

# September 2019

The Heritage  
at Sterling Ridge

Assisted/  
Independent  
Living

SUN

MON

TUE

WED

THU

FRI

SAT

**Happy Birthday!**  
**Betty Corritore 1st**  
**Jean Tatten 2nd**  
**Joan Wilmes 10th**  
**Ray Hofeldt 11th**  
**Alta Dockendorff 11th**  
**Ruby Ellett 13th**  
**Becky Aschinger 14th**

**Pat Potter 15th**  
**Rita Smith 19th**  
**Esther Silver 20th**  
**Jack Bernard 21st**  
**Bill Huntington 22nd**  
**Wilmadeen Cramer 26th**  
**Lois Hawkins 26th**



**1**  
8:30(TR) Westside Church on TV  
9:00(P) Communion  
**10:30 Mass: St. Robert's**  
10:30(TR) Catholic Mass on TV  
2:00(CR) Bingo  
3:30(CS) Ice Cream Sandwiches

**2 Labor Day**  
9:30(CR) Exercise  
10:30(CS) Monday Morning Fun Facts  
1:00(AC) Bridge Group  
**1:30(P) Men's Club in the Pub**  
**3:00(TR) Episcopal Communion Service**  
3:30(CR) Wii Bowling



**3**  
9:30(CR) Exercise  
10:00-11:00 Store Open  
10:30(CS) Coffee & Biscotti  
**1:00 Shop at Walmart**  
3:30(AC) Manicures & Ironing  
**6:00(CS) DIY Pencil Toppers w/ Crystal-Sign Up**

**4**  
9:30(CR) Tai Chi  
**10:30(TR) Christian Communion w/ Pastor Berger**  
1:00(AC) Bridge Group  
1:30(B) Canasta Group  
**1:00-3:00(CR) Vitals Clinic**  
**4:00(TR) Catholic Rosary and Communion**

**5**  
9:30(CR) Exercise  
10:00-11:00 Store Open  
**10:30 Shop at HyVee**  
1:30(B) Knitting Group  
**1:30(TR) OneDay Personal Video History**  
3:00(CR) Bingo: Dollar  
**6:00(CS) Decorate Your Own Gift Bag-Sign Up**



**6**  
9:30(CR) Exercise  
10:30(CS) Scatter Joy Acres Animal Visit  
1:30(TR) Documentary: World's Busiest Cities- Hong Kong  
**3:00(P) Happy Hour: Margaritas**  
4:00-5:00 Store Open  
6:30(TR) Nostalgic Movie Night- Thoroughly Modern Millie [G]

**7**  
9:30(CR) Exercise  
10:30(AC) Manicures & Ironing  
1:00-3:00 Store Open  
1:00(CS) Mind Benders and Brain Teasers  
**2:30(TR) NE vs Colorado (ESPN)**  
**6:30(B) Resident Lead Game Night**



**8 Grandparent's Day**  
8:30(TR) Westside Church on TV  
9:00(P) Communion  
**10:30 Mass: St. Robert's**  
10:30(TR) Catholic Mass on TV  
**1:00-4:00 WALK TO END ALZHEIMER'S CARNIVAL- INVITE YOUR FRIENDS & FAMILY to Celebrate Grandparent's Day**

**9 Neon Day**  
9:30(CR) Exercise  
10:30(CS) Monday Morning Fun Facts  
1:00(AC) Bridge Group  
**1:30(TR) Diabetes Education w/ OnCare**  
**2:30(CR) Wine & Paint Studio- Sign Up**  
**3:00(TR) Episcopal Communion Service**  
**3:30(TR) The Daily Calm- Learn Mindfully Meditate**

## National Assisted Living Week: A Spark of Creativity!

**10 Pattern Day**  
9:30(CR) Exercise  
10:00-11:00 Store Open  
10:30(CS) Coffee & Biscotti  
3:30(AC) Manicures & Ironing  
**3:30(TR) The Daily Calm- Learn Mindfully Meditate**  
**6:00(CS) The Art of Sharing- Decorate Pen's for Others- Sign Up**

