The Heritage
Life Enrichment -Assisted
Living



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
A - Artisans GG - Group Games I - Inspirations K - Keeping it Sharp/Reminisce L - Lifelong Learning M - Music to My Ears O - Out & About V - Vitality	Activity Locations AC- Activity Center HDR- House Dining Room MDR-Manor Dining Room L- Assisted Living Library ALDR- Assisted Living Dining Room				1 V 10:30 Walking Club - DR A 11:00 Color My world- L 2:00 Outdoor Concert/ Lee Warren 3:00 Happy Hour	2 1:00 Cards and Games- L 2:00 Movie Matinee - C
M 1:30 Relaxing With Hymns  2:00 Movie Matinee  2:15 Inspirations/ Life Share Church	10:00 Scenic Drive 11:00 Music To My Ears - DR 1:00 Pokeno-DR 2:00 Walking Club 5:45 Cards and Games-L	V 10:30 Wii Bowling- D 12:00 Concierge Lunch/ Luckeys K 1:00 Bingo - D K 2:00 Trivia With Friends- L A 3:00 Culinary Creations	<ul> <li>10:30 Exercise Class- DR</li> <li>11:00 Hand and Nail Spa</li> <li>11:00 Music To My Ears- L</li> <li>1:30 Bible Study-L</li> <li>2:00 Upper Room Church Service/ HC</li> </ul>	7 V 10:30 Exercise Movin To The Music K 1:00 Bingo - D A 2:00 Arts and Crafts L 2:30 Tech Time	<ul> <li>V 10:30 Walking Club - DR</li> <li>A 10:45 Fall Auction</li> <li>M 2:00 Outdoor Concert/ Don Smithey</li> <li>3:00 Happy Hour</li> </ul>	9 1:00 Cards and Games- L 2:00 Movie Matinee - C
1:30 Relaxing With Hymns  2:00 Movie Matinee  2:15 Inspirations/ Life Share Church	M 11:00 Music To My Ears/ German K 1:00 Pokeno-DR 2:00 German Pretzel Tasting V 2:00 Walking Club	12 V 10:30 Wii Bowling- D K 1:00 Bingo - D K 2:00 Trivia With Friends- L A 3:00 Culinary Creations/ Beer Tasting	V 10:30 Exercise Class- DR I 11:00 Hand and Nail Spa M 11:00 Music To My Ears- L 12:00 Taste of the town/ Tonys I 1:30 Bible Study-L	V 10:30 Exercise Movin To The Music K 1:00 Bingo - D A 2:00 Arts and Crafts 1 2:30 Bingo Store 5:00 October Fest Theme	15 V 10:30 Walking Club -DR A 11:00 Color My world- L 2:00 Harp Concert/HC 3:00 Happy Hour	1:00 Cards and Games- L 2:00 Movie Matinee - C
1:30 Relaxing With Hymns  2:00 Movie Matinee  2:15 Inspirations/ Life Share Church	M 11:00 Music To My Ears - DR K 1:00 Pokeno-DR V 2:00 Walking Club D 5:45 Cards and Games-L	19 V 10:30 Wii Bowling- D K 1:00 Bingo - D K 2:00 Trivia With Friends- L A 3:00 Culinary Creations	V 10:30 Exercise Class- DR  11:00 Bookmobile - RR  11:00 Hand and Nail Spa  M 11:00 Music To My Ears- L  1:30 Bible Study-L  2:00 Hancock Park Owls/	V 10:30 Exercise Movin To The Music K 1:00 Bingo - D A 2:00 Arts and Crafts 1 2:30 Tech Time	V 10:30 Walking Club -DR A 11:00 Color My world- L 3:00 Fall Festival/ HC Courtyard 3:00 Happy Hour	1:00 Cards and Games- L 2:00 Movie Matinee - C
M 1:30 Relaxing With Hymns  C:00 Movie Matinee  2:15 Inspirations/ Life Share Church		V 10:30 Wii Bowling- D K 1:00 Bingo - D K 2:00 Trivia With Friends- L A 3:00 Culinary Creations	V 10:30 Exercise Class- DR I 11:00 Hand and Nail Spa M 11:00 Music To My Ears- L I 1:30 Bible Study-L I 2:00 Upper Room Church Service/ HC	V 10:30 Exercise Movin To The Music K 1:00 Bingo - D A 2:00 Arts and Crafts 2:00 Resident Council - L 1 2:30 Inspired Living	V 10:30 Walking Club - DR A 11:00 Color My world- L 2:00 Entertainment/ Tim Holt HC 3:00 Happy Hour	1:00 Cards and Games- L 2:00 Movie Matinee - C
