

October 2025

Sutherland Apartments Lifestyle Calendar

Hillcrest

Highlands

OF GRETNA

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BIRTHDAYS: Carol B. – 4th Adelle C. – 8th Carol R. – 8th Beth T. – 16th Jerry C. – 18th Geri F. – 19th Miriam P. – 28th			8:30 YMCA (B) 9:00 Men's Coffee Talk – Firemen Visit (CS2) 9:30 Tai Chi for Balance (ES) 9:30 Tai Chi for Balance (ES) 10:30 Bridge Card Game– 3rd Floor (CR3) 11:00 Rosary & Communion (ES) 1:00 Bingo Bonanza (HH) 2:00 Sing-along (HH) 3:30 Walking Club Includes Pets 6:30 Game Night (CS2)	1 9:30 Drumming w/ Music (ES) 10:00 Mah Jongg (CR3) 10:30 Baking for Birthdays (HS1) 1:00 Dominoes (DL) 3:00 Celebrate Birthdays (HH) 4:00 Beverages in the Pub (HP3) 4:00 Resident Rosary Prayer (ES) 6:30 Let's Play Golf (SAR)	2 8:30 YMCA Yoga (B) 9:30 Cardio Drumming (ES) 10:00 Ladies Coffee & Laughs (CS2) 11:00 iPhone 101 Class (BT) 1:00 LCR Dice Game (HH) 1:00 Pitch Card Game–3rd Floor (CR3) 2:00 Movie & Popcorn (BT) 2:30 Safari Park \$12 Bus–Register (B) 4:00 Resident Rosary Prayer (ES) 6:30 Shoot Pool (CR3) 7:00 Huskers vs Penn State Volleyball Game (BT)	3 10:30 Cribbage – Resident–Led (DL) 1:30 Pokeno Game (Like Bingo) – Resident–Led (HH) 1:30 Pokeno Game (Like Bingo) – Resident–Led (HH) 2:30 Bridge Card Game – Resident–Led (DL) 3:00 Husker Football Game vs MI State 3:30 Beverages in the Pub (HP3) 6:00 Husker Volleyball vs Rutgers (BT)
9:30 Movement Exercise – Resident–Led (ES) 9:45 Catholic Communion Service (ES) 1:00 Bridge Card Game – Resident–Led (DL) 1:00 Canasta Card Game (DL)	5 8:30 YMCA Water Aerobics (B) 9:15 Prayer Circle (ES) 9:30 Hand Weights (ES) 10:30 Fun Trivia (DL) 1:00 Bible Study (CS2) 1:00 Pitch Card Game–3rd (CR3) 2:30 Pokeno Game – Like Bingo (HH) 3:30 Bowling on the Big Screen (BT) 4:00 Resident Rosary Prayer (ES) 6:30 Let's Shoot Pool (CR3)	7 9:30 Exercise Bands (ES) 10:00 Hy-Vee/Walmart (B) 10:00 Mah Jongg (HP3) 1:00 Blackjack Card Game–Bring Dimes (HH) 2:30 Beverages in the Pub (HP3) 4:00 Resident Rosary Prayer (ES) 4:00 S'mores Outside 6:30 Let's Play Darts (SAR)	8 8:30 YMCA (B) 9:00 Men's Group Event (HP3) 9:30 Tai Chi for Balance (ES) 10:30 Bridge Card Game– 3rd Floor (CR3) 11:00 Rosary & Communion (ES) 1:00 Bingo Bonanza (HH) 2:00 Sing-along (HH) 3:00 Sip & Paint Pumpkin (CS2) 6:30 Game Night (CS2)	9 9:30 Drumming w/ Music (ES) 10:00 Mah Jongg (CR3) 1:00 Dominoes (DL) 1:00 Lifelong Learning (Mike Talk): What is Artificial Intelligence (BT) 4:00 Beverages in the Pub (HP3) 4:00 Resident Rosary Prayer (ES) 6:30 Let's Play Golf (SAR)	10 8:30 YMCA Yoga (B) 9:30 Cardio Drumming (ES) 10:00 Ladies Coffee & Laughs (CS2) 11:00 Life Loop Training on Devices (BT) 1:00 LCR Dice Game (HH) 1:00 Pitch Card Game–3rd Floor (CR3) 2:00 Movie & Popcorn (BT) 2:30 Retail Rebel Trip 4:00 Resident Rosary Prayer (ES) 8:00 Husker Volleyball vs WA (BT)	11 Husker Football vs MD TBA 10:30 Cribbage – Resident–Led (DL) 1:30 Pokeno Game (Like Bingo) – Resident–Led (HH) 1:30 Pokeno Game (Like Bingo) – Resident–Led (HH) 2:30 Bridge Card Game – Resident–Led (DL) 3:30 Beverages in the Pub (HP3) 6:30 Shuffleboard (SAR)