**11 Crazy Sock Day**  
**9:30(WR) Tai Chi**  
**1:00(CR) Bingo Bonanza**  
1:00(AC) Bridge Group  
1:30(B) Canasta Group  
**2:00(TR) Christian Worship Service w/ Chaplain Bunn**  
**3:30(TR) The Daily Calm- Learn Mindfully Meditate**  
4:00(TR) Catholic Rosary and Communion

**12 Pajama Day**  
9:30(CR) Exercise  
10:00-11:00 Store Open  
**10:30 Shop at HyVee**  
1:30(B) Knitting Group  
**1:00 Tour of Hot Shops Art Center**  
**3:30(TR) The Daily Calm- Learn Mindfully Meditate**  
**4:30(CR) Ladies Night at Sterling Ridge**



**13 Fave Color Day**  
9:30(CR) Exercise  
**10:30 Ladies Shopping at Christopher & Banks- 40% off**  
1:30(TR) Documentary: World's Busiest Cities- Mexico  
**3:00(P) Happy Hour Mudslides**  
**3:00(P) Musical Entertainment w/ Dave Webber and Doug Fackler**  
4:00-5:00 Store Open  
6:30(TR) New Movie: Aladdin [PG]

**14 Team Sprit Day**  
9:30(CR) Exercise  
10:30(AC) Manicures & Ironing  
1:00-3:00 Store Open  
1:00(CS) Mind Benders and Brain Teasers  
2:30(CR) Movie Matinee:  
**6:30(B) Resident Led Game Night**  
**7:00(TR) NE vs. N. Illinois (FS1)**

Join us in a special week celebrating Assisted Living, those served and those who serve in the field!

**15**  
8:30(TR) Westside Church on TV  
9:00(P) Catholic Communion  
10:30(TR) Catholic Mass on TV  
**10:30 Mass: St. Robert's**  
2:00(CR) Bingo  
3:30(CS) Chocolate Chip Ice Cream




**16**  
9:30(CR) Exercise  
10:30(CS) Monday Morning Fun Facts  
1:00(AC) Bridge Group  
**1:00 Mystery Bus Ride**  
**3:00(TR) Episcopal Communion Service**  
3:30(CR) Wii Bowling



**17**  
9:30(CR) Exercise  
10:00-11:00 Store Open  
10:30(CS) Coffee & Biscotti  
**11:00 Lunch at Shirley's Diner**  
2:30(CR) Beth El Chesed Committee Planning Day  
3:30(AC) Manicures & Ironing  
**5:00(TR) Pizza and Movie Night- Limit 25**



**18**  
9:30(CR) Exercise Class  
**10:30(TR) Christian Communion w/ Pastor Berger**  
**1:30(TR) Fontenelle Forest Presents: My Friend Spider**  
  
1:00(AC) Bridge Group  
1:30(B) Canasta Group  
**3:00(L) Pianist: Msgr. Gilg**  
**4:00(TR) Catholic Mass w/ Msgr. Gilg**

**19**  
9:30(CR) Exercise  
10:00-11:00 Store Open  
**10:30 Shop at HyVee**  
1:30(B) Knitting Group  
**3:00-4:00(PD) Custom Hearing Solutions**  
3:30(CR) Bingo: Dollar  
**6:30(CR) Livin' Easy Jazz Band & Wine/ Cheese Night**



**20**  
9:30(CR) Exercise  
**10:30(CR) One Day Video Recording Day**  
1:30(TR) Documentary: World's Busiest Cities- Moscow  
**3:00(P) Happy Hour: Orange Dreamsicle**  
4:00-5:00 Store Open  
6:30(TR) Nostalgic Movie Night- Friendly Persuasion [No Rating]

**21**  
9:30(CR) Exercise  
10:30(AC) Manicures & Ironing  
1:00-3:00 Store Open  
1:00(CS) Mind Benders and Brain Teasers  
**NE vs Illinois- Time TBA**  
**6:30(B) Resident Led Game Night**

