

# October

## Heritage Elm Grove Memory Care Life Enrichment Calendar

**Heritage Hikers**  
Daily at 1:30 p.m.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Happy Birthday</b></p> <p>Arlon M. – 10/2 Willard L. – 10/3 Gary S. – 10/3</p> 	<p>Ralph N. – 10/20 Roy W. – 10/23</p>	<p>1 9:30 Dynseo Brain Fitness 10:30-11:30 Heritage Hustle by Innovative Fitness (MC)  1:15 Rosary and Communion 2:00 Nightingales Perform 3:50 Bingo 6:30 Adult Coloring</p>	<p>2 10:00 Balloon Volleyball 10:00 Art w/ Megan (AL Pub) 11:15 Keepin' Fit 2:00 Greg Driss Performs 3:05 Resident Council  4:00 Dynseo Brain Fitness  6:00 Topics w/ Todd</p>	<p>3 10:15 Keepin' Fit 12:00-3:00 Oktoberfest Celebration 4:00 Cards w/ Velma 6:30 Puzzle Mania</p>	<p>4 10:00 Sweet Treats &amp; Java 11:00 What's in the Bag? 11:15 Keepin' Fit  1:30 Ministry w/ Mich  3:00 TGIF Happy Hour 4:00 Dynseo Brain Fitness  6:30 Movie Night </p>	<p>5 9:30 Dynseo Brain Fitness (MC) 10:30 Keepin' Fit (MC) 11:00 Balloon Volleyball (MC)  11:15 Keepin' Fit (AL) 2:00 Midday Matinee (AL &amp; MC) 3:00 Wheel of Fortune (AL &amp; MC) 6:00 Adult Coloring </p>
<p>6 9:00 Mass on TV 10:00 Inspirational Moments 11:15 Keepin' Fit 1:15 Dousman Stagecoach Inn Museum Outing 2:00 Ice Cream Social  3:00 Bingo  6:30 Rummy</p>	<p>7 9:30 Inspirational Moments 10:00 Grandma's Daycare (Pub) 10:30 Bible Study w/ Bob 11:15 Keepin' Fit 1:30 Ministry w/ Mich 2:00 Feet To The Fire  3:00 Hand Massages  4:00 Dynseo Brain Fitness 6:00 Gary Wendorf Performs</p>	<p>8 9:30 Dynseo Brain Fitness 10:30-11:30 Heritage Hustle by Innovative Fitness (MC)  1:15 Rosary and Communion 2:00 Happy Hour 3:00 Bingo 6:30 Adult Coloring</p>	<p>9 10:00 Balloon Volleyball 10:00 Art w/ Megan (AL Pub) 11:15 Keepin' Fit 2:00 Craig Seimsen Performs 3:00 Wheel of Fortune  4:00 Dynseo Brain Fitness  6:00 Topics w/ Todd</p>	<p>10 10:00 Trip to the Dollar Store 10:30 Glee Club  11:15 Keepin' Fit 2:00 Happy Hour 3:00 Bingo 4:00 Dynseo Brain Fitness 6:30 Puzzle Mania </p>	<p>11 10:00 Sweet Treats &amp; Java 11:00 What's in the Bag? 11:15 Keepin' Fit  1:30 Ministry w/ Mich  3:00 TGIF Happy Hour 4:00 Dynseo Brain Fitness  6:30 Movie Night </p>	<p>12 9:30 Dynseo Brain Fitness (MC) 10:30 Keepin' Fit (MC) 11:00 Balloon Volleyball (MC)  11:15 Keepin' Fit (AL) 11:40 Dynseo Brain Fitness (AL) 2:00 Glitz &amp; Glamour (AL) 2:00 Midday Matinee (AL &amp; MC) 3:00 Glitz &amp; Glamour (MC) 6:00 Adult Coloring</p>
<p>13 9:00 Mass on TV 10:00 Inspirational Moments 11:15 Keepin' Fit 2:00 Ice Cream Social  3:00 Bingo  6:30 Rummy</p>	<p>14 10:00 Bowling Fun 11:15 Keepin' Fit 1:30 Ministry w/ Mich 2:00 Feet To The Fire 3:00 Men's Club (AL Pub) 3:00 Hand Massages  4:00 Dynseo Brain Fitness 6:00 Gary Wendorf Performs</p>	<p>15 9:30 Dynseo Brain Fitness 10:30-11:30 Heritage Hustle by Innovative Fitness (MC)  1:15 Rosary and Communion 2:00 Happy Hour 3:00 Bingo 6:30 Adult Coloring</p>	<p>16 10:00 Balloon Volleyball 10:00 Art w/ Megan (AL Pub) 11:15 