Halloween  1:30 Relaxing With Hymns 2:00 Hymn Sing - MDR  2:00 Movie Matinee 2:15 Inspirations/ Life Share Church						

+	The Heritage
	Health Center



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
- Artisans - Community Connections - Inspirations - Keeping it Sharp/Reminisce - Lifelong Learning - Mindful Moments - Music to My Ears - Out & About	S - Signature Events V - Vitality				1 CC 10:00 Coffee with Friends K 1:00 Activity Cart - RR S 2:00 Happy Hour M 2:30 Entertainment/ Lee Warren M 3:30 Mindful Moments	9:00 Mindful Moments 10:15 Bingo - AC 1:30 Activity Cart 2:00 Matinee Movie
9:00 Mindful Moments 12:30 Activity Cart 2:15 Inspirations/ Life Share Church 2:45 Relaxing With Hymns 3:30 Sensory Stations	<ul> <li>9:00 Mindful Moments</li> <li>10:00 Creative Baking</li> <li>10:00 Scenic Drive</li> <li>10:45 Music To My Ears</li> <li>1:30 Get Movin' - HDR</li> <li>2:00 Pokeno</li> </ul>	10:00 Arts and Crafts 10:30 Resident Council - AC 10:45 Inspired Living-AC 11:30 Activity Cart 12:00 Concierge Lunch/ Luckeys	9:15 Mindful Moments 1 10:00 Color Me Pretty Nails - AC 1 10:00 Movie Matinee V 1:30 Get Movin'/Groovin Trivia	7 MM 9:15 Mindful Moments - AC A 10:00 Arts and Crafts M 10:30 Music To My Ears V 1:30 Get Movin K 2:00 Bingo-HCDR 3:00 Chefs Circle	9:15 Mindful Moments CC 10:00 Coffee with Friends CC 10:00 Coffee with Friends K 1:00 Activity Cart - RR S 2:00 Happy Hour M 2:30 Entertainment/ Don	9 9:00 Mindful Moments K 10:15 Bingo - AC K 1:30 Activity Cart 2:00 Matinee Movie
9:00 Mindful Moments 12:30 Activity Cart 2:15 Inspirations/ Life Share Church 2:45 Relaxing With Hymns 3:30 Sensory Stations	9:00 Mindful Moments 10:00 Creative Baking 10:00 Scenic Drive 10:45 Music To My Ears/German 1:30 Get Movin' - HDR	12  A 10:00 Arts and Crafts  1 10:30 Fall Auction  K 11:30 Activity Cart  V 1:30 Beer Tasting / Dining  Room  K 2:00 Bingo-HCDR	9:15 Mindful Moments 1 10:00 Color Me Pretty Nails - AC 1 10:00 Movie Matinee CC 12:00 Taste of The Town/ Tonys	9:15 Mindful Moments - AC 10:00 Arts and Crafts 10:30 Music To My Ears 12:00 Theme Dinner October Fest 1:30 Get Movin	9:15 Mindful Moments CC 10:00 Coffee with Friends CC 10:00 Coffee with Friends CC 10:00 Activity Cart - RR S 2:00 Happy Hour M 2:30 Entertainment/ Harp	9:00 Mindful Moments 10:15 Bingo - AC 1:30 Activity Cart 2:00 Matinee Movie
9:00 Mindful Moments 12:30 Activity Cart 2:15 Inspirations/ Life Share Church 2:45 Relaxing With Hymns 3:30 Sensory Stations	18 A 10:00 Creative Baking M 10:45 Music To My Ears V 1:30 Get Movin' - HDR K 2:00 Pokeno	19 A 10:00 Arts and Crafts K 11:30 Activity Cart V 1:30 Get Movin K 2:00 Bingo-HCDR	9:15 Mindful Moments 1 10:00 Color Me Pretty Nails - AC 1 10:00 Movie Matinee K 11:00 Bookmobile - RR V 1:30 Get Movin'/Groovin	9:15 Mindful Moments - AC 10:00 Arts and Crafts 10:30 Music To My Ears 1:30 Get Movin 2:00 Bingo-HCDR 3:00 Chefs Circle	9:15 Mindful Moments CC 10:00 Coffee with Friends CC 10:00 Coffee with Friends CC 10:00 Activity Cart - RR M 3:00 Entertainment/ Dan Moyer	9:00 Mindful Moment 10:15 Bingo - AC 1:30 Activity Cart 2:00 Matinee Movie
