

HERITAGE SENIOR LIVING MONONA

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JANUARY

MEMORY CARE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Activity Location Key: AL: Assisted Living Activity Room AL+D: Assisted Living Dining Rm EC1: 1 st FL EC1 Activity Room EC1+D: 1 st FL EC Dining Room EC2: 2 nd FL EC2 Activity Room EC2+D: 2 nd FL EC2 Dining Room PUB: Pub Off Front Entrance ***: Resident Led	Morning: Exercise W/ Musical Instruments On This Day Afternoon: Movie Manicure Monday Snacks New Year's Day	Morning: Morning Meditation & Stretches On This Day Afternoon: Classic TV Bingo Snacks	Morning: Exercise W/ Musical Instruments On This Day Afternoon: 3:00 LIVE MUSIC - Bahama Bob - EC1+D Snacks	Morning: 11:00 Lutheran Worship - AL Afternoon: Social Hour Movie Snacks	Morning: 10:30 Catholic Minister Eucharistic Prayer & Communion Service - EC1 Afternoon: Bean Bag Toss 1:1's Snacks	Morning: Morning Meditation & Stretches Afternoon: Word Puzzle RA Led Activities Snacks
Morning: 10:30 LIVE STREAM - Catholic Mass (TV) - AL Donuts & Coffee Afternoon: Activity Packets*** Documentary TV Snacks	Morning: Exercise W/ Musical Instruments On This Day Afternoon: Movie Manicure Monday Snacks	Morning: Morning Meditation & Stretches On This Day Afternoon: Movie Bingo Snacks	Morning: Exercise W/ Musical Instruments On This Day Afternoon: 3:00 LIVE MUSIC - Stars Entertainment - EC1+D Snacks	Morning: Morning Meditation & Stretches On This Day Afternoon: Social Hour Movie Snacks	Morning: Exercise W/ Musical Instruments On This Day Afternoon: Balloon Volleyball 1:1's Snacks	Morning: Therapy Dogs Morning Meditation & Stretches Afternoon: Creative Coloring RA Led Activities Snacks
Morning: 10:30 LIVE STREAM - Catholic Mass (TV) - AL Donuts & Coffee Afternoon: Activity Packets*** Documentary TV Snacks	Morning: Exercise W/ Musical Instruments On This Day Afternoon: Movie Manicure Monday Snacks Martin Luther King	Morning: 9:30 Catholic Minister Eucharistic Prayer & Communion Service - EC1 Afternoon: Movie Bingo Snack	Morning: Exercise W/ Musical Instruments On This Day Afternoon: 3:00 LIVE MUSIC - Cowboy Bob - EC1+D Snacks	Morning: 11:00 Lutheran Worship - AL 1:30 ALL STAFF MEETING Afternoon: Movie Snacks	Morning: Exercise W/ Musical Instruments On This Day Afternoon: Kickball 1:1's Snacks	Morning: Morning Meditation & Stretches Afternoon: Ryming Words RA Led Activities Snacks
Morning: 10:30 LIVE STREAM - Catholic Mass (TV) - AL Donuts & Coffee Afternoon: Activity Packets*** Documentary TV Snacks	Morning: Exercise W/ Musical Instruments On This Day Afternoon: Movie Manicure Monday Snacks	Morning: Morning Meditation & Stretches On This Day Afternoon: Classic TV Bingo Snacks	Morning: Exercise W/ Musical Instruments On This Day Afternoon: 3:00 LIVE MUSIC - Stars Entertainment - EC1+D Snacks	Morning: Morning Meditation & Stretches On This Day Afternoon: Social Hour Movie Snacks	Morning: Exercise W/ Musical Instruments On This Day Afternoon: Balloon Volleyball 1:1's Snacks	Morning: Morning Meditation & Stretches Afternoon: Reminiscing RA Led Activities Snacks
Morning: 10:30 LIVE STREAM - Catholic Mass (TV) - AL Donuts & Coffee Afternoon: Activity Packets*** Documentary TV Snacks	Morning: Exercise W/ Musical Instruments On This Day Afternoon: Movie Manicure Monday Snacks	Morning: Morning Meditation & Stretches On This Day Afternoon: Movie Bingo Snacks	Morning: Morning Meditation & Stretches On This Day Afternoon: Classic TV Stained Glass Window Snacks	Birthday: Terry M. 1/05 		