

# OCTOBER 2022

Heritage Ridge

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<p><b>Activity Locations:</b>  <b>A-Activity Room</b>  <b>C-Community Room(2nd floor)</b>  <b>Deck *(2nd floor)</b>  <b>G-Game Room</b>  <b>L-Library</b>  <b>P-Pub</b>  <b>T-Theater</b>  <b>X-Exercise Room</b></p> <p><b>Color Key</b>  <b>RSVP (by the mailboxes)</b>  <b>CRAFT</b>  <b>MUSIC</b>  <b>RELIGIOUS</b></p> <p>Front Desk 402-932-1881          Kitchen 402-916-5510          Beauty Salon 402-916-5503</p>	<p>Balance Clinic          With OnCare          October 4          9:00-11:30          Community Room</p>  <p>Assessment &amp; treatment for people who have dizziness and balance difficulties.</p>	 <p>We strongly encourage residents &amp; staff to get their Flu Shot.</p> <p>Plan to attend          Wednesday,          October 5          1:00-3:30          Theater</p>	<p>Remember to sign up for all outings and crafts.</p> <p>This helps us with planning and not wasting materials</p> <p>We have so many exciting things to do this month!</p> 	<p>Turn The Page to see:</p>  <p>We will have trick-o-treating on Halloween! Invite your family</p>  <p>We are going on a hay ride</p>  <p>Line Dancers are coming to perform</p>	<p><b>1</b>          10:00(X) Dancercise          10:45(G) Nail Care          1:00(G) <b>Craft:</b>  <b>Flower Pot Candy Jar</b> </p> <p>2:30(G) Games with friends          3:00(C) Corner Store          6:30(T) Nebraska vs Indiana </p>	
<p><b>2</b>          10:30(T) Catholic Mass on TV &amp; communion          10:45(C) Calvary Christian Church &amp; communion          1:00(T) First Baptist Church          2:30(P) Bingo          4:00(L) Ice Cream &amp; Social Time </p>	<p><b>3</b>          10:00(X) Seated Mix Video          10:45(L) Name that Decade          2:00(C) <b>Merry Makers Present: Music by Kim Eames</b>          3:30(C) Movie &amp; Popcorn: "Overcomer"          5:45 Dominoes by #209 </p>	<p><b>4</b>          9:00(C) OnCare Balance Clinic           9:00(C) Wellness Clinic          10:00(X) Balloon Badminton          1:00(P) Cards: Kings in the Corner          3:00(C) Corner Store          6:00(C) <b>Bible Study</b> by Linda</p>	<p><b>5</b>          10:00 <b>Baker's</b>           11:00(T) Rosary          1:00-3:30(T) <b>Flu Shots Clinic</b>            2:30(C) <b>Music by Billy Troy</b>          3:30 Walking in the Courtyard          5:30(T) Catholic Communion Service</p>	<p><b>6</b>          10:00(X) Tai Chi on DVD          11:15-11:45(C) Lutheran Service &amp; Hymns          1:30(G) Scrabble          2:30(P) Bingo          3:30(T) <b>Music by Jim Butler</b>          5:30(G) <b>Craft: Foxy Fall</b> </p>	<p><b>7</b>          10:00(X) Ring Toss          10:45(G) <b>Craft: Ghost Door Hanger</b>          1:30(T) Deal or No Deal—Interactive Game          3:00(P) Happy Hour - Birthday Celebration!           5:30 Music &amp; Lemonade on the Deck</p>	<p><b>8</b>          10:00(X) Dancercise          10:45(G) Nail Care          1:00(A) <b>Baking: Pumpkin Pie Pudding</b>          2:30(G) Games with friends          3:00(C) Corner Store          6:00(T) Nebraska vs Rutgers </p>
<p><b>9</b>          10:30(T) Catholic Mass on TV &amp; communion          10:45(C) Calvary Christian Church &amp; communion          1:00(T) First Baptist Church          2:30(P) Bingo          4:00(L) Ice Cream &amp; Social Time </p>	<p><b>10</b>          10:00(X) Seated Mix Video          1:30(C) <b>Town Hall</b>          2:30(P) Autumn Afternoon Tea           3:30(L) Jukebox Requests welcome           5:30(G) <b>Craft: Green Monster Wreath</b> </p>	<p><b>11</b>          10:00(X) Balloon Badminton          10:45 <b>Lunch at Sickies Garage \$15+</b>           1:30(C) Wildest Places: Currents           3:00(C) Corner Store          6:00(C) <b>Bible Study</b> by Linda</p>	<p><b>12</b>          10:00 <b>Baker's</b>           1:30(T) Catholic Mass           3:00(C) <b>Music by Bill Chrastil</b>          4:00 Walk A Lap around Assisted          5:30(G) <b>Craft: Scarecrow Wreath</b> </p>	<p><b>13</b>          10:00(X) Tai Chi on DVD          11:15-11:45(C) Lutheran Service &amp; Hymns          2:30(P) Bingo          3:30(C) <b>Hymn Sing-a-long with Lenore, Ralph &amp; Pianist Rachel</b>          5:45(P) Train Your Brain Day: Brain Games</p>	<p><b>14</b>          10:00(X) Ring Toss          10:30(L) Animal Visit by Scatter Joy Acres          1:30(G) <b>Craft: Fall Leaf Place Mat</b>          3:00(P) Happy Hour          4:00 <b>Dinner at El Vallarta \$10+</b> </p>	<p><b>15</b>          10:00-12:00 <b>Fall Craft Fair at the Lied Center \$3 CASH entry</b>           11:00 (T) Nebraska vs Purdue           1:00(G) <b>Craft: Gnomes</b>           2:30(G) Games with friends          3:00(C) Corner Store</p>



