

SUN	MON	TUE	WED	THU	FRI	SAT
				1 10:00 Morning Refreshments 10:30 Daily Chronicle/Devotions/Van Ride 11:00 Morning Workout 1:00 Walking/Chore Club 2:00 Fall Sweets Social 3:00 Pampered Hands 6:00 Leave It To Beaver	2 10:00 Morning Refreshments 10:30 Daily Chronicle/ Devotions/ Van Ride 11:00 Get Moving 1:00 Walking/Chore Club 2:00 September Birthday Party-W 3:00 Table Top Puzzles 6:00 Lawrence Welk Show	3 10:00 Golden Girls 11:00 Puzzles 1:00 Afternoon Musical 2:00 Hydration/Snack Cart 4:00 Hallmark Movie
4 10:00 Hymns & Scriptures 11:00 TRBC Gospel Hour 1:00 Afternoon Musical 2:30 Hydration/Snack Cart	5 10:00 Morning Refreshments 10:30 Daily Chronicle/Devotions/ Van Ride 11:00 Craft w/ Holly from Amedysis-W 1:00 Walking/Chore Club 2:00 Making Sandwiches 3:00 Roll & Flip Game 3:30 Western Movie 6:00 The Waltons	6 10:00 Music w/ Robert Caldwell– W 10:30 Daily Chronicle/Devotions/ Van Ride 11:00 Balloon Toss 1:00 Walking/Chore Club 2:00 Parfaits 3:00 Pampered Hands 6:00 Family Feud 	7 10:00 Morning Refreshments 10:30 Daily Chronicle/Devotions/ Van Ride 11:30 Lunch @ Long John Silvers 1:00 Walking/Chore Club 2:00 Fall Wreathes 3:00 Jeopardy 6:00 Little House	8 10:00 Morning Refreshments 10:30 Daily Chronicle/Devotions/Van Ride 11:00 Morning Workout 1:00 Walking/Chore Club 2:00 Jewelry Making 3:00 Pampered Hands 6:00 Leave It To Beaver	9 10:00 Morning Refreshments 10:30 Daily Chronicle/ Devotions/ Van Ride  11:00 Get Moving 1:00 Walking/Chore Club 2:00 Smith's Pumpkin Patch 3:00 Table Top Puzzles 6:00 Lawrence Welk Show	10 10:00 Golden Girls 11:00 Puzzles 1:00 Afternoon Musical 2:00 Hydration/Snack Cart 4:00 Hallmark Movie
11 10:00 Hymns & Scriptures 11:00 TRBC Gospel Hour 1:00 Afternoon Musical 2:30 Mt. Sinai Baptist Church– W	12 10:00 Morning Refreshments 10:30 Daily Chronicle/Devotion/ Van Ride 11:00 Chair Exercise 1:00 Walking/Chore Club 2:00 Painting Pumpkins 3:00 Dice Game/Aromatherapy 3:30 Western Movie 6:00 The Waltons	13 Wear Pink! 10:00 Morning Refreshments 10:30 Daily Chronicle/Devotions/Van Ride 11:00 Breast Cancer Survivor Video 1:00 Walking/Chore Club 2:00 Music w/ Keith Campbell-D  3:00 Pampered Hands 6:00 Family Feud	14 10:00 Morning Refreshments 10:30 Daily Chronicle/Devotions/ Van Ride 11:00 Yogurt Bar w/ Samantha from Affinity 1:00 Walking/Chore Club 2:00 Spooky Décor Craft 3:00 Price is Right 6:00 Little House	15 10:00 Morning Refreshments 10:30 Daily Chronicle/Devotions/Van Ride 11:00 Morning Workout 1:00 Walking/Chore Club 2:00 Men's Club– Ice Cream Social 3:00 Pampered Hands 6:00 Leave It To Beaver	16 Wear Dark Purple! 10:00 Morning Refreshments 10:30 Daily Chronicle/ Devotions/ Van Ride 11:00 Get Moving 1:00 Walking/Chore Club  2:00 HG Alzheimer's Walk 3:00 Table Top Puzzles 6:00 Lawrence Welk Show	17 10:00 Golden Girls 11:00 Puzzles 1:00 Afternoon Musical 2:00 Hydration/Snack Cart 4:00 Hallmark Movie
