



SEPTEMBER

Life Enrichment Activities for Assisted & Independent Residents

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 11:00 Sit 'n Fit- AL activity room LUNCH 1:30 Mid-Day Matinee -Theater 3:10 Brewer's game with popcorn in Pub Labor Day	2 10:00 Catholic Communion St. Charles- Theater 11:00 Cardio Drumming – Pub LUNCH 1:00 Cardio Drumming -Pub 1:30 Art with Nina- AL activity room	3 10:00 Wii Bowling-Theater 11:15 Sit 'n Fit- AL activity room LUNCH 2:00 Quarter BINGO-AL dining room 3:00-3:30 Mix & Mingle with Myndi- AL dining room	4 10:00 Trivia-Theater 11:15 Sit 'n Fit- AL activity room LUNCH 1:30 Pokeno-AL dining room 3:10 Brewer Game in Pub	5 Morning Donut Cart (room service to AL residents) 10:00 Book Club meeting Private dining room 11:15 Sit'n Fit- AL activity room LUNCH 1:00 Hartland Library in Lobby 2:00 Live Music in AL dining room	6 11:00 Exercise video -Theater LUNCH 1:00 Trivia-Theater 2:15 Movie & Popcorn-Theater
	7 11:00 Exercise Video-Theater LUNCH 12:35 Brewer game on in Pub 1:30 BINGO AL dining room Invite your family!	8 10:00 -Elmbrook Church AL activity room 11:15 Sit 'n Fit- AL activity room LUNCH 1:00 Shopping Trip to Walmart <i>*Sign up at front desk</i> 1:30 Mid-Day Matinee -Theater	10 10:00 Wii Bowling-Theater 11:15 Sit 'n Fit- AL activity room LUNCH 2:00 BINGO-AL dining room 3:00-3:30 Mix & Mingle with Myndi- AL dining room	11 10:00 Trivia-Theater 11:15 Sit 'n Fit- AL activity room LUNCH 1:30 Pokeno-AL dining room Patriot Day	12 Morning Donut Cart (room service to AL residents) 11:15 Sit'n Fit- AL activity room LUNCH 4:30-6:30 HERITAGE HOEDOWN Biggest celebration of the year! Music, petting zoo, food & FUN!	13 11:00 Exercise video -Theater LUNCH 1:00 Trivia-Theater 2:15 Movie & Popcorn-Theater
	14 11:00 Exercise Video-Theater LUNCH 1:10 Brewer game on in Pub 1:30 BINGO AL dining room Invite your family!	15 10:00 Men's Bible Study -AL activity room 11:15 Sit 'n Fit- AL activity room LUNCH 1:30 Mid-Day Matinee -Theater	16 10:00 Catholic Communion St. Charles- Theater 11:00 Cardio Drumming – Pub LUNCH 1:00 Cardio Drumming -Pub 1:30 Art with Nina- AL activity	17 10:00 Wii Bowling-Theater 11:15 Sit 'n Fit- AL activity room LUNCH 2:00 Quarter BINGO-AL dining room 3:00-3:30 Mix & Mingle with Myndi- AL dining room	18 10:00 Trivia-Theater 11:15 Sit 'n Fit- AL activity room LUNCH 1:30 Pokeno-AL dining room 3:00 Aegis Inservice -Pub	19 Morning Donut Cart (room service to AL residents) 11:15 Sit'n Fit- AL activity room LUNCH 3:00 Happy Birthday Happy Hour - Pub
	21 11:00 Exercise Video-Theater LUNCH 1:15 Brewer Game on in Pub 1:30 BINGO AL dining room Invite your family!	22 10:00 -Elmbrook Church AL activity room 11:15 Sit 'n Fit- AL activity room 11:30 Lunch Out to Johnny Pizza in Oconomowoc. <i>*Sign up at front desk</i> LUNCH 1:30 Mid-Day Matinee -Theater First Day of Autumn	23 10:00 Catholic Communion St. Charles- Theater 11:00 Cardio Drumming – Pub LUNCH 1:00 Cardio Drumming -Pub 1:30 Art with Nina- AL activity	24 10:00 Wii Bowling-Theater 11:15 Sit 'n Fit- AL activity room LUNCH 2:00 BINGO-AL dining room 3:00-3:30 Mix & Mingle with Myndi- AL dining room	25 10:00 Trivia-Theater 11:15 Sit 'n Fit- AL activity room LUNCH 1:30 Pokeno-AL dining room	26 Morning Donut Cart (room service to AL residents) 11:15 Sit'n Fit- AL activity room LUNCH 3:00 Pub Trivia in the Pub.
	28 11:00 Exercise Video-Theater LUNCH 1:30 BINGO AL dining room Invite your family! 2:10 Brewer Game on in Pub	29 10:00 Men's Bible Study -AL activity room 11:15 Sit 'n Fit- AL activity room LUNCH 2:30 Live Music in AL Dining Room	30 10:00 Catholic Communion St. Charles- Theater 11:00 Cardio Drumming – Pub LUNCH 1:00 Cardio Drumming -Pub 1:30 Art with Nina- AL activity			Resident Led Activities Monday 5:15 Hand & Foot - Pub Tuesday 6:00 Bridge -Pub Wednesday 1:15 Sheepshead- Pub Thursday 5:30 Poker- Pub Friday 1:30 Royal Rummy- Pub Saturday 5:00 Social- Pub Daily 9:00 Pool Exercise Daily 11:00 Exercise video -theater

**All activities are subject to change when necessary. Residents' families are invited to participate in community events. Most up to date schedules are always posted on screens around the building.*