

# November 2019

The Heritage  
at Sterling Ridge

Assisted/  
Independent  
Living

SUN	MON	TUE	WED	THU	FRI	SAT
<p><b>Corner Store Hours</b> (Located behind the front desk)</p> <p><b>Tuesday/Thursday</b> 10-11 a.m. <b>Friday</b> 4- 5p.m. <b>Saturday</b> 1-3 p.m.</p>	<p>(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</p>	<p><b>RED:</b> RSVP in Lobby</p> <p><b>BLUE:</b> Creative Time</p> <p><b>Green:</b> Entertainer</p> <p><b>PURPLE:</b> Educational</p> <p><b>PINK:</b> Party</p> <p><b>Orange:</b> Weekday Religious</p>	<p><b>Holiday Plant Sale</b></p> <p>Order your Poinsettia/ Table Top Planter in time for the holidays. See flyer!</p> <p>20% of proceeds go to support the Alzheimer's Association. They will be here in time for the holidays!</p> 		<p><b>1</b></p> <p>9:30(CR) Exercise 10:30(CS) Scatter Joy Acres Animal Visit 1:30(TR) Documentary: Ken Burns Country Music- Episode 3 <b>3:00(P) Happy Hour: Margaritas</b> 4:00-5:00 Store Open 6:30(TR) Nostalgic Movie Night- The Gang's All Here-1943 [NR]</p>	<p><b>2</b></p> <p>9:30(CR) Exercise 10:30(AC) Manicures &amp; Ironing <b>11:00(TR) NE vs Purdue</b> 1:00-3:00 Store Open 1:00(CS) Mind Benders and Brain Teasers 2:30(TR) Movie Matinee: The Time Traveler's Wife [PG-13]</p>
<p><b>3</b></p> <p>8:30(TR) Westside Church on TV 9:00(P) Communion <b>10:30 Mass: St. Robert's</b> 10:30(TR) Catholic Mass on TV 2:00(CR) Bingo 3:30(CS) Caramel Sundaes</p>	<p><b>4</b></p> <p>9:30(CR) Exercise 10:30(CS) One Day Monday 1:00(AC) Bridge Group <b>11:00 Lunch at LaCasa West</b></p>  <p>3:00(TR) Episcopal Communion Service 3:30(CR) Wii Bowling</p>	<p><b>5</b></p> <p>9:30(CR) Exercise 10:00-11:00 Store Open 10:30(CS) Coffee &amp; Biscotti <b>1:00 Shop at Walgreens- Sr. Discount Day</b> 3:30(AC) Manicures &amp; Ironing <b>3:30(TR) Learn Mindful Meditation</b> <b>6:30(P) Best of Luck Betty M.- After Dinner Social</b></p>	<p><b>6</b></p> <p>9:30(CR) Tai Chi <b>10:30(TR) Fontenelle Forest- Camo in the Wild</b></p>  <p>1:00(AC) Bridge Group 1:30(B) Canasta Group <b>1:00-3:00(CR) Vitals Clinic</b> 4:00(TR) Catholic Rosary and Communion</p>	<p><b>7</b></p> <p>9:30(CR) Exercise 10:00-11:00 Store Open <b>10:30 Shop at HyVee</b> 1:30(B) Knitting Group 3:00(CR) Bingo: Quarter <b>5:00(CR) Ladies Night- Friendsgiving</b></p> 	<p><b>8</b></p> <p>9:30(CR) Exercise 11:30-1:30(P) Cards by Kathy- 50 Cent Greeting Cards 11:30(TR) Documentary: Ken Burns Country Music- Episode 3 Cont'd. <b>3:00(P) Happy Hour: Adult Apple Cider</b> 4:00-5:00 Store Open 6:30(TR) New Movie Night: The Art of Racing in the Rain [PG]</p>	<p><b>9</b></p> <p>9:30(CR) Exercise 10:30(AC) Manicures &amp; Ironing 1:00-3:00 Store Open 1:00(CS) Mind Benders and Brain Teasers <b>2:30(TR) Movie Matinee: Pursuit of Happiness [PG-13]</b></p> 