**22**  
8:30(TR) Westside Church on TV  
9:00(P) Catholic Communion  
**10:30 Mass: St. Robert's**  
10:30(TR) Catholic Mass on TV  
2:00(CR) Bingo  
3:30(CS) Ice Cream Social- Caramel Crunch Ice Cream Bars

**23**  
9:30(CR) Exercise  
10:30(CS) Monday Morning Fun Facts  
1:00(AC) Bridge Group  
**1:30(CR) When Swing Was King**  
**3:00(TR) Episcopal Communion Service**  
3:30(CR) September Birthday Party  
**3:30(CR) Music w/ George & the Jrs.**



**24**  
9:30(CR) Exercise  
10:00-11:00 Store Open  
10:30(CS) Coffee & Biscotti  
**1:00 Shop at Dollar Tree**  
3:30(AC) Manicures & Ironing  
**4:30 Leave for Dinner at Charleston's**



**25**  
9:30(CR) Tai Chi  
1:00(AC) Bridge Group  
1:30(B) Canasta Group  
**Noon(PD) New Resident Luncheon**  
2:00(TR) Christian Communion Service w/ Chaplain Bunn  
2:00(CS) Beth El Chesed Group  
**3:00(TR) Dining Council**  
4:00(TR) Catholic Mass w/ Fr. Rob



**26**  
9:30(CR) Exercise  
10:00-11:00 Store Open  
**10:30 Shop at HyVee**  
11:00-1:00(L) Timeless Apparel Clothing Boutique  
1:30(B) Knitting Group  
**12:30 Trip to Neb City- Kimmel Orchard Tour**  
**4:30 Men's Night at Legacy**



**27**  
9:30(CR) Exercise  
**10:30(CR) Town Hall**  
11:30-1:30(P) Cards by Kathy- 50Cent Greeting Cards  
1:30(TR) Documentary: World's Busiest Cities- Delhi  
**3:00(P) Happy Hour: Adult Apple Cider**  
4:00-5:00 Store Open  
**4:00(L) Piano w/ Holly**  
**4:30(CR) Shabbat w/ Nancy Rips**  
6:30(TR) New Movie: Yesterday [PG-13]

**28**  
9:30(CR) Exercise  
10:30(AC) Manicures & Ironing  
1:00-3:00 Store Open  
1:00(CS) Mind Benders and Brain Teasers  
**NE vs Ohio St.- TIME TBA**  
**6:30(B) Resident Led Game Night**

**29**  
8:30(TR) Westside Church on TV  
9:00(P) Catholic Communion  
**10:30 Mass: St. Robert's**  
10:30(TR) Catholic Mass on TV  
2:00(CR) Bingo  
3:30(CS) Ice Cream Social- Butter Pecan Ice Cream

**30**  
9:30(CR) Exercise  
10:30(CS) Monday Morning Fun Facts  
1:00(AC) Bridge Group  
**1:00(AC) Cultural Cooking: Italian w/ Silvia**  
**3:00(TR) Episcopal Communion Service**  
3:30(CR) Wii Bowling League



**31**  
9:30(CR) Exercise  
10:30(CS) Coffee & Biscotti  
**1:00 Shop at Target**  
1:00(AC) Bridge Group  
3:30(AC) Manicures & Ironing  
**6:30(TR) Ladies Scarf Extravaganza**



**Corner Store Hours**  
(Located behind the front desk)  
**Tuesday/Thursday**  
10-11 a.m.  
**Friday**  
4- 5p.m.  
**Saturday**  
1-3 p.m.

(AC) Activity Center  
(CR) Community Rm  
(GR) Game Room  
(LA) Library Area  
(P) Pub  
(B) Balcony  
(TR) Theatre Room  
(CS) Coffee Shop  
(PD) Private Dining  
(CY) Courtyard  
(L) Lobby  
(DR) Dining Room

**RED: RSVP in Lobby**  
**BLUE: Creative Time**  
**Green: Entertainer**  
**PURPLE: Educational**  
**PINK: Party**  
**Orange: Weekday Religious**