



National Assisted Living Week®  
SEPTEMBER 8-14, 2019



Richmont Senior Living

# Richmont Terrace

Assisted Living

402-291-9800

[www.RichmontSeniorLiving.com](http://www.RichmontSeniorLiving.com)

620 Fort Crook Rd. S

## Sun Mon Tue Wed Thu Fri Sat

# ACTIVITY CALENDAR

<p><b>1</b> 9:30-(MP) Rise N Shine Exercise 10:15-(CH) Sunday Church 1:00-1 on 1's 2:00-(AR) Crazy 8's 3:00-(CM) BINGO 4:00-(LB) Walking Club</p>	<p><b>2 LABOR DAY</b> 9:30-(MP) Rise N Shine Exercise 10:15-(CH) Devotions 1:00-(CS) Labor Day Fun Facts 2:00-(AR) Hearts</p> <p><b>LABOR DAY</b></p>	<p><b>3</b> 9:45-(MP) Rise N Shine Exercise 10:15-11:15 Country Store Open 10:15-(CH) Devotions 1:00-(CF) Musical Entertainment by Bill Chrastil 2:00-(LB) Dog Visit w/ Katie 3:00-(AR) Spades</p>	<p><b>4</b> 9:15-(MP) FITNESS Into A Lifestyle 10:15-(CH) Bible Study w/ Judy 1:00-(AR) Manicures 2:00-(AR) Skip-Bo 4:00(CS) Caramel Corn</p>	<p><b>5</b> 9 to 11-(AR) Vitals Clinic 9:30-(MP) Chair Yoga w/ Physmed 10:15-(CH) Devotions 10:30-Trip to Bakers 1:00-(CM) Ring Toss 2:00-(CM) BINGO 3:00-(AR) Baking Club: Apple Slice Cookies 4:00-(LB) September Monthly Gazette</p>	<p><b>6</b> 9:30-(MP) Rise N Shine Exercise 10:15-11:15 Country Store Open 10:15-(CH) Devotions 1:00-(CH) Back Rubs 2:00-(G) Billiards 2:00-(CH) Bible Study w/ Annie 3:00-(CM) Happy Hour-September Birthday Party</p>	<p><b>7</b> 9:30-(MP) Rise N Shine Exercise 10:15-(CH) Devotions 1:00-(AR) Game of Choice 2:00-(AR) Yahtzee 2:30-(CF) Nebraska Huskers vs. Colorado Buffaloes 3:00-(CS) Weekly Chronicles &amp; Cookies 4:00-(L) Trivia</p>
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### Assisted Living Week