<p><b>10</b></p> <p>8:30(TR) Westside Church on TV 9:00(P) Communion <b>10:30 Mass: St. Robert's</b> 10:30(TR) Catholic Mass on TV 2:00(CR) Bingo 3:30(CS) Chocolate Chip Ice Cream</p>	<p><b>11</b></p> <p>9:30(CR) Exercise 10:30(CS) One Day Monday 1:00(AC) Bridge Group <b>1:30(AC) Craft Corner- Turkey Door Décor</b> 3:00(TR) Episcopal Communion Service <b>4:00(CR) Veteran's Day Ceremony</b></p> 	<p><b>12</b></p> <p>9:30(CR) Exercise 10:00(TR) Bible Study w/ Danni 10:00-11:00 Store Open 10:30(CS) Coffee &amp; Biscotti <b>1:00 Mystery Bus Ride</b> 3:30(AC) Manicures &amp; Ironing <b>3:30(TR) Learn Mindful Meditation</b> <b>6:00(P) Horticulture Therapy w/ Robert's Nursery-</b></p>	<p><b>13</b></p> <p>9:30(CR) Tai Chi 1:00(AC) Bridge Group 1:30(B) Canasta Group <b>1:30(CR) Chair Yoga</b> 2:00(TR) Christian Worship Service w/ Chaplain Bunn 4:00(TR) Catholic Mass w/ Msgr. Gilg</p> 	<p><b>14</b></p> <p>9:30(CR) Exercise 10:00-11:00 Store Open <b>10:30 Shop at HyVee</b> 1:30(B) Knitting Group <b>1:30-3:00(CS) Survey Social: Hot Cocoa Bar and Resident Satisfaction Surveys</b> 3:30(CR) Bingo: Candy Bar 4:30-6:30(DR) Wine &amp; Dine- Wine w/ Dinner</p>	<p><b>15 Holiday Plant Orders Due</b></p> <p>9:30(CR) Exercise <b>10:30(L) Donation Drop Day</b> 1:30(TR) Documentary: Ken Burns Country Music- Episode 4 <b>3:00(P) Happy Hour Mudslides</b> 4:00-5:00 Store Open 6:30(TR) Nostalgic Movie Night: Houseboat-1958 [NR]</p>	<p><b>16</b></p> <p>9:30(CR) Exercise 10:30(AC) Manicures &amp; Ironing 1:00-3:00 Store Open 1:00(CS) Mind Benders and Brain Teasers 2:30(CR) Movie Matinee: My Sister's Keeper [PG-13] <b>TBA Football: NE vs Wisconsin</b></p> 
<p><b>17</b></p> <p>8:30(TR) Westside Church on TV 9:00(P) Catholic Communion 10:30(TR) Catholic Mass on TV <b>10:30 Mass: St. Robert's</b> 2:00(CR) Bingo 3:30(CS) Strawberry Sundaes</p> 	<p><b>18</b></p> <p>9:30(CR) Exercise 10:30(CS) One Day Monday 1:00(AC) Bridge Group <b>1:30(TR) When Swing Was King</b> 3:00(TR) Episcopal Communion Service <b>3:30(CR) November Birthday Party with Music by The Links</b></p> 	<p><b>19</b></p> <p>9:30(CR) Exercise 10:00-11:00 Store Open 10:30(CS) Coffee &amp; Biscotti <b>1:00 Shop at Walmart</b> 2:30(CR) Beth El Chesed Committee 3:30(AC) Manicures &amp; Ironing <b>3:30(TR) Learn Mindful Meditation</b> 7:00(CR) Music w/ Prairie Rose Ensemble</p>	<p><b>20</b></p> <p>9:30(CR) Tai Chi <b>10:30(TR) Christian Communion w/ Pastor Berger</b> <b>1:30(CR) Chair Yoga</b> 