9:00 Mindful Moments 12:30 Activity Cart 2:15 Inspirations/ Life Share Church 2:45 Relaxing With Hymns 3:30 Sensory Stations	A 10:00 Creative Baking M 10:45 Music To My Ears V 1:30 Get Movin' - HDR K 2:00 Pokeno	A 10:00 Arts and Crafts L 11:30 Activity Cart L 1:30 Get Movin L 2:00 Bingo-HCDR	9:15 Mindful Moments 1 10:00 Color Me Pretty Nails - AC 1 10:00 Movie Matinee V 1:30 Get Movin'/Groovin Trivia	9:15 Mindful Moments - AC 10:00 Arts and Crafts 10:30 Music To My Ears 1:30 Get Movin 2:00 Bingo-HCDR 3:00 Chefs Circle	<ul> <li>9:15 Mindful Moments</li> <li>10:00 Coffee with Friends</li> <li>10:00 Coffee with Friends</li> <li>1:00 Activity Cart - RR</li> <li>2:00 Happy Hour</li> <li>2:30 Entertainment/ Andrew</li> </ul>	9:00 Mindful Moment 10:15 Bingo - AC 1:30 Activity Cart 2:00 Matinee Movie
9:00 Mindful Moments 12:30 Activity Cart 2:00 Hymn Sing - MDR 2:15 Inspirations/ Life Share Church 2:45 Relaxing With Hymns						

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					9:00 Basketball 9:00 Past & Present 9:30 Football Frenzy 10:45 Pumpkin Pie Chocolate Chip Cookies 12:45 Relax & Recharge	9:00 Chair Swimming 9:00 Past & Present 9:30 Quick Words 10:45 Pumpkin Pie T ruffles 12:45 Relax & Recharge 2:00 Candy Corn Button
9:00 Costume Parade 9:00 Past & Present 9:30 Fall Memories 10:45 BLT Dip 12:45 Relax & Recharge 2:00 Wine Cork Pumpkins	<u>= 3.00                                  </u>	9:00 Past & Present 9:00 Pretzel Toss 9:30 Create A Caption 10:30 Resident Council - AC 10:45 Maple Oatmeal Cookies	6  K 9:00 Past & Present 9:00 Stein Exercises K 9:30 Yard Sale 10:45 Beer Cheese Dip 12:45 Relax & Recharge 2:00 Paper Pumpkins	7 V 9:00 POLKA! K 9:00 Past & Present K 9:30 Let's Spell Fall C 10:45 Pumpkin Cheesecake Swirl Muffins 12:45 Relax & Recharge	9:00 Basketball 9:00 Past & Present 9:30 Football Frenzy 10:45 Apple Cider Cake 12:45 Relax & Recharge 2:00 Salt Dough Ornaments	9 9:00 Chair Swimming 8 9:00 Past & Present 9:30 Quick Words 10:45 Baked Coconut Custard 12:45 Relax & Recharge 2:00 Salt Dough Ornaments
9:00 Costume Parade 9:00 Past & Present 9:30 Fall Memories 10:45 Pumpkin Scones 12:45 Relax & Recharge 2:00 Edelweiss Flower	<b>3.00</b> 1 d3t & 1 1c3c1t	9:00 Past & Present 9:00 Pretzel Toss 9:30 Create A Caption 10:45 German Beer Cheese Spread 12:45 Relax & Recharge	<ul> <li>9:00 Past &amp; Present</li> <li>9:00 Stein Exercises</li> <li>9:30 Yard Sale</li> <li>10:45 German Apple Cake</li> <li>12:45 Relax &amp; Recharge</li> <li>2:00 Edelweiss Ornament</li> </ul>	9:00 POLKA!  9:00 Past & Present  9:30 Let's Spell Fall  10:45 Pretzel Flight  12:45 Relax & Recharge  2:00 German Creative	9:00 Basketball 9:00 Past & Present 9:30 Football Frenzy 10:45 German Crock Pot Rice Pudding 12:45 Relax & Recharge	9:00 Chair Swimming 9:00 Past & Present 9:30 Quick Words 10:45 Broccoli Apple Cheese Soup 12:45 Relax & Recharge
