





August

Heritage Lake Country Assisted Living/Enhanced Care Life Enrichment Calendar

Special Events
Brain Games Every Friday at 2 p.m.
Body in Balance Active Games Wednesdays at 1:45 p.m.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		<i>Celebrating Wisconsin Fairs & Festivals</i>			Happy Birthday Lorraine W. – 8/1 Betty S. – 8/2 Margaret G. – 8/3 Elaine S. – 8/5 Kathryn E. – 8/5  Thomas W. – 8/10 Geraldine C. – 8/13 Marcie A. – 8/21 Margarite T. – 8/23 Sandra L. – 8/29		1 10:00 News & Coffee* -DR 11:00 Motivated to Move* -IR 2:00 Puzzle Packs & Trivia 3:00 Treat Cart -RV
2 10:00 News & Coffee* -DR 11:00 Motivated to Move* -IR 2:00 Puzzle Packs & Trivia Teasers* -IR	3 11:00 Wellness Workout -HW 11:30 3 rd Floor Workout -HW 2:00 Music & Massage -FP 3:00 Summer Stories -PT 	4 11:00 Wellness Workout -HW 11:30 3 rd Floor Workout 2:00 Bingo -HW 3:00 Chair Chat* -FP	5 11:00 Wellness Workout -HW 11:30 3 rd Floor Workout -HW 2:00 Body in Balance: Bowling -FP 3:00 Manicures -DR	6 11:00 Wellness Workout -HW 11:30 3 rd Floor Workout -HW 2:00 Heritage Crafters -DR 3:00 Suite Stops: Menu Selections -RV	7 11:00 Wellness Workout -HW 11:30 3 rd Floor Workout -HW 2:00 Brain Games: Fact or Crap -FP 3:00 Circle Up: Catcher's Challenge -DR	8 10:00 News & Coffee* -DR 11:00 Motivated to Move* -IR 2:00 Puzzle Packs* -IR 3:00 Treat Cart -RV 	
9 10:00 News & Coffee* -DR 11:00 Motivated to Move* -IR 2:00 Puzzle Packs & Trivia Teasers* -IR	10 11:00 Wellness Workout -HW 11:30 3 rd Floor Workout -HW 2:00 Giant Dice: Yardzee -FP 3:00 Sun Sessions -PT	11 11:00 Wellness Workout -HW 11:30 3 rd Floor Workout 2:00 Bingo -HW 3:00 Chair Chat* -FP	12 11:00 Wellness Workout -HW 11:30 3 rd Floor Workout -HW 2:00 Body in Balance: Beanbag Baseball -FP 3:00 Manicures -DR	13 11:00 Wellness Workout -HW 11:30 3 rd Floor Workout -HW 2:00 Music w/Mike & Kathy -FP 3:00 Suite Stops: Menu Selections -RV 	14 11:00 Wellness Workout -HW 11:30 3 rd Floor Workout -HW 2:00 Brain Games: Wisconsin Festival Trivia -FP 3:00 Circle Up: Kickball -DR	15 10:00 News & Coffee* -DR 11:00 Motivated to Move* -IR 2:00 Puzzle Packs* -IR 3:00 Treat Cart -RV	
16 10:00 News & Coffee* -DR 11:00 Motivated to Move* IR 2:00 Puzzle Packs & Trivia Teasers* -IR	17 11:00 Wellness Workout -HW 11:30 3 rd Floor Workout -HW 2:00 Music & Massage -FP 3:00 Animal Talk with Whitney -PT 	18 11:00 Wellness Workout -HW 11:30 3 rd Floor Workout 2:00 Bingo -HW 3:00 Chair Chat* -FP	19 11:00 Wellness Workout -HW 11:30 3 rd Floor Workout -HW 2:00 Body in Balance: Bowling -FP 3:00 Manicures -DR	20 11:00 Wellness Workout -HW 11:30 3 rd Floor Workout -HW 2:00 Heritage Crafters -DR 3:00 Suite Stops: Menu Selections -RV	21 11:00 Wellness Workout -HW 11:30 3 rd Floor Workout -HW 2:00 Brain Games: Wheel of Fortune -FP 3:00 Circle Up: Parachute -DR	22 10:00 News & Coffee* -DR 11:00 Motivated to Move* -IR 2:00 Puzzle Packs* -IR 3:00 Treat Cart -RV	
23 10:00 News & Coffee* -DR 11:00 Motivated to Move* IR 2:00 Puzzle Packs & Trivia Teasers* -IR	24 11:00 Wellness Workout -HW 11:30 3 rd Floor Workout -HW 2:00 Giant Dice Game -FP 3:00 Sun Sessions -PT	25 11:00 Wellness Workout -HW 11:30 3 rd Floor Workout 2:00 Bingo -HW 3:00 Chair Chat* -FP	26 11:00 Wellness Workout -HW 11:30 3 rd Floor Workout -HW 2:00 Body in Balance: Bags League -FP 3:00 Manicures -DR	27 11:00 Wellness Workout -HW 11:30 3 rd Floor Workout -HW 2:00 Music w/Mike & Kathy -FP 3:00 Suite Stops: Menu Selections -RV	28 11:00 Wellness Workout -HW 11:30 3 rd Floor Workout -HW 2:00 Brain Games: Word Teasers 3:00 Circle Up: Balloon Volleyball -FP 	29 10:00 News & Coffee* -DR 11:00 Motivated to Move* -IR 2:00 Puzzle Packs* -IR 3:00 Treat Cart -RV	
30 10:00 News & Coffee* -DR 11:00 Motivated to Move* IR 2:00 Puzzle Packs & Trivia Teasers* -IR	31 11:00 Wellness Workout -HW 11:30 3 rd Floor Workout -HW 2:00 Music & Massage -FP 3:00 Chicken Soup Stories -PT						

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

Location Guide: FP=Fireplace; HW=Hallway; PT=Patio
RV=Room Visit; IR=In Room

Musical Performance
Spiritual Service
Happy Hour
Outings