



October 2019

The Heritage at Legacy

Assisted Independent Living

SUN	MON	TUE	WED	THU	FRI	SAT
		1 9-11(M) Wellness Clinic 10:00 (E) Exercise 11:00 (M) Communion 1:30 Walgreens RSVP <i>Walgreens</i> 1:30 (D) Choir Rehearsal 2:30 (P) Bridge, (D) Canasta, (I) Kings in the Corner 4:00 (I) Nail Care 6:00 (M) Movie	2 9:30 (E) Exercise 1:30 Baker's RSVP Baker's 1:30 (M) Crafts 6:00 (M) Movie	3 10:00 (E) Exercise 11:00 (M) Rosary 1:30 (D) Choir Rehearsal 2:00 (M) Flu Shot Clinic 3:00 (P) Pumpkin Spice Treats 6:00 (M) Movie	4 10:00 (E) Tai Chi 10:45 (P) Coffee & Conversation 1:30 (I) Farkle 3:00 (P) Social Hour 6:00 (M) Movie	5 NE vs NW 10:00 (E) Exercise 10:45 (P) Trivia w/ Coffee & Treats 1:30 (P) Bingo 2:00 D.J.'s Dugout RSVP 6:30 (M) Church Service w/Pastor Mark
		6 8:30 (M) Westside Church on TV, CH 10 10:30 (M) Catholic Mass on TV, CH 8 9:45-10:30 (P) Communion during this time span. 2:00 (P) Fall Plant Craft w/ Cheryl RSVP	7 10:00 (E) Exercise to Music w/ Georgie 10:30 (P) On Care: Flu Education 11:30 Nebraska City RSVP 3:00 (A) Walking Club around Legacy 6:00 (M) Movie	8 10:00 (E) Exercise 11:00 (M) Communion 1:30 (D) Choir Rehearsal 2:00 (P) Bridge, (D) Canasta, (I) Kings in the Corner 3:00 (PL) Smoked Meat and Sweet Treats Cookout RSVP 6:00 (M) Movie	9 9:30 (E) Exercise 10:00 (M) Bible Study 2:00 (D) Food Council 3:00 (M) Travel Abroad: Transylvania 6:00 (M) Movie	10 10:00 (M) Townhall 11:00 (M) Rosary 1:30 (D) Choir Rehearsal 2:30 (I) Wii Sports 4:00 (I) Nail Care 6:00 (M) Movie
13 8:30 (M) Westside Church on TV, CH 10 10:30 (M) Catholic Mass on TV, CH 8 9:45-10:30 (P) Communion during this time span.	14 10:00 (E) Exercise 10:45 (M) All Faith w/ Pastor Tom Jeske 1:30 AL/Snapshots Bus Ride RSVP 2:00 (I) Pitch Cards 3:00 (A) Walking Club: Walnut Grove RSVP 6:00 (M) Movie	15 10:00 (E) Exercise 11:00 (M) Communion 1:30 (M) Choir Rehearsal Downton Abbey Movie TBD RSVP 2:30 (P) Bridge, (D) Canasta, (I) Kings in the Corner 4:00 (I) Nail Care 6:00 (M) Movie	16 Podiatrist 9:30 (E) Exercise 10:00 (M) Bible Study 10:45 (PD) Custom Hearing Solutions 1:30 Walmart Supercenter RSVP 6:00 (M) Movie	17 10:00 (E) Exercise 11:00 (G) Rosary 1:30 (D) Choir Rehearsal 2:30 (M) B-Day Celebration w/ Kelsey Millicent 6:00 (M) Movie	18 10:00 (E) Tai Chi 10:45 (P) Coffee & Conversation 1:30 (P) Adult Coloring 3:00 (P) Social Hour 6:00 (M) Movie	19 10:30 Walk to End Alzheimer's RSVP 10:00 (E) Exercise 10:45 (P) Trivia with Coffee & Treats 1:30 (P) Bingo 2:30 (I) UNO 6:30 (M) Church Service w/ Pastor Mark
20 8:30 (M) Westside Church on TV, CH 10 10:30 (M) Catholic Mass on TV, CH 8 9:45-10:30 (P) Communion during this time span. 2:30 Follies 2019 RSVP	21 10:00 (E) Exercise 11:30 Horseshoe Casino RSVP 2:30 (I) Pitch 3:00 (A) Walking Club around Legacy 6:00 (M) Movie	22 10:00 (E) Exercise 11:00 (M) Communion 11:30 Cookout at Chalco RSVP 1:30 (D) Choir Rehearsal 2:30 (P) Bridge, (D) Canasta, (I) Kings in the Corner 4:00 (I) Nail Care 6:00 (M) Movie	23 9:30 (E) Exercise 10:00 (M) Bible Study 1:30 Heritage University: Council Bluffs Hauntings RSVP 6:00 (M) Movie	24 10:00 (E) Exercise 11:00 (M) Rosary 11:30 (D) Through the Decades Style Show 1:30 (D) Choir Rehearsal 5:00 Men's Night Out -Pointe RSVP 6:00 (M) Movie	25 10:00 (E) Tai Chi 10:45 (P) Coffee & Conversation 1:30 (G) Poker 3:00 (P) Social Hour w/ Halloween Drink 6:00 (M) Movie	26 NE vs IN 10:00 (E) Exercise 10:45 (P) Trivia with Coffee & Treats 1:30 (P) Bingo 2:30 (P) Crosswords w/ Friends 6:30 (M) Church Service w/ Pastor Mark
27 8:30 (M) Westside Church on TV, CH 10 10:30 (M) Catholic Mass on TV, CH 8 9:45-10:30 (P) Communion during this time span.	28 10:00 (E) Exercise to Music w/ Georgie 10:45 (M) All Faith w/ Pastor Tom Jeske 1:30 (P) Baking Club 2:00 (I) Pitch Cards 3:00 (A) Walking Club: Chalco RSVP 6:00 (M) Movie	29 10:00 (E) Exercise 11:00 (M) Communion 11:30 Westroads Mall RSVP 1:30 (D) Choir Rehearsal 2:30 (P) Halloween Song Bingo 4:00 (I) Nail Care 6:00 (M) Movie	30 9:30 (E) Exercise 10:00 (M) Bible Study 1:30 Baker's RSVP Baker's 3:00 Trick-or-Treating w/ Primrose School RSVP 6:00 (M) Movie	31 10:00 (E) Exercise 11:00 (G) Rosary 1:30 (D) Choir Rehearsal 3:00 (M) Halloween Party 6:00 (M) Movie		
		ROOM KEY: A-Activity Room C-Courtyard I- Ice Cream Room D-Dining Room E-Exercise Room G-Game Room L-Lobby M-Multi Purpose Room P-Pub PD-Private Dining	COLOR KEY: Blue: Happy Hour &/or Entertainment Green: Guest &/or Speaker Orange: Crafts Red: Outings & All Activities in Red MUST RSVP at Front Desk.	YOUR Birthday Celebration will be on October 17th at 2:30 pm! 		