
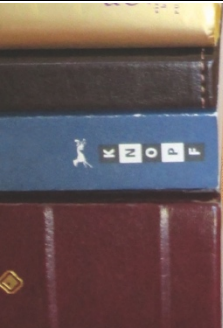


January

Heritage Court Menomonee Falls Life Enrichment Calendar

Recurring Activities

Independent Activities Weekdays at 9:30 a.m.
News and Hydration Weekdays at 10 a.m. | Keepin' Fit Weekdays at 11:15 a.m.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Happy Birthday</p> <p>Richard H. – 1/27 Janet F. – 1/29 Linda S. – 1/31</p> 		<p>New Year's Day 1</p> <p>10:30 Music with Brian Leffin 1:30 Keepin' Fit 2:00 Ring In The New Year Social 3:00 Baking for the Bake Sale 6:00 Artistic Design</p>	<p>National Cream Puff Day 2</p> <p>10:45 Baking for the Bake Sale 1:30 Undeck The Halls 2:00 Cream Puff Social 3:00 Undeck The Halls 6:00 At The Movies</p>	<p>Western Day 3</p> <p>10:45 Baking for the Bake Sale 1:30 Bake Sale for the March of Dimes 2:30 Chili Dip, Chips, and a Roy Rogers 3:00 Western Featured Film 6:00 Books, Magazines, & Music</p>	<p>National Spaghetti Day & Trivia Day 4</p> <p>11:00 Catholic Mass w/ Deacon Ray 1:30 Dynseo Quizzle 2:15 Italian Cookie Social 3:00 Uno 4:30 Wine Bar and Spaghetti Dinner</p>	<p>5</p> <p>10:45 Pairs Trivia 1:30 Hand Massages 2:00 Banana Social 3:00 Bingo 6:00 Carol Burnett Show</p>
<p>6</p> <p>10:45 Who Said That? 1:30 Balloon Volleyball 2:00 Cookie Social 3:00 Manicures 6:00 Books, Magazines, & Music</p>	<p>7</p> <p>10:45 Hand Massages 1:30 Yoga 2:00 Milkshake Monday 3:00 Pet Visits w/ Barb and Carly 6:00 Music with Peggy</p>	<p>Elvis Lives Day 8</p> <p>10:30 Lutheran Church with Pastor Behnke 1:30 Smarty Pants 2:00 Happy Hour w/ Elvis Presley 3:00 Table Bowling 6:00 Artistic Design</p>	<p>Law Enforcement Day 9</p> <p>10:45 Tribond Challenge 1:30 Eat, Wear, or Drive 2:00 Fruit Smoothies 3:00 Mark Twain's Amazing Adventure 6:00 At The Movies</p>	<p>10</p> <p>10:45 Who Am I? 1:30 Balloon Volleyball 2:00 Fruit Smoothies 3:00 Left Right Center 6:00 Books, Magazines, & Music</p>	<p>Eat Your Oats Day/Milk Day 11</p> <p>10:45 Hymn Sing 1:30 Trivia from A to Z 2:15 Creamy Crock Pot Oats Social and Milk 3:00 Bubble Wap Art 6:00 Lemonade Social</p>	<p>Dozen Day/Hot Tea Day 12</p> <p>10:45 Hand Massages 1:30 21 Facts about the #12 2:00 Hot Tea Social 3:00 "Name 12" 6:00 Movie Night – Cheaper By The Dozen</p>
<p>13</p> <p>10:45 Song Title Trivia 1:30 Bubbly Detective 2:00 Coffee Cake Social 3:00 Manicures 6:00 Books, Magazines, & Music</p>	<p>14</p> <p>10:45 Back Rubs with Music 1:30 Yoga 2:00 Milkshake Monday 3:00 Pet Visits w/ Barb and Carly 3:30 Music Appreciation – Benny Goodman 6:00 Music with Peggy</p>	<p>National Strawberry Ice Cream Day 15</p> <p>10:30 Church with Father Wirth 1:30 Strawberry Trivia/Fun Facts 2:00 Strawberry Ice Cream Social 3:00 The Price Is Right 6:00 Artistic Design</p>	<p>National Fig Newton Day 16</p> <p>10:15 Songs