

# March

The Heritage  
at Northern Hills

## Assisted Living

SUN

MON

TUE

WED

THU

FRI

SAT



### Resident Birthdays

18 Meriele Wilmot 24 Gayle Lilly

### Staff Anniversaries:

9 Teran Cross (4 years) 21 Greg Henshaw (1 year)  
26 Roxann Christiansen (1 year) 28 Maria Bernal (1 year)  
31 Brendon Frisbie (2 years)

1 8:45 Current Events and Coffee (CS) 10:00 Fareway (Sign-Up) 10:30 Word Search Puzzles (CS) 11:00 Devotional (C) 1:15 Exercise (C) 1:45 Manicures (AR) 3:00 Happy Hour w/ Huckleberry Two (L)	2 9:00 Bingo with Jenny-Variety (AR) 10:30 Wii Bowling (C) 12:30 Popcorn (CS) 12:45 Movie- 17 Miracles (C) 1:00 Card Club-Rummy (CS) 6:00 Gaither Gospel Hour (Ch. 27) 7:00 Lawrence Welk(Ch.27)
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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 Current Events and Coffee (CS) 9:30 Mardi Gras Mask Art (AR) 9:45 Walmart (Sign-Up) 10:30 Communion with Neil Peck (C) 10:45 Creative Coloring (AR) 1:15 Exercise (C) 2:00 Music Fun (C) 3:00 Cheese & Chocolate Social 6:00 Wii Bowling (C)	5 9:00 Bingo-Snickers (AR) 10:15 Chair Aerobics (C) 10:30 Catholic Communion w/ Father Peter (C) 10:30 Women's Coffee (CS) 12:30 Popcorn (CS) 1:00 Card Club-Bridge (CS) 2:30 Musical Composer Spelling Bee (F) 3:30 Craft- Shamrock Wreath (AR) 3-4 Country Store Open	6 8:45 Current Events and Coffee (CS) 9:30 Wii Bowling (C) 9:45 HyVee/ Shopko (Sign-Up) 10:15 Manicures (AR) 1:15 Exercise (C) 2:00 Snapshots-Country Drive 3:30 Game- Balloon Tennis (AR) 4:00 Personal Shopping List Due	7 9:00 Bingo- Take 5 & Milky Way (AR) 10:15 Chair Aerobics (C) 10:30 Men's Coffee (CS) 10:30 Calvary Lutheran Service w/ Pastor Travis (L) 12:30 Popcorn (CS) 1:00 Card Club- 500 (CS) 2:00 Personal Shopping Pickup (AR) 2:30 Stories by the Fireplace 3-4 Country Store Open	8 8:45 Current Events and Coffee (CS) 10:00 Fareway (Sign-Up) 10:30 Word Search Puzzles (CS) 11:00 Devotional (C) 1:15 Exercise (C) 1:45 Manicures (AR) 3:00 Garden Club-Planting new herbs (GC)	9 9:00 Bingo with Jenny-Variety (AR) 10:30 Wii Bowling (C) 12:30 Popcorn (CS) 12:45 Movie- Grace Unplugged (C) 1:00 Card Club-Rummy (CS) 6:00 Gaither Gospel Hour (Ch. 27) 7:00 Lawrence Welk(Ch.27)
10 8-12 Church Transport 10:00 Chair Aerobics (C) 10:30 Random Trivia (CS) 11:00 (Ch. 85) Mass 1:30 Sundae Social (IP) 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 Current Events and Coffee (CS) 9:30 HyVee/Dollar Tree (Sign-Up) 10:45 Creative Coloring (AR) 1:15 Exercise (C) 2:00 Music Fun (C) 3:00 Activity Suggestion Meeting (D) 3:45 Board Games w/ Beyond the Bell (AR) 6:00 Wii Bowling (C)	12 9:00 Bingo- Kit Kat (AR) 10:15 Chair Aerobics (C) 10:30 Women's Coffee (CS) 11:30 Lunch at Johnny Mars (Sign-Up) 12:30 Popcorn (CS) 1:00 Card Club-Bridge (CS) 2:15 Catholic Communion w/ Sister Pia (C) 2:30 Pot of Gold Sponge Painting (AR) 3-4 Country Store Open	13 8:45 Current Events and Coffee (CS) 9:30 Wii Bowling (C) 10:15 Manicures (AR) 1:15 Exercise (C) 2:00 Snapshots-Country Drive 3:30 Board Games (AR) 4:00 Personal Shopping List Due	14 9:00 Bingo- Reese's (AR) 10:00 Secondhand Finds (Sign-Up) 10:15 Chair Aerobics (C) 10:30 Men's Coffee (CS) 12:30 Popcorn (CS) 1:00 Card Club- 500 (CS) 2:00 Personal Shopping Pickup (AR) 2:30 Baking- Shamrock Snacks (AR) 3:00 Snack and Chat (AR) 3-4 Country Store Open	15 8:45 Current Events and Coffee (CS) 10:00 Fareway (Sign-Up) 10:30 Word Search Puzzles (CS) 11:00 Devotional (C) 1:15 Exercise (C) 1:45 Manicures (AR) 3:00 Garden Club (GC) 5:30 Latitude (L)	16 9:00 Bingo with Misti-Variety (AR) 10:30 Wii Bowling (C) 12:30 Popcorn (CS) 12:45 Movie- Just Getting Started (C) 1:00 Card Club-Rummy (CS) 6:00 Gaither Gospel Hour (Ch. 27) 7:00 Lawrence Welk(Ch.27)
