



November

Assisted Living

Activity Calendar

The Heritage

at Northern Hills

Monday, November 23rd, 2020

9:15 Exercise Class—Chapel

10:00 Coffee Talk—2nd Lobby

1:00 Grab & Go: Word Puzzle “Tom Turkey”– p/u by sign-up book

3:15 Video Magazine– Chapel



Friday, November 27th, 2020

10:00 Chit Chat (Resident Led)-2nd Lobby

12:00 Football: Hawkeyes vs. Cornhuskers -Channel 44

12:00 Grab & Go: Word Search “Thanksgiving Day”-p/u by sign-up book

7:00 Movie: Dear Christmas –Ch. 100



Tuesday, November 24th, 2020

Morning Walk on your own

9:00 Frank Sinatra Music on Alexa-1st Lobby

10:00 Grab & Go: “Turkey Coloring Pages”– p/u by sign-up book

1:00 BINGO!– 2nd Lobby

3:15 Making & Eating Cheese Spread w/ herbs from our garden –Act. Rm.



Saturday, November 28th, 2020

Morning Walk on your own

11:00 College Football Games (various games/channels)

6:00 Lawrence Welk on Ch. 27

7:00 Gaither Gospel Hour on Ch. 27



Wednesday, November 25th, 2020

9:15 Exercise Class—Chapel

10:00 Coffee Talk: Daily Chronicles—2nd Lobby

1:30 Grab & Go: Search & Solve: “Thanksgiving Dinner”– p/u by sign-up book

3:15 Macy’s Day Parade Trivia-2nd LY



Sunday, November 29th, 2020

Morning Walk on your own

10:00 Christian Worship Hour on Ch. 36

11:00– Catholic Mass TV Service on Ch. 85

12:00 NFL Football Games (various games/channels)

7:20—NFL Football: Bears vs. Packers Ch. 4



Thursday, November 26th, 2020

Thanksgiving Day *Happy Thanksgiving*

Morning Walk on your own

9:00-12:00 Macy’s Thanksgiving Day Parade– Channel 4

11:30 Football: Lions vs. Texans Ch. 14

Thanksgiving Day Meal - lunchtime

4:00-6:00 The Homecoming: A Christmas Story– Channel 82



*All Activities are subject to change.