Keepin' Fit 2:00 Megan Performs  3:00 Wheel of Fortune  4:00 Dynseo Brain Fitness  6:00 Topics w/ Todd</p>	<p>17 10:00 Trip to Holy Hill 10:30 Glee Club  11:15 Keepin' Fit 2:00 Happy Hour 3:00 Bingo 4:00 Dynseo Brain Fitness 6:00 Paint &amp; Sip w/ Megan</p>	<p>18 10:00 Sweet Treats &amp; Java 11:00 What's in the Bag? 11:15 Keepin' Fit  1:30 Ministry w/ Mich  2:00 German Food Demo (Pub) 3:00 TGIF Happy Hour 4:00 Dynseo Brain Fitness  6:30 Movie Night </p>	<p>19 9:30 Dynseo Brain Fitness (MC) 10:30 Keepin' Fit (MC) 11:00 Balloon Volleyball (MC)  11:15 Keepin' Fit (AL) 2:00 Midday Matinee (AL &amp; MC) 3:00 Wheel of Fortune (AL &amp; MC) 6:00 Adult Coloring </p>
<p>20 9:00 Mass on TV 10:00 Inspirational Moments 11:15 Keepin' Fit 2:00 Ice Cream Social  3:00 Bingo  6:30 Rummy</p>	<p>21 10:30 Bible Study w/ Bob 11:15 Keepin' Fit 1:30 Ministry w/ Mich 2:00 Feet To The Fire  3:00 Hand Massages  3:00 Mimosa Ladies (AL Pub) 4:00 Dynseo Brain Fitness 6:00 Gary Wendorf Performs </p>	<p>22 9:30 Dynseo Brain Fitness 10:30-11:30 Heritage Hustle by Innovative Fitness (MC)  1:15 Rosary and Communion 2:00 Happy Hour 3:00 Bingo 6:30 Adult Coloring</p>	<p>23 10:00 Balloon Volleyball 10:00 Art w/ Megan (AL Pub) 11:15 Keepin' Fit 2:00 Mike Neumann Performs  3:00 Wheel of Fortune  4:00 Dynseo Brain Fitness  6:00 Topics w/ Todd</p>	<p>24 9:30 Silver Spring Pumpkin Farm Outing 10:30 Glee Club  11:15 Keepin' Fit  2:00 Happy Hour 3:00 Bingo 4:00 Dynseo Brain Fitness</p>	<p>25 10:00 Sweet Treats &amp; Java 11:00 What's in the Bag? 11:15 Keepin' Fit  1:30 Ministry w/ Mich  3:00 TGIF Happy Hour 4:00 Dynseo Brain Fitness  6:30 Movie Night </p>	<p>26 9:30 Dynseo Brain Fitness (MC) 10:30 Keepin' Fit (MC) 11:00 Balloon Volleyball (MC)  11:15 Keepin' Fit (AL) 11:40 Dynseo Brain Fitness (AL) 2:00 Glitz &amp; Glamour (AL) 2:00 Midday Matinee (AL &amp; MC) 3:00 Glitz &amp; Glamour (MC) 6:00 Adult Coloring</p>
<p>27 9:00 Mass on TV 10:00 Inspirational Moments 11:15 Keepin' Fit 2:00 Ice Cream Social  3:00 Bingo  6:30 Rummy</p>	<p>28 10:00 Bowling Fun 11:15 Keepin' Fit 1:30 Ministry w/ Mich 2:00 Feet To The Fire 3:00 Pokeno  3:00 Hand Massages  4:00 Dynseo Brain Fitness 6:00 Gary Wendorf Performs </p>	<p>29 9:30 Dynseo Brain Fitness 10:30-11:30 Heritage Hustle by Innovative Fitness (MC)  1:15 Rosary and Communion 2:00 Happy Hour 3:00 Bingo 6:30 Adult Coloring</p>	<p>30 10:00 Balloon Volleyball 10:00 Art w/ Megan (AL Pub) 11:15 Keepin' Fit 2:00 Jay Isaacson Performs  3:00 Wheel of Fortune  4:00 Dynseo Brain Fitness  6:00 Topics w/ Todd</p>	<p>Halloween 31 10:00 Trick or Treating w/ Elm Grove Daycare 10:30 Halloween Glee Club  11:15 Keepin' Fit  2:00 Happy Hour 3:00 Bingo 4:00 Dynseo Brain Fitness 6:00 Puzzle Mania</p>	 <p><i>Celebrating Wisconsin's German Heritage</i></p>	

\*All activities are subject to change when necessary  
Residents' families are invited to participate in community events.

Musical Activity Happy Hour  
Celebrate Wisconsin Exercise