

January 18– 24, 2021

Assisted Living Activities

The Heritage
at Northern Hills

Monday, January 18th, 2021

Martin Luther King Jr. Day

10:45 Exercise Class—Chapel

1:00 Grab & Go: Maze “A-Mazing Radio”-
table by mailboxes

3:15 Video Magazine: “Winter Edition-
Story, Scenery & Song”– Chapel

6:00 Movie: “Brian’s Song” on Ch. 80

Friday, January 22nd, 2021

9:15 Exercise Class-Chapel

10:00 Coffee Talk-Lobby 2

12:00 Grab & Go: Word Game “Bowl”
Me Over- table by mailboxes

Country Drive with a rotating schedule.
We will contact you when it is your turn.

3:15 Scattergories Word Game– 2nd Floor

Tuesday, January 19th, 2021

Morning Walk on your own

9:00 Big Band Music on Alexa-
1st Lobby

10:00 Grab & Go: Word Search “ 100
Year Birth Anniv.”– table by mailboxes

1:00 BINGO!– 2nd Lobby 

3:15 Dessert to Go– 1st Floor Lobby

Saturday, January 23rd, 2021

Morning Walk on your own

9:00-5:00 Western Shows Ch. 37

1:00 College Basketball Games (various
sports channels)

1:30 LPGA Tour Golf—Ch. 4

6:00 Lawrence Welk on Ch. 27

7:00 Gaither Gospel Hour
on Ch. 27



Wednesday, January 20th, 2021

9:00-3:00 The Inauguration of Joseph R.
Biden Jr.—Ch. 4 

9:15 Exercise Class—Chapel

10:00 Coffee Social & Daily Chronicles—
2nd Lobby

COVID VACCINE CLINIC

3:15 Sing-along Time– 2nd Floor Lobby 

Sunday, January 24th, 2021

Morning Walk on your own 

10:00 Christian Worship Hour on Ch. 36

11:00 Catholic Mass TV Service- Ch. 85

1:00 College BB Games (various Chs.)

2:00 NFL Football Ch. 44

7:00 Movie: The Gambler on Ch. 82

Thursday, January 21st, 2021

Happy Birthday Pauline Sneller!

10:00 –11:00 Manicures in 2nd Floor
Lobby—Sign up by mailboxes

10:30 Grab & Go: Word Search “Old-
Fashioned Oatmeal”- table by mailboxes

1:00 BINGO! 2nd Lobby 

3:15 Popcorn Time! - 1st Lobby



*All Activities are subject to change.