9:00 Costume Parade 9:00 Past & Present 9:30 Fall Memories 10:45 Pear Crisp 12:45 Relax & Recharge 2:00 Dunkin Pumpkins	<b>3.00</b> 1 d3t & 1 1c3c1t	<ul> <li>9:00 Past &amp; Present</li> <li>9:00 Pretzel Toss</li> <li>9:30 Create A Caption</li> <li>10:45 Cinnamon Roll Sugar Cookies</li> <li>12:45 Relax &amp; Recharge</li> </ul>	<ul> <li>9:00 Past &amp; Present</li> <li>9:00 Stein Exercises</li> <li>9:30 Yard Sale</li> <li>10:45 Berry Croissant Bake</li> <li>12:45 Relax &amp; Recharge</li> <li>2:00 Cut &amp; Paste Pumpkin</li> </ul>	9:00 POLKA!  9:00 Past & Present  9:30 Let's Spell Fall  10:45 Cheese Crispies  12:45 Relax & Recharge  2:00 Paint with Wheels	9:00 Basketball 9:00 Past & Present 9:30 Football Frenzy 10:45 Cornmeal Cookies 12:45 Relax & Recharge 2:00 Sandpaper Painting	<ul> <li>9:00 Chair Swimming</li> <li>9:00 Past &amp; Present</li> <li>9:30 Quick Words</li> <li>10:45 Parmesan Brussel Sprouts &amp; Dip</li> <li>12:45 Relax &amp; Recharge</li> </ul>
9:00 Costume Parade 9:00 Past & Present 9:30 Fall Memories 10:45 Cappuccino Muffins 12:45 Relax & Recharge 2:00 Clay Hands	9:00 Don't Worry, Be Happy 9:00 Past & Present	<ul> <li>8 9:00 Past &amp; Present</li> <li>9:00 Pretzel Toss</li> <li>9:30 Create A Caption</li> <li>10:45 Mexican Stuffed Avocados</li> <li>12:45 Relax &amp; Recharge</li> </ul>	<ul> <li>9:00 Past &amp; Present</li> <li>9:00 Stein Exercises</li> <li>9:30 Yard Sale</li> <li>10:45 Apple Spice Dump Cake</li> <li>12:45 Relax &amp; Recharge</li> <li>2:00 Ghost Rocks</li> </ul>	<ul> <li>9:00 POLKA!</li> <li>9:00 Past &amp; Present</li> <li>9:30 Let's Spell Fall</li> <li>10:45 Creamy Corn Casserole</li> <li>12:45 Relax &amp; Recharge</li> <li>2:00 Tissue Paper Pumpkin</li> </ul>	<ul> <li>9:00 Basketball</li> <li>9:00 Past &amp; Present</li> <li>9:30 Football Frenzy</li> <li>10:45 Halloween Cream Cheese Swirl Brownies</li> <li>12:45 Relax &amp; Recharge</li> </ul>	9:00 Chair Swimming 9:00 Past & Present 9:30 Quick Words 10:45 Candy Corn Crunch 12:45 Relax & Recharge A 2:00 Halloween Pumpkin
9:00 Costume Parade 9:00 Past & Present 9:30 Fall Memories 10:45 Hocus Pocus Buns 12:45 Relax & Recharge A 2:00 Halloween Wall Art						

+ The Heritage Legacy



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					9:00 Basketball 9:00 Past & Present 9:30 Football Frenzy 10:45 Pumpkin Pie Chocolate Chip Cookies 12:45 Relax & Recharge	9:00 Chair Swimming 9:00 Past & Present 9:30 Quick Words 10:45 Pumpkin Pie Truffles 12:45 Relax & Recharge 2:00 Candy Corn Button
9:00 Costume Parade 9:00 Past & Present 9:30 Fall Memories 10:45 BLT Dip 2:45 Relax & Recharge 2:00 Wine Cork Pumpkins	9:30 Autumn Poem 10:45 Maple Oatmeal Cookies 12:45 Relax & Recharge	9:00 Past & Present 9:00 Pretzel Toss 9:30 Create A Caption 10:45 Maple Oatmeal Cookies 12:45 Relax & Recharge	9:00 Past & Present 9:00 Stein Exercises 9:30 Yard Sale 10:45 Beer Cheese Dip 12:45 Relax & Recharge 2:00 Paper Pumpkins	7 V 9:00 POLKA! K 9:00 Past & Present K 9:30 Let's Spell Fall C 10:45 Pumpkin Cheesecake Swirl Muffins 12:45 Relax & Recharge	9:00 Basketball 9:00 Past & Present 9:30 Football Frenzy 10:45 Apple Cider Cake 12:45 Relax & Recharge 2:00 Salt Dough Ornaments	9:00 Chair Swimming  K 9:00 Past & Present  K 9:30 Quick Words  10:45 Baked Coconut Custa 12:45 Relax & Recharge  A 2:00 Salt Dough Ornamen