9:00 Walk to End Alzheimer's 9:30 Movement Exercise – Resident–Led (ES) 9:45 Catholic Communion Service (ES) 12:00 Husker Volleyball vs Purdue (BT) 1:00 Bridge Card Game – Resident–Led (DL) 1:00 Canasta Card Game (DL)	12 8:30 YMCA Water Aerobics (B) 9:15 Prayer Circle (ES) 9:30 Hand Weights (ES) 10:30 Catholic Mass w/ Father Vince (ES) 10:30 Fun Trivia (DL) 1:00 Bible Study (CS2) 1:00 Pitch Card Game–3rd (CR3) 1:30 FLU SHOT (HH) 2:00 Stretch and Flex (BT) 2:30 Pokeno Game – Like Bingo (HH) 3:30 Bowling on the Big Screen (BT) 4:00 Resident Rosary Prayer (ES) 6:30 Let's Shoot Pool (CR3)	13 9:30 Exercise Bands (ES) 10:00 Hy-Vee/Walmart (B) 10:00 Mah Jongg (HP3) 1:00 Blackjack Card Game–Bring Dimes 1:00 Monthly Book Club (HH) 2:00 Fall Craft (CS2) 2:30 Beverages in the Pub (HP3) 4:00 Resident Rosary Prayer (ES) 6:30 Let's Play Darts (SAR)	14 8:30 YMCA (B) 9:00 Men's Coffee Talk – Firemen Visit (CS2) 9:30 Tai Chi for Balance (ES) 10:30 Bridge Card Game– 3rd Floor (CR3) 11:00 Rosary & Communion (ES) 1:00 Bingo Bonanza (HH) 2:00 Sing-along (HH) 6:30 Game Night (CS2)	15 9:30 Drumming w/ Music (ES) 10:00 Mah Jongg (CR3) 1:00 Dominoes (DL) 1:00 Make Dessert for Fire Dept. (CS2) 4:00 Beverages in the Pub (HP3) 4:00 Resident Rosary Prayer (ES) 6:30 Let's Play Golf (SAR)	16 8:30 YMCA Yoga (B) 9:30 Cardio Drumming (ES) 10:00 Ladies Coffee & Laughs (CS2) 11:00 iPhone 101 Class (BT) 1:00 LCR Dice Game (DL) 1:00 Pitch Card Game–3rd Floor (CR3) 2:00 Movie & Popcorn (BT) 4:00 Resident Rosary Prayer (ES) 6:00 Husker Volleyball vs MI ST (BT) 6:30 Let's Shoot Pool (CR3) 7:00 TAILGATE: Husker Football vs MN – FOX CH. 10 (BT)	17 10:30 Cribbage – Resident–Led (DL) 1:30 Pokeno Game (Like Bingo) – Resident–Led (HH) 1:30 Pokeno Game (Like Bingo) – Resident–Led (HH) 2:00 TRUNK–OR–TREAT- Parking Lot 2:30 Bridge Card Game – Resident–Led (DL) 3:30 Beverages in the Pub (HP3) 6:30 Shuffleboard (SAR)
9:30 Movement Exercise – Resident–Led (ES) 9:45 Catholic Communion Service (ES) 1:00 Bridge Card Game – Resident–Led (DL) 1:00 Canasta Card Game (DL) 1:00 Husker Volleyball vs MI 4:00 Let's Play Darts (SAR)	19 8:30 YMCA Water Aerobics (B) 9:15 Prayer Circle (ES) 9:30 Hand Weights (ES) 10:30 Fun Trivia (DL) 1:00 Bible Study (CS2) 1:00 Pitch Card Game–3rd (CR3) 2:30 Pokeno Game – Like Bingo (HH) 3:30 Bowling on the Big Screen (BT) 4:00 Resident Rosary Prayer (ES) 6:30 Let's Shoot Pool (CR3)	20 9:30 Exercise Bands (ES) 10:00 Hy-Vee/Walmart (B) 10:00 Mah Jongg (HP3) 11:00 Christian Service– w/Pastor Mary (ES) 11:00 Equipment Training w/ Innovate (FG) 1:00 Blackjack Card Game–Bring Dimes 2:30 Beverages in the Pub (HP3) 4:00 Resident Rosary Prayer (ES) 6:30 Let's Play Darts (SAR)	21 4:30 Around The Bend Restaurant–Pre Register (B) 8:30 YMCA (B) 9:00 Men's Coffee Talk – Firemen Visit (CS2) 9:30 Tai Chi for Balance (ES) 10:00 Community Meeting (HH) 10:30 Bridge Card Game– 3rd Floor (CR3) 11:00 Rosary & Communion (ES) 1:00 Bingo Bonanza (HH) 2:00 Sing-along (HH) 6:30 Game Night (CS2)	22 9:30 