatre</b> <b>W-Wellness Room</b>	<b>Resident Birthdays</b> <b>2 Jim Wathen</b> <b>4 Betty Gardner</b> <b>6 Ed Grap</b> <b>15 Zella Duchman</b> <b>18 Joan Hatfield</b> <b>28 Pat Lang</b> <b>30 Dianne Murray</b>	<b>Staff Birthdays</b> <b>15 Lori Roberts</b> <b>24 Maricela Galvan</b> <b>27 Sally Liston</b>		<b>Activity Outings</b> For our safety, if schools in our area are closed, we will not go on any activity outings that are schedule for that day.	<b>1</b> 9:15 Exercise Class-Self lead-WR 9:45 Walking Club 9:30 Shopping at Metro Area Crossing 10:30 First Friday Catholic Communion 2:00 Surprise Treats and Traveling Treats 6:30 Rusty's Movie Night in the Theater-"Indian"	<b>2</b> 10:00 Flavored Coffee in the Coffee Shop 11:15 Exercise Class with Jane-CS 12:00 Lunch in the Dining Room 1:15 Bingo in the Coffee Shop 2:15 Keep It Sharp Trivia-CS 6:30 Fireside Chat on 1st Floor
<b>3</b> 9:30 Sunday Morning Church Service with First Christian Church 10:30 Cookie Social 10:00 Make Peanut Butter Crackers in the Coffee Shop 12:00 Lunch-DR 1:15 Piggy Bank Bingo-CS 2:30 Card Games-L	<b>4</b> 9:00 Catholic Communion in the Chapel 9:15 Exercise Class 9:45 Walking Club on 2nd Floor 10:00 Cookie Social 10:00 Nail Care-CS 2:00 St. Patricks Day Wooden Painting Craft in the Coffee Shop 3:00 Sweet Wine in the Coffee Shop	<b>5</b> 9:15 Exercise Class in the Wellness Room 9:45 Walking Club-2nd 10:00 Bowling-Hallway 10:00 Cookie Social in the Coffee Shop 11:00 Snapshots 2:00 Green Prize Bingo in the Dining Room 3:15 Town Hall Meeting-CS 6:30 Frozen Treats-CS	<b>6</b> Ash Wednesday Library Book Day 9:15 Tummy Tucks-WR 10:00 Coffee Social-CS 10:30 Chapel Service with Pastor Blodgett 10:30 Lunch at Ruby Tuesday 2:00 The Price is Right Game-YOU win prizes 3:00 Train Dominos in the Coffee Shop	<b>7</b> 9:15 Core Strength Class-WR 9:45 Walking Club 10:00 Cookie Social in the Coffee Shop 10:00 Snapshots 1:00 Catholic Rosary 2:00 Family Feud Game in the Movie Theater 3:15 Food Town Hall Meeting in the Coffee Shop	<b>8</b> 9:15 Exercise Class-Self lead-WR 9:45 Walking Club 9:30 Shopping at Walmart 10:30 Catholic Mass 12:00 Buffett in the Dining Room 2:00 Music of Joyce Torchia-Coffee Shop 3:00 Ice Cream Sundaes-CS	<b>9</b> 10:00 Flavored Coffee in the Coffee Shop 10:30 Good Morning Bingo in the Coffee Shop 12:00 Lunch in the Dining Room 1:30 \$5.00 Jewelry Sale in the Coffee Shop 2:15 Card Games-CS 6:30 Fireside Chat on
<b>10</b> Day Light Savings Begins 9:30 Sunday Morning Church Service with First Christian Church 11:00 Keep it Sharp Trivia-CS 1:15 Piggy Bank Bingo-Coffee Shop 2:15 Sunday Sundaes in the Coffee Shop 7:00 Watch America's	<b>11</b> 9:00 Catholic Communion in the Chapel 9:15 Exercise Class 9:45 Walking Club-WR 10:00 Nail Care-CS 10:00 Cookie Social 10:45 Out to Lunch Pizza Ranch 2:00 Drive Around Lake Manawa and Look for Bald Eagles- 3:00 Card Games-CS	<b>12</b> 9:15 Exercise-WR 9:45 Walking Club-2nd 10:00 Bowling-H 10:00 Cookie Social in the Coffee Shop 11:00 Snapshots Programming 2:00 Bingo in the Dining Room 3:15 Ice Cream Sundaes and Card Games in the Coffee Shop	<b>13</b> 9:15 Tummy Tucks-WR 10:00 Coffee Social-CS 10:30 Chapel Service with Pastor Blodgett 12:00 AL ROTC Cadets Join Us for Lunch-CS 2:00 Scatter Joy Acres Animal Visits in the Coffee Shop 3:00 Train Dominos in the Coffee Shop	<b>14</b> 9:30 Banking Hour in the Library 9:15 Exercise Class-WR 9:45 Walking Club 10:00 Cookie Social-CS 10:00 Snapshots in the Coffee Shop 1:00 Catholic Rosary 2:00 "Grandma's Aprons Show"-CS 3:00 Tea Party in the Coffee Shop	<b>15</b> 9:15 Exercise-Self Lead-CS 9:30 Shopping at Metro Area Crossing 9:30 Walking Club 10:00 Cookie Social 1:30 Mr. Stewart-Comedian & Jazz Music-CS 3:00 National Potato Chip Tasting Day-CS 6:30 Murphy's War-	<b>16</b> 10:00 Flavored Coffee in the Coffee Shop 10:30 Bingo in the Coffee Shop 12:00 Lunch in the Dining Room 1:30 New Resident Reception in the Coffee Shop 2:30 Word Search Races-CS