9:00 Costume Parade 9:00 Past & Present 9:30 Fall Memories 10:45 Pumpkin Scones 2:45 Relax & Recharge 2:00 Edelweiss Flower	Columbus Day  9:00 Don't Worry, Be Happy 9:00 Past & Present 9:30 Autumn Poem 10:45 German Oktoberfest Stew 12:45 Relax & Recharge	<ul> <li>9:00 Past &amp; Present</li> <li>9:00 Pretzel Toss</li> <li>9:30 Create A Caption</li> <li>10:45 German Beer Cheese Spread</li> <li>12:45 Relax &amp; Recharge</li> </ul>	9:00 Past & Present 9:00 Stein Exercises 9:30 Yard Sale 10:45 German Apple Cake 12:45 Relax & Recharge 2:00 Edelweiss Ornament	9:00 POLKA!  9:00 Past & Present  9:30 Let's Spell Fall  10:45 Pretzel Flight 12:45 Relax & Recharge  2:00 German Creative	9:00 Basketball 9:00 Past & Present 9:30 Football Frenzy 10:45 German Crock Pot Rice Pudding 12:45 Relax & Recharge	9:00 Chair Swimming 9:00 Past & Present 9:30 Quick Words 10:45 Broccoli Apple Cheese Soup 12:45 Relax & Recharge
9:00 Costume Parade 9:00 Past & Present 9:30 Fall Memories 10:45 Pear Crisp 12:45 Relax & Recharge 2:00 Dunkin Pumpkins	9:00 Don't Worry, Be Happy 9:00 Past & Present 9:30 Autumn Poem 10:45 Apple Pecan Fall Salad 12:45 Relax & Recharge 2:00 Brushless Painting	19  K 9:00 Past & Present V 9:00 Pretzel Toss K 9:30 Create A Caption C 10:45 Cinnamon Roll Sugar Cookies 12:45 Relax & Recharge	<ul> <li>9:00 Past &amp; Present</li> <li>9:00 Stein Exercises</li> <li>9:30 Yard Sale</li> <li>10:45 Berry Croissant Bake</li> <li>12:45 Relax &amp; Recharge</li> <li>2:00 Cut &amp; Paste Pumpkin</li> </ul>	9:00 POLKA!  9:00 Past & Present  9:30 Let's Spell Fall  10:45 Cheese Crispies 12:45 Relax & Recharge  2:00 Paint with Wheels	<ul> <li>9:00 Basketball</li> <li>9:00 Past &amp; Present</li> <li>9:30 Football Frenzy</li> <li>10:45 Cornmeal Cookies</li> <li>12:45 Relax &amp; Recharge</li> <li>2:00 Sandpaper Painting</li> </ul>	<ul> <li>9:00 Chair Swimming</li> <li>9:00 Past &amp; Present</li> <li>9:30 Quick Words</li> <li>10:45 Parmesan Brussel</li> <li>Sprouts &amp; Dip</li> <li>12:45 Relax &amp; Recharge</li> </ul>
9:00 Costume Parade 9:00 Past & Present 9:30 Fall Memories 10:45 Cappuccino Muffins 2:45 Relax & Recharge 2:00 Clay Hands	9:00 Don't Worry, Be Happy 9:00 Past & Present 9:30 Autumn Poem 10:45 Red Lobster Cheddar Biscuits 12:45 Relax & Recharge	X 9:00 Past & Present Y 9:00 Pretzel Toss X 9:30 Create A Caption C 10:45 Mexican Stuffed Avocados 12:45 Relax & Recharge	<ul> <li>Section 1</li> <li>Section 2</li> <li>Sect</li></ul>	V 9:00 POLKA!  K 9:00 Past & Present  K 9:30 Let's Spell Fall  10:45 Creamy Corn Casserole 12:45 Relax & Recharge  2:00 Tissue Paper Pumpkin	9:00 Basketball  9:00 Past & Present  9:30 Football Frenzy  10:45 Halloween Cream  Cheese Swirl Brownies  12:45 Relax & Recharge	9:00 Chair Swimming  9:00 Past & Present  9:30 Quick Words  10:45 Candy Corn Crunch 12:45 Relax & Recharge  A 2:00 Halloween Pumpkin
Halloween  9:00 Costume Parade 9:00 Past & Present 9:30 Fall Memories 10:45 Hocus Pocus Buns						