

January

Heritage Lake Country Memory Care Life Enrichment Calendar

Walking Club
Daily at 4:30 p.m.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Happy Birthday</p> <p>Gloria N. 1-1 Arlene B. 1-11 Jean K. 1-13</p>  <p>Nancy R. 1-17 Alice U. 1-21 Marie M. 1-24 Anita N. 1-29</p>	<p>Happy New Year 1</p> <p>2:00 Bingo 4:00 Walking Club</p>	<p>2 9:30 Stretch & Flex 10:00 Fun & Games 2:00 Bowling</p>	<p>3 9:30 Fitness, Fun & Games 10:30 Communion & Prayer 2:00 Birthday Party with Tery Morgenroth-DR1 3:30 Balloon Volleyball 4:30 Walking Club</p>	<p>4 9:30 Kitchen Creations 10:30 Sentimental Journey 2:00 "Meet & Greet" Ice Cream Social-P 4:30 Walking Club</p>	<p>5 10:00 Balloon Volleyball 2:30 Snack & Chat 4:30 Walking Club</p>	
<p>6 10:00 Fitness Fun & Games 2:20 Flick & Drinks 4:30 Walking Club</p>	<p>7 9:30 Mind & Body Fitness 10:00 Jewelry Making 2:00 New Year Party with Live Music by Joe Ingram 4:30 Walking Club</p> 	<p>8 9:30 Fitness Class 10:00 Beauty Boutique 1:15 Pet Visits with Walter 2:00 Bingo 3:30 Sit & Sip</p>	<p>9 9:30 Stretch & Flex 10:00 Trivia & Tea 2:00 Ice Cream Social & Games 4:30 Walking Club</p>	<p>10 9:30 Fitness, Fun & Games 10:30 Communion & Prayer 2:00 Fun & Games 3:30 Balloon Volleyball 4:30 Walking Club</p>	<p>11 9:30 Chair Aerobics 10:30 Manicures & Coffee 2:00 "Think & Drink"- Floats & Trivia Game-P 4:30 Walking Club</p>	<p>12 10:00 Balloon Volleyball 2:30 Ice Cream Social 4:30 Walking Club</p>
<p>13 10:00 Fitness Fun & Games 2:30 Matinee & Munchies 4:30 Walking Club</p>	<p>14 9:30 Mind & Body Fitness 10:00 Painting Party 2:00 Root Beer Floats & Games 4:30 Walking Club</p>	<p>15 9:30 Fitness Class 10:00 Spa Day: Meditation, Manicures & Massages 2:00 Bingo 3:30 Snack & Chat 4:30 Walking Club</p>	<p>16 9:30 Stretch & Flex 10:00 Punch & Poetry 2:00 Bowling 4:30 Walking Club</p>	<p>17 9:30 Fitness, Fun & Games 10:30 Communion & Prayer 2:00 Helping Hands 4:30 Walking Club</p>	<p>18 9:30 Candy Making 10:30 Sentimental Journey 2:00 Root Beer Floats & Book Swap-P 4:30 Walking Club</p>	<p>19 10:00 Balloon Volleyball 2:30 Afternoon Tea Party 4:30 Walking Club</p>
<p>20 10:00 Fitness Fun & Games 2:30 Flick & Drinks 4:30 Walking Club</p>	<p>21 9:30 Mind & Body Fitness 10:00 Arts & Crafts 2:00 Games & Snacks 4:30 Walking Club</p>	<p>22 9:30 Fitness Class 10:00 Beauty Boutique 1:15 Pet Visits with Walter 2:00 Bingo 3:30 Sit & Sip 4:30 Walking Club</p>	<p>23 9:30 Stretch & Flex 10:00 A Look at Wisconsin 2:00 Ice Cream Social & Games 4:30 Walking Club</p>	<p>24 9:30 Fitness, Fun & Games 10:30 Communion & Prayer 2:00 "New Year, New You" Healthy Chat & Snack-P 4:30 Walking Club</p>	<p>25 9:30 Chair Aerobics 10:30 Manicures & Coffee 2:00 Party with Live Music by Robert Mitchell-DR1 4:30 Walking Club</p>	<p>26 10:00 Balloon Volleyball 2:30 Hot Cocoa Social 4:30 Walking Club</p>
<p>27 10:00 Fitness Fun & Games 2:30 Movie & Popcorn 4:30 Walking Club</p>	<p>28 9:30 Mind & Body Fitness 10:00 Craft Creations 2:00 Balloon Volleyball 3:30 Robotics Presentaion 4:30 Walking Club</p>	<p>29 9:30 Fitness Class 10:00 Spa Day: Meditation, Manicures & Massages 2:00 Bingo 3:30 Snack & Chat 4:30 Walking Club</p>	<p>30 9:30 Stretch & Flex 10:00 Java & Jokes 2:00 Ping Pong Fling 4:30 Walking Club</p>	<p>31 9:30 Fitness, Fun & Games 10:30 Communion & Prayer 2:00 Winter Beach Party with Dan Sullivan 4:30 Walking Club</p>	 <p><i>Celebrating Wisconsin Literature & Authors</i></p>	

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

Musical Activity Featured Activity
Spiritual Activity