Drumming w/ Music (ES) 10:00 Mah Jongg (CR3) 1:00 Bunco (HH) 1:00 Dominoes (DL) 2:00 War Horse Casino (B) 4:00 Beverages in the Pub (HP3) 4:00 Resident Rosary Prayer (ES) 6:30 Let's Play Golf (SAR)	23 8:30 YMCA Yoga (B) 9:30 Cardio Drumming (ES) 10:00 Ladies Coffee & Laughs (CS2) 11:00 Life Loop Training on Devices (BT) 1:00 LCR Dice Game (HH) 1:00 Pitch Card Game–3rd Floor (CR3) 2:00 Movie & Popcorn (BT) 4:00 Resident Rosary Prayer (ES) 6:00 Husker Volleyball vs Northwestern (BT)	24 Husker Football vs North Western–TBA (BT) 10:30 Cribbage – Resident–Led (DL) 1:30 Pokeno Game (Like Bingo) – Resident–Led (HH) 1:30 Pokeno Game (Like Bingo) – Resident–Led (HH) 2:30 Bridge Card Game – Resident–Led (DL) 3:30 Beverages in the Pub (HP3) 7:30 Husker Volleyball vs MI ST (BT)
9:30 Movement Exercise – Resident–Led (ES) 9:45 Catholic Communion Service (ES) 1:00 Bridge Card Game – Resident–Led (DL) 1:00 Canasta Card Game (DL) 4:00 Shuffleboard – Resident–Led (SAR)	26 8:30 YMCA Water Aerobics (B) 9:15 Prayer Circle (ES) 9:30 Hand Weights (ES) 10:30 Fun Trivia (DL) 1:00 Bible Study (CS2) 1:00 Pitch Card Game–3rd (CR3) 2:30 Pokeno Game – Like Bingo (HH) 3:30 Bowling on the Big Screen (BT) 4:00 Resident Rosary Prayer (ES) 6:30 Let's Shoot Pool (CR3)	27 9:30 Exercise Bands (ES) 10:00 Hy-Vee/Walmart (B) 10:00 Mah Jongg (HP3) 1:00 Blackjack Card Game–Bring Dimes 2:30 Beverages in the Pub (HP3) 4:00 Resident Rosary Prayer (ES) 6:30 Let's Play Darts (SAR)	28 8:30 YMCA (B) 9:00 Men's Coffee Talk – Firemen Visit (CS2) 9:30 Tai Chi for Balance (ES) 10:30 Bridge Card Game– 3rd Floor (CR3) 11:00 Rosary & Communion (ES) 1:00 Bingo Bonanza (HH) 2:00 Sing-along (HH) 3:30 Walking Club (AT) 6:30 Game Night (CS2)	29 9:30 Drumming w/ Music (ES) 10:00 Mah Jongg (CR3) 1:00 Dominoes (DL) 1:30 Elite Daycare Costume March (AT) 3:00 Dan Reynolds Entertainer (HH) 3:00 Shuffleboard & Soda (SAR) 4:00 Beverages in the Pub (HP3) 4:00 Resident Rosary Prayer (ES)	30 AD HAPPY HALLOWEEN 8:30 YMCA Yoga (B) 9:30 Cardio Drumming (ES) 10:00 Ladies Coffee & Laughs (CS2) 11:00 Life Loop Training on Devices 1:00 LCR Dice Game (HH) 1:00 Pitch Card Game–3rd Floor (CR3) 2:00 Movie & Popcorn (BT) 4:00 Resident Rosary Prayer (ES) 8:00 Husker Volleyball vs WI (BT)	31



Location Key

- B = Bus/Van
- HH = Highlands Hall
- FG = Fitness Gym
- ES = Exercise Studio
- SS&S = Serenity Salon & Spa
- BT = Bravo Theatre
- DR = Drummond's Restaurant
- DL = Drummond's Lounge
- AT = Atrium
- SAR = St. Andrew's Rm, 2nd Fl
- CS2 = Creation Station, 2nd Fl
- VP2 = Veterans Point, 2nd Fl
- HP3 = Highview Pub, 3rd Fl
- CR3 = Club Room, 3rd Fl
- CC3 = Celtic Corner, 3rd Fl
- SL2 = Sutherland Library, 2nd Fl
- V = Veranda
- FL = Fraser Library



THE HIGHLANDS LIFESTYLE EXPERIENCE

Monthly Calendar of Events & Activities

October 2025

Serenity Salon & Spa

Serenity Salon & Spa offers haircuts, styling, manicures, pedicures, facials, massages and more. To book an appointment, contact concierge services. The salon is open on Fridays, and massages are available every other Thursday.