<p><b>8 GRANDPARENTS DAY</b> 9:30-(MP) Rise N Shine Exercise 10:15-(CH) Sunday Church 11:30-Grandparents Day Lunch 1:00-(AR) Root Beer Floats 2:00-(AR) UNO Card Game 3:00-(CM) BINGO 4:00-(LB) Walking Club</p>	<p><b>9</b> 7:30-(D) Pancake Breakfast 9:30-(MP) Exercise w/ Comper Care 10:15-(CH) Catholic Service-St. Mary's 1:00-Trip to Goodrich Ice Cream-(\$5+) 2:00-(AR) Hearts</p>	<p><b>10</b> 9:45-(MP) Rise N Shine Exercise 10:15-11:15 Country Store Open 10:15-(CH) Devotions 1:00-(CF) Musical Entertainment by George &amp; The Juniors 2:00-(AR) Rummikub 3:00-(AR) Canasta 6:00-(CF) Paint the Town Family Event</p>	<p><b>11</b> 9:15-(MP) FITNESS Into A Lifestyle 10:15-(CH) Bible Study w/ Judy 1:00-(AR) Manicures 2:00-(AR) Skip-Bo 2:30-(CF) Italian Sodas 4:00-(CS) Cheddar Corn 4:30-(D) Spaghetti Meatball Dinner &amp; Showing of Moonstruck</p>	<p><b>12</b> 9:30-(MP) Chair Yoga w/ Physmed 10:30-(CH) St. James Methodist—All Welcome 1:00-(CF) Selfie Station 2:00-(CM) BINGO 3:00-Trip to Joselyn Art Museum-FREE</p>	<p><b>13</b> 9:30-(MP) Rise N Shine Exercise 10:15-11:15 Country Store Open 10:15-(CH) Devotions 1:00-(LB) Scatter Joy Acres Animal Visit 1:30-(CF) Showing of City Slickers 2:00-(CH) Bible Study w/ Annie 3:00-(CM) Happy Hour &amp; Funnel Cakes 6:00-(CF) Country Dancers</p>	<p><b>14</b> 9:30-(MP) Rise N Shine Exercise 10:15-(CH) Devotions 11:30-(D) Showing of Grease 1:00-(CS) Weekly Chronicles 2:00-(AR) Rummy 3 to 6-Sock Hop Car Show in the Parking Lot 4:30-(D) Sock Hop Drive-in Dinner &amp; Sundaes 6 to 7-(L) Sock Hop 7:00-(CF) Nebraska Huskers vs. Northern Illinois Huskies</p>
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<p><b>15</b> 9:30-(MP) Rise N Shine Exercise 10:15-(CH) Sunday Church 1:00-1 on 1's 2:00-(AR) Trash Card Game 3:00-(CM) BINGO 4:00-(LB) Walking Club</p>	<p><b>16</b> 9:30-(MP) Rise N Shine Exercise 10:15-(CH) Catholic Service-St. Mary's 10:30-(CM) Custom Hearing Solutions—Hearing Aide Check 1:00-(AR)Rummikub 2:00-(AR) Hearts</p>	<p><b>17</b> 9:45-(MP) Rise N Shine Exercise 10:15-11:15 Country Store Open 10:15-(CH) Devotions 1:00-(CF) Musical Entertainment by The Pluckin Nutz 2:15-(CH) Encouraging Words w/ Ralph Mehrens 3:00-(AR) 313 Card Game</p>	<p><b>18</b> 9:15-(MP) FITNESS Into A Lifestyle 10:15-(CH) Devotions 1:00-(AR) Manicures 2:00-(AR) Skip-Bo 3:30-(CF) Veteran's Coffee Talk w/ Keynote Speaker Mike Mansidor 4:00(CS) Caramel Corn 4:30-Dinner @ Olive Garden-(\$10+)</p>	<p><b>19</b> 9:30-(MP) Chair Yoga w/ Physmed 10:15-(CH) Devotions 10:30-Trip to Hyvee 1:00-(AR) Dominoes 2:00-(CM) BINGO 3:00-Trip to the Lee G. Simmons Conservation &amp; Wildlife Safari Park-(\$6.50)</p>	<p><b>20</b> 9:00-Bellevue Senior Center-Chair Volleyball 10:15-11:15 Country Store Open 10:15-(CH) Devotions 1:00-(AR) Kings in the Corner 2:00-(CH) Bible Study w/ Annie 3:00-(CM) Happy Hour</p>	<p><b>21</b> 9:30-(MP) Rise N Shine Exercise 10:15-(CH) Devotions 1:00-(CM) Bean Bag Toss 2:00-(AR) Phase 10 3:00-(CS) Weekly Chronicles &amp; Cookies 4:00-(CH) Sing-A-Long</p> <p>TBA-(CF) Nebraska Huskers vs. Illinois Illini</p>
