

Theater Room = TR Pub = P
 Community Room = CR Game Room = GR
 Activity Center = AC Private Dining Room = PDR
 Balcony = B All Day = AD
 Lobby = L
 Coffee Shop = CS
 Dining Room = DR

June 6-19, 2021

**Assisted/
Independent
Living** *The Heritage
at Sterling Ridge*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 Westside Church on TV (Channel 10 or 1010) (TR) 9:00 Lutheran Service on TV (Channel 13 or 1013) (TR) 10:30 Catholic Mass on TV (Channel 8 or 1008) (TR) 1:30 Bingo for EVERYONE! (CR)	AD Podiatrist Is Here! 7 9:30 C.A.B.Y. Exercise (Cardio, Abs, & Balance for You!) (CR) 10:30 Reading Time (TR) 12:00 Popcorn Popping! (P) 1:30 The Crown, Season 3 (Netflix) (TR) 2:45 Boggle Word Game (CR) 3:00 In Person Episcopal Service with Communion (TR) 6:30 Movie Monday: From Here To Eternity (TR)	9:30 Basic Exercise (CR) 8 10:30 Wii Bowling (CR) 1:30 Jeopardy-For 1st Floor Residents ONLY (TR) 2:45 Jeopardy-For 2nd Floor Residents ONLY! (TR) 3:45 Nebraska Stories, Season 9, Episodes 3&4 (TR) 6:30 Manicures: Must Sign Up in Lobby! (AC)	9:30 C.A.B.Y. Exercise VIDEO 9 (Cardio, Abs, & Balance for You!) (CR) 10:30 Virtual Bible Study with Denny (from When Swing Was King): "The Calling of Matthew" Luke 5:27-32 (TR) 12:15 Caramel Corn Popping! (P) 1:30 Dining Council (TR) 2:00 Christian Service with Chaplain Bud (TR) 2:45 Happy Tales To You Book Club-Discuss Girl Sleuth: Nancy Drew and the Women Who Created Her (CR) 4:00 Catholic Mass with Msgr. Gilg (TR) 6:30 Movie: The Post (TR)	AD Podiatrist Is Here! 10 9:30 Basic Exercise (CR) 10:30 Busy Hands Craft Club-Resident Run (B) 10:30 Shopping at Hyvee(Must Sign Up In Lobby) 1:30 Bingo for EVERYONE! (CR) 6:00 Happy Hour & Bean Bag Toss (TR)	9:30 C.A.B.Y. Exercise (Cardio, Abs, & Balance for You!) (CR) 11 10:30 Baking (AC) 12:00 Popcorn Popping! (P) 1:30 Documentary: Voice of Freedom (TR) 3:00 Group Happy Hour (P) 6:30 Movie: The Great Outdoors (TR)	9:30 Basic Exercise (CR) 12 10:30 Balloon Bash (CR) 1:45 Ice Cream Social: Fudge Bars (CS) 2:30 Movie Matinee: Mrs. Doubtfire (TR)
8:30 Westside Church on TV (Channel 10 or 1010) (TR) 13 9:00 Lutheran Service on TV (Channel 13 or 1013) (TR) 10:30 Catholic Mass on TV (Channel 8 or 1008) (TR) 1:30 Bingo for EVERYONE! (CR)	9:30 C.A.B.Y. Exercise (Cardio, Abs, & Balance for You!) (CR) 14 10:30 Reading Time (TR) 12:00 Popcorn Popping! (P) 1:30 The Crown, Season 3 (Netflix) (TR) 2:45 Scattergories Word Game (CR) 3:00 In Person Episcopal Service with Communion (TR) 6:30 Movie Monday: It Started With Eve (TR)	9:30 Basic Exercise (CR) 15 10:30 Live Music by Kevin & Heidi Chang! (CR) 1:30 Nebraska Stories: Season 9, Episodes 5&7 (TR) 2:15 Shopping at Kohls (Must Sign Up In Lobby) 4:30 Wine with Dinner (DR) 6:30 "Alexa, Play My Favorite Song!" (TR)	9:30 C.A.B.Y. Exercise (Cardio, Abs, & Balance for You!) (CR) 16 10:30 Messiah Lutheran Service & Communion with Pastor Berger (TR) 12:15 Caramel Corn Popping! (P) 1:30 Crosswords, Coffee & Chocolates (TR) 3:00 Gentle Yoga (TR) 3:45 Virtual Catholic Rosary, Mass & Communion (TR) 6:30 Movie: License To Kill (TR)	9:30 Basic Exercise (CR) 17 10:30 Busy Hands Craft Club-Resident Run (B) 10:30 Shopping at Dollar Tree (Must Sign Up In Lobby) 1:30 Bingo for EVERYONE! (CR) 3:00 Custom Hearing Solutions (PDR) 3:00 Men's Only Card Club (CR) 3:15 Try Snacks/Learn Facts About Turkey & Travel with Rick Steves to Western Turkey (TR) 6:30 Craft: Patriotic Firecracker Craft (AC)	9:30 C.A.B.Y. Exercise (Cardio, Abs, & Balance for You!) (CR) 18 10:30 Dick Keiser Sings-Live! (CR) 12:00 Popcorn Popping! (P) 1:30 Documentary: Kingdom of the Sky Part 1: Himalayas (TR) 3:00 Group Happy Hour & Celebrate June Birthdays with Cake! (P) 4:30 Shabbat with Nancy Rips (TR) 6:30 Movie: Secondhand Lions (TR)	9:30 Basic Exercise (CR) 19 10:30 Manicures: Must Sign Up in Lobby! (AC) 1:45 Ice Cream Social: Neapolitan Ice Cream Sandwich (CS) 2:30 Movie Matinee: Something Borrowed (TR)