18 10:00 Hymns & Scriptures 11:00 TRBC Gospel Hour 1:00 Afternoon Musical 2:00 Hydration/Snack Cart 4:00 Hallmark Movie	19 Donut Day 10:00 Morning Refreshments 10:30 Daily Chronicle/Devotion/Van Ride 11:00 Chair Exercise 1:00 Walking/Chore Club 2:00 Donut Social 3:00 Bocce Ball 3:30 Western Movie 6:00 The Walton's	20 10:00 Morning Refreshments 10:30 Daily Chronicle/Devotions/Van Ride 11:00 Balloon Toss 1:00 Walking/Chore Club 2:00 Music w/ Mark Dawson– D 3:00 Pampered Hands 6:00 Family Feud	21 10:00 Morning Refreshments 10:30 Daily Chronicle/Devotions/Van Ride 11:00 Sit & Fit 1:00 Walking/Chore Club 2:00 Ribbon Ballot Dancing 3:00 Price Is Right 6:00 Little House	22 10:00 Morning Refreshments 10:30 Daily Chronicle/Devotions/Van Ride 11:00 Senior Saints-W 1:00 Walking/Chore Club 2:00 Jumbo Blackjack 3:00 Pampered Hands 6:00 Leave It To Beaver	23 10:00 Senior Life Music-W 10:30 Daily Chronicle/Devotions/Van Ride 11:00 Get Moving 1:00 Walking/Chore Club 2:00 BINGO 3:00 Table Top Puzzles 6:00 Lawrence Welk Show	24 10:00 Golden Girls 11:00 Puzzles 1:00 Afternoon Musical 2:00 Hydration/Snack Cart 4:00 Hallmark Movie
25 10:00 Hymns & Scriptures 11:00 TRBC Gospel Hour 1:00 Afternoon Musical 2:30 Hydration/Snack Cart 4:00 Hallmark Movie	26 10:00 Morning Refreshments 10:30 Daily Chronicle/Devotions/ Van Ride 11:00 Chair Exercise 1:00 Walking/Chore Club 2:00 Making Sandwiches 3:00 October Coloring 3:30 Western Movie 6:00 The Waltons	27 10:00 Morning Refreshments 10:30 Daily Chronicle/Devotions/Van Ride 11:00 Balloon Toss 1:00 Walking/Chore Club 2:00 Coffee Social 3:00 Pampered Hands 6:00 Family Feud 	28 10:00 Morning Refreshments 10:30 Daily Chronicle/Devotions/Van Ride 11:00 Sit & Fit 1:00 Walking/Chore Club 2:00 Country Store 3:00 Price Is Right 6:00 Little House	29 10:00 Morning Refreshments 10:30 Daily Chronicle/Devotions/Van Ride 11:00 Morning Workout 1:00 Walking/Chore Club 2:00 Table Top Puzzles 4:00 Fall Family Night 6:00 Music w/Sweet Teaz	30 10:00 Morning Refreshments 10:30 Daily Chronicle/Devotions/Van Ride 11:00 Get Moving 1:00 Walking/Chore Club 2:00 Roll & Flip/ Resident Council 3:00 Table Top Puzzles 6:00 Lawrence Welk Show	31 Halloween 10:00 Golden Girls 11:00 Puzzles 1:00 Afternoon Musical 2:00 Hydration/Snack Cart 4:00 Hallmark Movie
				Happy Birthday to: <div> <div>Becky Maxey</div> <div>10/5</div> </div> <div> <div>Marilyn Summers</div> <div>10/8</div> </div> <div> <div>David Shaw</div> <div>10/23</div> </div> <div> <div>Howard Bolden Sr</div> <div>10/29</div> </div> <div> <div>Nell Monroe</div> <div>10/29</div> </div>		Calendar is Subject to Change Van Rides are tentative based on transportation schedule Activities are 30-60 minutes

HERITAGE HERALD

Daybreak

Last Month on the Green:



*Residents kicked off
National Assisted
Living Week with a
Grandparent's Day
Ice Cream Social*



Heritage Green Leadership Team

Kimberly Logan, ALFA, LPN
Assisted Living Administrator/Executive Director

Zakiyah Pannell, LPN
Resident Care Director

Camika Vereen, LPN
Wellness Nurse

Misty Barrett
Coco Chapman
Marketing & Admissions

Emily Bradley, BSW
Daybreak Life Enrichment Director

Graham Wilson
Dining Services Director

Keith Martin
Environmental Services Director

Pumpkin Painting for the First Day of Autumn



*Residents enjoyed
a shiny craft with
Holly from
Amedysis*



Heritage Green Assisted Living • 200 Lillian Lane •
Lynchburg Virginia • 24502 • 434-385-5102



Join Us

Family Participation Is Encouraged With All Activities
Please Contact the Activities Department @ 434-849-7466
for any questions or suggestions.