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<p><b>22</b> 9:30-(MP) Rise N Shine Exercise 10:15-(CH) Sunday Church 1:00-1 on 1's 2:00-(AR) Rummy 3:00-(CM) BINGO 4:00-(LB) Walking Club</p>	<p><b>23 1ST DAY OF FALL</b> 9:30-(MP) Rise N Shine Exercise 10:15-(CH) Catholic Service-St. Mary's 11:30-Lunch @ Catfish Lake-(\$10+) 2:00-(AR) Hearts</p>	<p><b>24</b> 9:45-(MP) Rise N Shine Exercise 10:15-11:15 Country Store Open 10:15-(CH) Devotions 1:00-(CF) Musical Entertainment by The Omaha Dancing Granny's 2:00-(CF) Resident Council 3:00-(CM) Wheelchair/Walker Cleaning 4:00-(AR/CR) Puzzle Time</p>	<p><b>25</b> 9:15-(MP) FITNESS Into A Lifestyle 10:15-(CH) Bible Study w/ Judy 1:00-(AR) Manicures 2:00-(AR) Skip-Bo 4:00-(CS) Cheddar Corn</p>	<p><b>26</b> 9:30-(MP) Chair Yoga w/ Physmed 10:15-(CH) Devotions 1:00-(AR) Craft Club: Wooden Pumpkin 2:00-(CM) BINGO 3:00-British High Tea 4:00-Mystery Bus Ride 6:00-(LB) Love on a Leash</p>	<p><b>27</b> 9:30-(MP) Rise N Shine Exercise 10:15-11:15 Country Store Open 10:15-(CH) Devotions 2:00-(AR) Baking Club: Apple Oreo Pops 2:00-(CH) Bible Study w/ Annie 3:00-(CM) Happy Hour</p>	<p><b>28</b> 9:30-(MP) Rise N Shine Exercise 10:15-(CH) Devotions 1:00-(AR) Monopoly 3:00-(CS) Weekly Chronicles &amp; Cookies 4:00-(CM) Washer Toss</p> <p>TBA-(CF) Nebraska Huskers vs. Ohio State Buckeyes</p>
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<p><b>29</b> 9:30-(MP) Rise N Shine Exercise 10:15-(CH) Sunday Church 1:00-1 on 1's 2:00-(RV) Intergenerational Orchestra Performance 3:00-(CM) BINGO 4:00-(LB) Walking Club</p>	<p><b>30</b> 9:30-(MP) Rise N Shine Exercise 10:15-(CH) Catholic Service-St. Mary's 11:30-Lunch @ Red Lobster-(\$10+) 2:00-(AR) Hearts</p>	<p><b>Red: RSVP in the lobby</b> <b>Pink: Craft Time</b> <b>Green: Entertainer</b> <b>Orange: Church Service</b> <b>Purple: Baking Fun</b> <b>Blue: Exercise</b></p>	<p><b>AR - 2nd Floor Activity Room</b> <b>CF - 1st Floor Conference Room</b> <b>CH - 3rd Floor Chapel</b> <b>CM - 1st Floor Community Room</b> <b>CP - 3rd Floor Computer Room</b> <b>CR - 1st Floor Craft Room</b> <b>CS - 3rd Floor Coffee Shop</b></p>	<p><b>CY - 1st Floor Courtyard</b> <b>D - 2nd Floor Dining Room</b> <b>G - 1st Floor Game Room</b> <b>G3 - 3rd Floor Game Room</b> <b>L - 3rd Floor Library</b> <b>LB - 2nd Floor Lobby</b> <b>MP - 1st Floor Multipurpose Room</b></p>	<p><b>Salon open every Thursday</b></p>
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<p>* If you are in need of an item from the country store when the store is not open please come find a manager and we will get what you need.*</p>	<p><b>Help us Celebrate Our September Birthdays!</b> Mary M. 9/6 Joan B. 9/9 Betty Jo M. 9/11 Peggy M. 9/22</p> <p>Calendar is Subject to change. All outings are weather permitting.</p>	<p><b>Meal Time:</b> <b>Breakfast:</b> 7:30AM-9:00AM <b>Lunch:</b> 11:30AM-1:00PM <b>Dinner:</b> 4:45PM-6:00PM</p>	<p>“The greatest enemy of tomorrow’s success is yesterday’s success.” -Rick Warren</p>
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