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**16**  
10:30(T) Catholic Mass on TV & communion  
10:45(C) Calvary Christian Church & communion  
1:00(T) First Baptist Church  
2:30(P) Bingo  
4:00(L) Ice Cream & Social Time



**17**  
9:00(T) Stage 4 Hearing Loss Custom Hearing  
10:00(X) Seated Mix Video—DVD  
1:00(C) Movie & Popcorn:  
3:00(P) Rummikub  
5:45(G) Craft: Autumn Leaf Decor



**18**  
10:00(X) Balloon Badminton  
10:45 Brunch at First Watch \$15+  
1:30(G) Puzzles & Rummikub with friends  
3:00(C) Corner Store  
3:30(T) Grief Support Group with OnCare  
6:00(C) Bible Study by Linda

**19**  
10:00 Baker's  
11:00(T) Rosary  
2:00(C) Music by Dick Keiser  
3:30(L) Coffee & Conversation  
5:30(T) Catholic Communion Service



**20**  
10:00(X) Tai Chi on DVD  
10:45 Picnic at Lewis & Clark Monument & Scenic Overlook  
11:15-11:45(C) Lutheran Service & Hymns  
2:00(P) Sing-a-long with Tim  
2:30(P) Bingo



**21**  
10:00(X) Ring Toss  
10:45(L) Story Cubes Game Once Upon A Time  
1:30(T) Alfred Hitchcock's "The Sorcerer's Apprentice"  
3:00(P) Happy Hour  
4:30 Outback \$20+

**22**  
10:00(X) Dancercise  
10:45 Mystery Bus Ride  
1:30(G) Craft: Autumn Napkin Rings  
2:30(G) Games with friends  
3:00(C) Corner Store



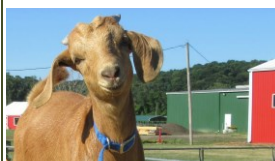
**23**  
10:30(T) Catholic Mass on TV & communion  
10:45(C) Calvary Christian Church & communion  
1:00(T) First Baptist Church  
2:30(P) Bingo  
4:00(L) Ice Cream & Social Time



**24**  
10:00(X) Seated Mix Video  
10:45(G) Puzzles  
1:30(P) Meet & Eat With Geoff  
2:30(C) Player Piano  
3:30(T) Diabetes & the Holidays with Pam OnCare



**25**  
10:00(X) Balloon Badminton  
10:30 Gifford \$10 Farm Hay Rack Ride, Hot Dog Lunch & Animals  
1:30(G) Puzzles  
3:00(C) Corner Store  
6:00(C) Bible Study by Linda



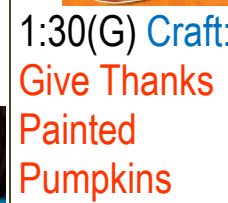
**26**  
10:00 Baker's  
11:00(T) Rosary  
2:30(C) Music by Pam Kragt  
3:30 Walk A Lap around Assisted  
5:30(T) Catholic Communion Service



**27**  
10:00(X) Tai Chi on DVD  
10:45(T) Coffee with friends  
11:15-11:45(C) Lutheran Service & Hymns  
2:30(P) Bingo  
3:45(T) Music by Becca, Carrie's daughter



**28**  
10:00(X) Ring Toss  
10:45(L) Halloween Quiz  
1:30(G) Craft: Give Thanks Painted Pumpkins  
3:00(P) Happy Hour with Snack from OnCare  
5:45 Dominoes by #209



**29**  
10:00(X) Dancercise  
10:45(G) Nail Care  
11:00(T) Nebraska vs Indiana  
1:30(C) River City Shakers Line Dancers  
2:30(G) Games with friends  
3:00(C) Corner Store



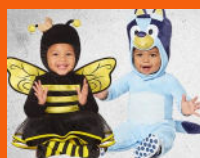
**30**  
10:30(T) Catholic Mass on TV & communion  
10:45(C) Calvary Christian Church & communion  
1:00(T) First Baptist Church  
2:30(P) Bingo  
4:00(L) Ice Cream & Social Time



**31 Halloween**  
10:00 Shopping at Target  
1:30(T) Cooking Show: Halloween Cookie Challenge  
3:00(P) Dress Up Costume Party & Halloween Treats  
5:30-7:00 OPEN HOUSE Kids Trick-O-Treat  
Details →



Halloween Day  
Enjoy a fun day to dress up!



We love seeing children of staff, residents, friends, & family

Prop your door open if you want kids to stop by your door!



10/ 8 Morine Stillahn  
10/12 Jean Mullins  
10/12 Jean Carlson  
10/13 Karen Champ  
10/13 Dick Adams  
10/14 Diana Hester

10/17 Phyllis Gantz  
10/20 Naomi Norton  
10/21 Katie Burns  
10/21 Bill Farrell  
10/27 Debbie Dohse