

July

Heritage Monona Enhanced Care 1st Floor Life Enrichment Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:15 Exercise 2:30 Movie Matinee 4:00 Adult Coloring	2 10:00 Exercise 11:00 Dynseo in the Pub 2:30 Creative Club- Water Colors 3:00 Word Wars- How Many Words in 15 minutes? 3:30 Bakery	3 9:30 News at Nine 10:00 Exercise 11:00 Dynseo in the Pub 1:30 Pizza at the Union Terrace. Lake Mendota 4:00 Walk Outside	4 Independence Day 10:00 Exercise 11:00 Dynseo in the Pub 2:30 Adult Coloring 3:00 Bingo 6:00 Community Movie Night in the Pub	5 9:30 News at Nine 10:00 Exercise 11:00 Dynseo in the Pub 2:30 Coffee and Popcorn in the Pub 3:00 Music in Monona: Russ Loniello	6 National Strawberry Sundae Day 10:00 Exercise 10:30 Catholic Church 2:30 Happy Hour 3:00 Strawberry Sundae's in the Pub	7 10:15 Exercise 2:30 Movie Matinee 4:00 Adult Coloring
8 10:15 Exercise 2:30 Movie Matinee 4:00 Adult Coloring	9 Video Game/Sugar Cookie Day 10:00 Exercise 11:00 Dynseo in the Pub 2:30 Wii in the Pub with Sugar Cookies 4:00 Quiddler	10 9:30 News at Nine 10:00 Exercise 11:00 Dynseo in the Pub 1:30 National Blueberry Muffin Day 2:00 Wisconsin Great Lakes Documentary 4:00 Walk Outside	11 10:00 Exercise 11:00 Dynseo in the Pub 2:30 Adult Coloring 3:00 Bingo 6:00 Community Movie Night in the Pub	12 9:30 News at Nine 10:00 Exercise 11:00 Dynseo in the Pub 2:30 Coffee and Popcorn in the Pub 3:00 Music in Monona: Bahama Bob	13 National French Fry Day 10:00 Exercise 10:30 Catholic Church 2:30 Happy Hour 3:00 French Fry Bar- Top Off Your Fries. In Pub	14 National Barbershop Quartet Day 10:15 Exercise 2:00 Capitol Chordsman in Pub 4:00 Adult Coloring
15 10:15 Exercise 2:30 Movie Matinee 4:00 Adult Coloring	16 Shark Awareness Day 10:00 Exercise 11:00 Dynseo in the Pub 2:00 Shark trivia, games, video and snacks in the pub 4:00 Quiddler	17 9:30 Rosie's Outing. Coffee and Donuts 10:00 Exercise 11:00 Dynseo in the Pub 4:00 Walk Outside	18 10:00 Exercise 11:00 Dynseo in the Pub 2:30 Adult Coloring 3:00 Bingo 6:00 Community Movie Night in the Pub	19 9:30 News at Nine 10:00 Exercise 11:00 Dynseo in the Pub 2:30 Coffee and Popcorn in the Pub 3:00 Music in Monona: Dixie Sizzlers	20 National Hot Dog Day 10:00 Exercise 10:30 Catholic Church 2:30 Happy Hour 3:00 Cocktail Dogs in the Pub	21 10:15 Exercise 2:30 Movie Matinee 4:00 Adult Coloring
22 10:15 Exercise 2:30 Movie Matinee 4:00 Adult Coloring	23 National Raspberry Cake Day 10:00 Exercise 11:00 Dynseo in the Pub 2:30 Creative Club- 3:00 Word Wars- How Many Words in 15 minutes? 3:30 Bakery – Raspbery Cake	24 9:30 News at Nine 10:00 Exercise 11:00 Dynseo in the Pub 1:30 Peanut Butter Cookie Day 2:00 Let's Talk About Door County 4:00 Walk Outside	25 10:00 Exercise 11:00 Dynseo in the Pub 2:30 Adult Coloring 3:00 Bingo 6:00 Community Movie Night in the Pub	26 9:30 News at Nine 10:00 Exercise 11:00 Dynseo in the Pub 2:30 Coffee and Popcorn in the Pub 3:00 Music in Monona: Chuck Ripp	27 10:00 Exercise 10:30 Catholic Church 2:30 Happy Hour 4:00 Indoor Walk	28 10:15 Exercise 2:30 Movie Matinee 4:00 Adult Coloring
29 10:15 Exercise 2:30 Movie Matinee 4:00 Adult Coloring	30 9:30 1:1 10:00 Exercise 11:00 Dynseo in the Pub 2:30 Creative Club- 3:00 Word Wars- How Many Words in 15 minutes?	31 9:30 Pontoon Ride on Lake Monona 10:00 Exercise 11:00 Dynseo in the Pub 4:00 Walk Outside	 <p><i>Celebrating Wisconsin Lakes & Travel</i></p>		<p>Happy Birthday</p>  <p>Bev M. – 7/7 Ferole T. – 7/12 Don M. – 7/17</p> <p>Lois S. – 7/23 Lila M. – 7/25</p>	

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

Musical Activity
Celebrate Wisconsin

Dynseo
Exercise