<b>17</b> St. Patricks Day 9:30 Sunday Morning Church Service with First Christian Church 11:15 "15 Minute Cardio Exercise"-CS 1:15 Piggy Bank Bingo-CS 2:15 St Patty's Day Word Search Races-CS	<b>18</b> 9:00 Catholic Communion in the Chapel 9:15 Exercise Class 9:45 Walking Club-WR 10:00 Nail Care-CS 2:00 Music of Aaron Shoemaker-CS 3:00 Banana Splits in the Coffee Shop 4:30 Order Take Out From Pizza Counter	<b>19</b> 9:15 Exercise in the Wellness Room 9:45 Walking Club-2nd 10:00 Cookie Social 10:00 Bowling-Hallway 11:00 Snapshots-CS 2:00 Bingo in the Dining Room 3:00 Whack Em' Sticks Exercise-CS 6:30 Wine Night Cap-	<b>20</b> First Day of Spring 9:15 Exercise Class 9:45 Walking Club-2nd 10:00 Coffee Social-CS 10:30 Chapel Service with Pastor Blodgett 10:45 Out to Lunch at Catfish Lake 2:00 CHF Program-CS 3:00 Fresh Buttery Popcorn Coffee Shop	<b>21</b> 9:00 Custom Hearing Solutions-TH 9:15 Exercise-WR 9:45 Walking Club 10:00 Cookie Social-CS 10:00 Snapshots 1:00 Rosary-Chapel 2:00 Music of Joe Taylor in Coffee Shop 3:00 You Pick a Float Flavor-Coffee Shop	<b>22</b> 9:15 Exercise Class-Self Lead 9:30 Shopping at Walmart 10:00 Coffee Social 2:00 Music of Country Marvin in the Coffee Shop 3:00 Bean Bag Bash 6:30 Movie Night in the Theater	<b>23</b> 10:00 Flavored Coffee in the Coffee Shop 11:15 Exercise Class with Jane-CS 12:00 Lunch -DR 1:15 Bingo in the Coffee Shop 2:15 30 Minute Trivia in the Coffee Shop 6:30 Relaxing in the Courtyard
<b>24</b> 9:30 Sunday Morning Church Service with First Christian Church 1:15 Bingo in the Coffee Shop 2:15 Popcorn Social <b>31</b> 9:30 Sunday Morning Church Service with First Christian Church 1:15 Bingo in the Coffee Shop	<b>25</b> 9:00 Catholic Communion-CH 9:15 Exercise Class in the Wellness Room 10:00 Nail Care-CS 10:00 Cookie and Coffee Social-CS 2:00 Pie Party and Ice Cream in the Coffee Shop-CS 3:00 Hot Cocoa and Peppermint Schnapps	<b>26</b> 9:15 Exercise Class in the Wellness Room 9:45 Walking Club-2nd 10:00 Cookie Social 10:00 Bowling in the Hallway 12:00 Men's Pizza Party & Beer for Lunch 2:00 Bingo-DR 3:00 Team Ladder Ball Competition-CS 6:30 Frozen Treats-CS	<b>27</b> 9:15 Tummy Tucks-WR 9:45 Walking Club-2nd 10:00 Coffee Social-CS 10:30 Chapel Service with Pastor Blodgett 10:45 Out to Lunch at El Portal in Glenwood (Mexican Restaurant) 2:00 Card Games in the Coffee Shop 3:00 Adult Coloring Pages in the Coffee	<b>28</b> 9:15 Exercise Class-WR 9:45 Walking Club 10:00 Cookie Social in the Coffee Shop 10:00 Snapshots 1:00 Catholic Rosary in the Chapel 2:00 Kite Flying in the Parking Lot-CS 3:00 Family Feud in the Movie Theater 6:00 Fireplace Snacks	<b>29</b> 9:15 Exercise Class-Self Lead 9:30 Shopping at Metro Area Crossing 9:45 Walking Club 10:00 Coffee Social 1:45 Afternoon Country Drive-Please RSVP for this Event 2:00 Card Games in the Coffee Shop 6:30 Wine Night Cap	<b>30</b> 10:00 Flavored Coffee in the Coffee Shop 11:15 Exercise Class with Jane-CS 12:00 Lunch -DR 1:15 Bingo in the Coffee Shop 2:15 State Trivia in the Coffee Shop 6:30 Relaxing in the Courtyard