17 8-12 Church Transport 10:00 Chair Aerobics (C) 10:30 St. Patrick's Day Trivia (CS) 11:00 (Ch. 85) Mass 1:00 Spring Craft Fair (Sign-Up) 2:00 Coffee with Friends (CS) 3:00 Gospel Celebration w/Gary (C) 3:30 Fellowship (CS) 6:30 Creative Coloring (CS)	18 8:45 Current Events and Coffee (CS) 9:30 Game- Uno (AR) 9:45 Walmart (Sign-Up) 10:45 Creative Coloring (AR) 1:15 Exercise (C) 2:00 Music Fun (C) 3:00 Baking- Fruit Pizzas (AR) 6:00 Wii Bowling (C)	19 9:00 Bingo- Butterfinger and Crunch (AR) 10:15 Chair Aerobics (C) 10:30 Women's Coffee (CS) 12:30 Popcorn (CS) 1:00 Card Club-Bridge (CS) 2:15 Catholic Communion w/ Sister Pia (C) 3:00 Craft- Wooden Windchimes (AR) 3-4 Country Store Open	20 8:45 Current Events and Coffee (CS) 9:30 Wii Bowling (C) 10:15 Manicures (AR) 1:15 Exercise (C) 2:00 Snack and Chat 2:30 Game- Yahtzee (AR) 4:00 Personal Shopping List Due	21 9:00 Bingo- 100 grand and Hershey's (AR) 9:45 Jitters (Sign-Up) 10:15 Chair Aerobics (C) 10:30 Men's Coffee (CS) 12:30 Popcorn (CS) 1:00 Card Club- 500 (CS) 2:00 Personal Shopping Pickup (AR) 3:00 Happy Hour w/ Joe Cockson (L)	22 8:45 Current Events and Coffee (CS) 10:00 Fareway (Sign-Up) 10:30 Word Search Puzzles (CS) 11:00 Devotional (C) 1:15 Exercise (C) 1:45 Manicures (AR) 2:00 Food Council (D) 3:00 Garden Club (GC)	23 9:00 Bingo with Jenny-Variety (AR) 10:30 Wii Bowling (C) 12:30 Popcorn (CS) 12:45 Movie- Time Traveler's Wife (C) 1:00 Card Club-Rummy (CS) 6:00 Gaither Gospel Hour (Ch. 27) 7:00 Lawrence Welk(Ch.27)
24 8-12 Church Transport 10:00 Chair Aerobics (C) 10:30 Modern Jeopardy Trivia (CS) 11:00 (Ch. 85) Mass 1:30 Smoothie Social (AR) 2:00 Coffee with Friends (CS) 3:00 Gospel Celebration w/Gary (C) 3:30 Fellowship (CS) 6:30 Creative Coloring (CS)	25 8:45 Current Events and Coffee (CS) 9:45 Goodwill (Sign-Up) 10:00 Creative Coloring (AR) 1:15 Exercise (C) 2:00 Music Fun (C) 3:00 Cookie Social (AR) 4:00 Sing-A-Long w/ Carole (L) 6:00 Wii Bowling (C)	26 9:00 Bingo-Turtles&Twix (AR) 10:15 Chair Aerobics (C) 10:30 Women's Coffee(CS) 10:45 North Middle Choir Part 1 (L) 11:15 North Middle Choir Part 2 (L) 12:30 Popcorn (CS) 1:00 Card Club-Bridge (CS) 2:15 Catholic Communion w/ Sister Pia (C) 3:00 Birthday Party (D) 3:00 Resident Council (D) 3-4 Country Store Open	27 8:35 Current Events and Coffee (CS) 9:30 Wii Bowling (C) 10:15 Manicures (AR) 11:00 Hard Rock (Sign-Up) 1:15 Exercise (C) 2:00 Snapshots-Country Drive 3:30 Craft- Spring Bouquet (AR) 4:00 Personal Shopping List Due	28 9:00 Bingo- Fruit Snacks and M&M's (AR) 10:15 Chair Aerobics (C) 10:30 Men's Coffee (CS) 12:45 Hobby Lobby (Sign-Up) 12:30 Popcorn (CS) 1:00 Card Club- 500 (CS) 2:00 Personal Shopping Pickup (AR) 3:00 Game- What's in the Bag (AR) 3-4 Country Store Open	29 8:45 Current Events and Coffee (CS) 10:00 Fareway (Sign-Up) 10:30 Word Search Puzzles (CS) 11:00 Devotional (C) 1:15 Exercise (C) 1:45 Manicures (AR) 3:00 Garden Club (GC)	30 9:00 Bingo with Misti-Variety (AR) 10:30 Wii Bowling (C) 12:30 Popcorn (CS) 12:45 Movie- Overboard (C) 1:00 Card Club-Rummy (CS) 6:00 Gaither Gospel Hour (Ch. 27) 7:00 Lawrence Welk(Ch.27)
31 8-12 Church Transport 10:00 Chair Aerobics (C) 10:30 Jeopardy Trivia (CS) 11:00 (Ch. 85) Mass 1:00 Baking- Bite Sized Smores (AR) 2:00 Coffee with Friends (CS) 3:00 Gospel Celebration w/Gary (C) 3:30 Fellowship (CS) 6:30 Creative Coloring (CS)	<p><b>LOCATION KEY</b></p> <p>AR—Activity Room C— Chapel L— Lobby CY— Courtyard CS— Country Store D— Dining Room F— 2nd Level Fireplace GC— Garden Center IP— Ice Cream Parlor</p>					

### Color Key

Light Blue— Religious    Green— Game  
Orange— Entertainment  
Red— Outing    Purple—Other Activities

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.