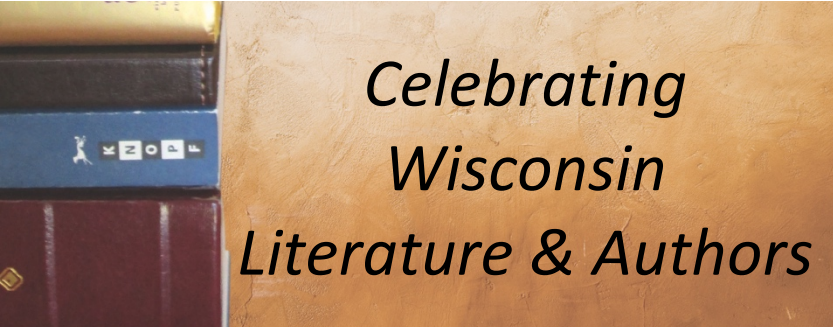


# January

## Heritage Court Eau Claire Life Enrichment Calendar

### Morning Social and Current Events

Daily at 9:30 a.m.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10:30 Exercises 11:00 Music Man 1:30 BINGO 2:30 1:1s and Room Visits 3:30 Bean Bag Toss 6:00 Sing-along with Patti	2 Beauty Shop 10:30 UNO Card Game 11:00 Exercises 2:00 1:1s and Room Visits 3:00 Balloon Volleyball 6:00 Jigsaw Puzzles	3 10:30 St. John's Lutheran service 11:00 Exercises 1:00 Joy Day Outing 4:00 Hot Potato Game 6:00 Armchair Yoga	4 10:30 Musical Bingo 11:00 Exercises 1:30 Noodle Hockey 3:00 Happy Hour 6:00 UNO Card Game	5 9:30 Coffee & Current Events 10:30 Exercises 1:30 Balloon Volleyball 3:00 Yahtzee 6:00 Night at the Movies
6 9:30 Coffee & Couponing 10:30 Exercises 11:15 Messiah Lutheran Church 1:30 Meditative Coloring 3:00 Bowling 6:00 Movie & Popcorn	7 10:30 Pokeno 11:00 Exercises 1:15 Rosary with Ciel 1:30 Baking Club: Root Beer Cake 3:00 Happy Hands Manicures 6:00 Multisensory 1:1s	8 10:30 Exercises 11:00 Music Man 1:30 BINGO 2:30 1:1s and Room Visits 3:30 Bob's House for Dogs 6:00 Sing-along with Patti	9 Beauty Shop 10:30 UNO Card Game 11:00 Exercises 12:00 "Myths & Mysteries of WI" Al Capone Themed Luncheon 3:00 Arts & Crafts: Shivery Snow Painting! 6:00 Jigsaw Puzzles	10 10:30 Hymn Sing-Along 11:00 Exercises 1:30 Name That Bird! 3:00 Happy Hour 6:00 Armchair Chi	11 10:30 Musical Bingo 11:00 Exercises 1:30 Noodle Hockey 3:00 Music by Wayne Compeau 6:00 UNO Card Game	12 9:30 Coffee & Current Events 10:30 Exercises 1:30 Balloon Volleyball 3:00 Aquapainting 6:00 Night at the Movies
13 9:30 Coffee & Couponing 10:30 Exercises 11:15 Messiah Lutheran Church 1:30 Meditative Coloring 3:00 Bowling 6:00 Movie & Popcorn	14 10:30 Pokeno 11:00 Exercises 1:30 Baking Club: Cherry Chocolate Nut Cookies 3:00 Happy Hands Manicures 6:00 DYNSEO Brain Games 1:1s	15 10:30 Exercises 11:00 Music Man 12:00 Lunch Outing to Fuji 2:30 1:1s and Room Visits 3:30 BINGO 6:00 Sing-along with Patti	16 Beauty Shop 10:30 UNO Card Game 11:00 Exercises 3:00 Zen Time 3:30 Relaxation Jar Craft 6:00 Jigsaw Puzzles	17 10:30 Morning Devotions 11:00 Exercises 1:30 Beloved WI Stories: "Little House on the Prairie" Movie 2:30 1:1s and Room Visits 3:30 Hot Potato Game 6:00 Armchair Yoga	18 10:30 Musical Bingo 11:00 Exercises 1:30 Shootin' Hoops Game 3:00 Happy Hour 6:00 UNO Card Game	19 9:30 Coffee & Current Events 10:30 Exercises 1:30 Balloon Volleyball 3:00 Music by Larry Heagle 6:00 Night at the Movies
20 9:30 Coffee & Couponing 10:30 Exercises 11:15 Messiah Lutheran Church 1:30 Meditative Coloring 3:00 Bowling 6:00 Movie & Popcorn	21 10:30 Pokeno 11:00 Exercises 1:15 Rosary with Ciel 1:30 Baking Club: Banana Bread 3:00 Happy Hands Manicures 6:00 Multisensory 1:1s	22 10:30 Northwoods Poetry 11:00 Exercises 1:30 BINGO 2:30 1:1s and Room Visits 3:30 Bean Bag Toss 6:00 Sing-along with Patti	23 Beauty Shop 10:30 UNO Card Game 11:00 Exercises 1:30 National Pie Day: Pie & Ice Cream Social! 3:00 Balloon Volleyball 6:00 Jigsaw Puzzles	24 10:30 Hymn Sing-Along 11:00 Exercises 1:30 Book Club with Carol 2:30 1:1s and Room Visits 3:30 Heritage Hounds Baking 6:00 Armchair Chi	25 10:30 Musical Bingo 11:00 Exercises 1:30 Indoor Snowball Fight! 3:00 Music by Steve Szydel 6:00 UNO Card Game	26 9:30 Coffee & Current Events 10:30 Exercises 1:30 Balloon Volleyball 3:00 Aquapainting 6:00 Night at the Movies
27 9:30 Coffee & Couponing 10:30 Exercises 11:15 Messiah Lutheran Church 1:30 Meditative Coloring 3:00 Bowling 6:00 Movie & Popcorn	28 10:30 Pokeno 11:00 Exercises 1:30 Baking Club: Peanut Butter Brownies 3:00 Happy Hands Manicures 6:00 DYNSEO Brain Games 1:1s	29 10:30 Junk Drawer Detective 11:00 Exercises 1:30 BINGO 2:30 1:1s and Room Visits 3:30 Bean Bag Toss 6:00 Sing-along with Patti	30 Beauty Shop 10:30 UNO Card Game 11:00 Exercises 1:30 Balloon Volleyball 3:00 Aquapainting 6:00 Jigsaw Puzzles	31 10:30 Wisconsin Fiction Facts 11:00 Exercises 1:30 1:1s and Room Visits 2:30 Mini Snowball Race! 3:00 Hot Cocoa Social 6:00 Armchair Yoga		

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

Spiritual Activity   Musical Activity   Happy Hour  
Celebrate Wisconsin   Exercise/Active Games