1:00(AC) Bridge Group 1:30(B) Canasta Group 4:00(TR) Catholic Rosary and Communion</p>	<p><b>21</b></p> <p>9:30(CR) Exercise 10:00-11:00 Store Open <b>10:30 Shop at HyVee</b> 1:30(B) Knitting Group <b>3:00-4:00(PD) Custom Hearing Solutions</b> 3:30(CR) Bingo: Dollar <b>4:30 Men's Night at Ridge</b></p> 	<p><b>22</b></p> <p>9:30(CR) Exercise <b>10:30(CR) Town Hall</b> 1:30(TR) Documentary: Ken Burns Country Music- Episode 4 Cont'd. <b>3:00(P) Happy Hour: Umbrella Drinks</b> 4:00-5:00 Store Open 4:00(L) Piano w/ Holly 6:30(TR) New Movie: D-Day [NR]</p> 	<p><b>23</b></p> <p>9:30(CR) Exercise 10:30(AC) Manicures &amp; Ironing 1:00-3:00 Store Open 1:00(CS) Mind Benders and Brain Teasers 2:30(TR) Movie Matinee: Eat Pray Love [PG-13] <b>TBA: NE vs Maryland</b></p>
<p><b>24</b></p> <p>8:30(TR) Westside Church on TV 9:00(P) Catholic Communion <b>10:30 Mass: St. Robert's</b> 10:30(TR) Catholic Mass on TV 2:00(CR) Bingo 3:30(CS) Tin Roof Sundaes</p>	<p><b>25</b></p> <p>9:30(CR) Exercise 10:30(CS) One Day Monday 1:00(AC) Bridge Group <b>1:00 Tour of Temple Israel</b> 3:00(TR) Episcopal Communion Service <b>3:30(CR) Craft Corner- Pumpkin Pie Garland</b></p> 	<p><b>26</b></p> <p>9:30(CR) Exercise 10:00(TR) Bible Study w/ Danni 10:00-11:00 Store Open 10:30(CS) Coffee &amp; Biscotti <b>1:00 Joslyn Art Museum St. John's Bible Exhibit</b> 3:30(AC) Manicures &amp; Ironing <b>3:30(TR) Learn Mindful Meditation</b> 5:00(TR) Pizza and Movie Night - Limit 25 Residents- Movie and Pizza TBD</p>	<p><b>27</b></p> <p>9:30(CR) Tai Chi 1:00(AC) Bridge Group 1:30(B) Canasta Group <b>Noon (PD) New Resident Luncheon</b> <b>1:30(CR) Chair Yoga</b> 2:00(TR) Christian Communion Service w/ Chaplain Bunn 4:00(TR) Catholic Mass w/ Fr. Rob</p> 	<p><b>28 Thanksgiving</b></p> <p>8:00-11:00(TR) Macy's Thanksgiving Day Parade on NBC</p> 	<p><b>29</b></p> <p>9:30(CR) Exercise <b>10:30(CR) Christmas Tree Decorating</b></p>  <p>1:00-2:30(TR) Husker Tailgate Fan Zone &amp; Happy Hour 4:00-5:00 Store Open 6:30(TR) Nostalgic Movie Night: Planes, Trains, and Automobiles [PG-13]</p>	<p><b>30</b></p> <p>9:30(CR) Exercise 10:30(AC) Manicures &amp; Ironing 1:00-3:00 Store Open 1:00(CS) Mind Benders and Brain Teasers 2:30(TR) Movie Matinee: Get Smart [PG-13]</p>

## One Day Mondays:

A new activity!  
We will record your response to a few questions, on a topic of your choice. From there we will send it out to your loved ones, on the same day!  
Look for flyers on this cool new activity!



Happy Birthday!  
Leon Siedlyk 3rd  
Lois Tappero 11th  
Gloria Jorgensen 26th  
Marilyn Mathews 26th  
Marilyn Berman 28th  
Dorothy Francis 30th