

January 18-24, 2021

Independent Activities

The Heritage
at Northern Hills

Monday, January 18th, 2021

Happy Birthday Jean Thoma!

Martin Luther King Jr. Day

10:00 Cardio & Strength Circuit—Atrium

10:45 Grab & Go: Maze “A-Mazing Radio”-
table by mailboxes

2:00 BINGO!—DR 

6:00 Movie: “Brian’s Song” on Ch. 80

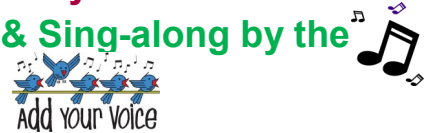
Friday, January 22nd, 2021

10:00 Balance & Strength
Class—Atrium



12:00 Grab & Go: Word Games
Me Over-table by mailboxes

2:00 Coffee & Sing-along by the
Fireplace



Tuesday, January 19th, 2021

9:00-11:00 Indoor Walking Club

12:00 Grab & Go: Word Search “100 Year
Birth Anniv.”—p/u by sign up book

12:00-12:30 Corner Store & Library Open-
AR

1:30 Country Drive (Sign Up by
mailboxes)

2:15-3:00 Dessert to go—DR

Saturday, January 23rd, 2021

Happy Birthday Betty Rhodman!

9:00-11:00 Indoor Walking Club

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



Wednesday, January 20th, 2021

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

10:00 Gentle Yoga Class—Atrium

10:45 Grab & Go: Crossword Puzzle

“Australia”-table by mailboxes

COVID VACCINE CLINIC

2:00 BINGO!— DR 



Sunday, January 24th, 2021

Morning Walk on your own

10:00 Christian Worship Hour on Ch. 36 

11:00 Catholic Mass TV Service on 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 Jean Thoma!

9:00-11:00 Indoor Walking Club

10:00 Bible Study w/ Laura—G

12:00 Grab & Go: Word Search “Old-
Fashioned Oatmeal”- table by mailboxes

12:00-12:30 Corner Store & Library- AR

2:00-3:00 Happy Hour to Go—DR 

Room Key

A= Atrium

DR=Dining Room

AR=Activity Room

G=Garden Level

*All Activities are subject to change.