Of The Heart w/ Todd Pridgeon 1:30 Fig Newton Trivia/Fun Facts 2:00 Fig Newton Social 3:00 Balloon Volleyball 6:00 At The Movies- Hello Dolly</p>	<p>Popeye's Birthday 17</p> <p>10:45 Making a Spinach Pie 1:30 Family Feud 2:00 Spinach Pie Social 3:00 Bulls Eye 6:00 Books, Magazines, & Music</p>	<p>18</p> <p>10:45 Slang Trivia 1:30 Balloon Volleyball 2:00 Gourmet Coffee Social 3:00 Add Em Up 6:00 Lemonade Social</p>	<p>National Popcorn Day 19</p> <p>10:45 Finish The Phrase 1:30 Hand Massages 2:00 Popcorn Social 3:00 Bingo 6:00 Johnny Carson Show</p>
<p>National Cheese Lovers' Day 20</p> <p>10:45 Random Trivia 1:30 Ball Toss 2:00 Cheese and Cracker Social 3:00 Manicures 6:00 Books, Magazines, & Music</p>	<p>National Granola Bar Day 21</p> <p>10:45 Hand Massages 1:30 "I Have A Dream"-Tribute to Martin Luther King, Jr. 2:15 Granola Bar Social 3:00 Pet Visits w/ Barb and Carly 3:30 6:00 Music with Peggy</p>	<p>22</p> <p>10:45 Making Blonde Brownies 1:30 Brain Quest 2:00 Blonde Brownie Social 3:00 Ring Toss 6:00 Artistic Design</p>	<p>23</p> <p>10:45 Prayer Gathering and Hymn Sing 1:30 A Day To "Wine" About 2:00 Wine and Cheese Party 3:00 Little House on the Praire – Laura Ingles Wilder 6:00 At The Movies</p>	<p>National Peanut Butter Day 24</p> <p>10:45 Making Peanut Butter Cups 1:30 Peanut Butter Fun Facts 2:00 Music Therapy with Brenna 3:00 Peanut Butter Cup Social and Trivia/Fun Facts 6:00 Books, Magazines, & Music</p>	<p>25</p> <p>10:45 What Is A Portmanteaux? 1:30 To Be Or Not To Be...That is The Question 2:00 Orange Social 3:00 Door Burst Craft 6:00 Lemonade Social</p>	<p>26</p> <p>9:30 Blueberry Pancake Breakfast 1:30 Keepin' Fit 2:00 Christ The King New Generation Youth Choir Sings 3:00 Friendship Social 3:45 Keepin' Fit 6:00 The Lawrence Welk Show</p>
<p>National Chocolate Cake Day 27</p> <p>10:45 Making a Chocolate Cake 1:30 S'mores Craft 2:00 Chocolate Cake Social 3:00 Manicures 6:00 Books, Magazines, & Music</p>	<p>National Blueberry Pancake Day 28</p> <p>10:45 Back Rubs with Music 1:30 Yoga 2:00 Milkshake Monday 3:00 Pet Visits w/ Barb and Carly 3:30 Frazzle 6:00 Music with Peggy</p>	<p>29</p> <p>10:45 Happy Birthday Oprah Winfrey 1:30 Shoot The Hoops 2:00 Happy Hour w/ Corn Chips and Salsa 3:00 Bingo 6:00 Artistic Design</p>	<p>National Croissant Day 30</p> <p>10:45 Tribond Challenge 1:30 Yoga 2:00 Croissant Social and Trivia/Fun Facts 3:00 Ernest Hemmingway-Wrestling with Life 6:00 At The Movies</p>	<p>Favorite Sports Team Day 31 Wear Your Favorite Team Shirt</p> <p>10:45 Decorating at the Pep Rally 1:30 Concentration-Sports 2:15 Tailgate Party 3:00 Sports Trivia and Fun Facts 6:00 Books, Magazines, & Music</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 **Happy Hour**
Celebrate Wisconsin **Exercise**