


July

Heritage Monona Enhanced Care Life Enrichment Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1 10:45 Exercise 1:30 Puzzle 4:00 Resident-Led Walk	2 10:00 Exercise 11:00 Dynseo Trivia in the Pub 3:15 Monday Manicures with Music	3 9:00 Room Visits 10:00 Exercise 11:00 Dynseo Trivia in the Pub 11:30 Lunch Outing to the Union for Pizza 3:00 Resident Council Meeting	4 Independence Day 10:45 Exercise 1:30 Puzzle 4:00 Resident-Led Walk	5 9:00 Room Visits 10:00 Exercise 11:00 Dynseo Trivia in the Pub 1:30 Relax on the Porch 3:00 Music in Monona: Russ Loniello	6 National Strawberry Sundae Day 10:15 Catholic Church 11:00 Resident-Led Walk 1:30 Word Search 3:00 Strawberry Sundae Social in the Pub	7 10:45 Exercise 1:30 Puzzle 4:00 Resident-Led Walk	
8 10:45 Exercise 1:30 Puzzle 4:00 Resident-Led Walk	9 National Video Game Day 10:00 Exercise 11:00 Dynseo Trivia in the Pub 2:30 Wii Bowling Tournament in the Pub	10 9:00 Room Visits 10:45 Exercise 11:00 Dynseo Trivia in the Pub 1:30 Puzzle 3:00 Cooking Group 4:00 Video on the Great Lakes with Popcorn	11 10:00 Exercise 11:00 Dynseo Trivia in the Pub 11:00 Emily's Strength & Balance Class 1:30 Bingo 3:00 Cards 6:00 Community Movie in the Pub	12 9:00 Room Visits 10:00 Exercise 11:00 Dynseo Trivia in the Pub 1:30 Relax on the Porch 3:00 Music in Monona: Bahama Bob	13 National French Fry Day 10:15 Catholic Church 11:00 Resident-Led Walk 1:30 Word Search 3:00 French Fry Social in the Pub	14 10:45 Exercise 1:30 Puzzle 4:00 Resident-Led Walk	
15 10:45 Exercise 1:30 Puzzle 4:00 Resident-Led Walk	16 Shark Awareness Day 10:00 Exercise 11:00 Dynseo Trivia in the Pub 2:00 Shark Awareness Social in the Pub	17 9:30 Outing to Rosie's for Coffee 11:00 Dynseo Trivia in the Pub 1:30 Manicures with Music	18 10:00 Exercise 11:00 Dynseo Trivia in the Pub 11:00 Emily's Strength & Balance Class 1:30 Bingo 3:00 Baking Group 6:00 Community Movie in the Pub	19 9:00 Room Visits 10:00 Exercise 11:00 Dynseo Trivia in the Pub 1:30 Relax on the Porch 3:00 Music in Monona: Dixie Sizzlers	20 National Hot Dog Day 10:15 Catholic Church 11:00 Resident-Led Walk 1:30 Word Search 3:00 Hot Dog Social in the Pub	21 10:45 Exercise 1:30 Puzzle 4:00 Resident-Led Walk	
22 10:45 Exercise 1:30 Puzzle 4:00 Resident-Led Walk	23 10:00 Exercise 11:00 Dynseo Trivia in the Pub 3:15 Yahtzee	24 9:00 Room Visits 10:45 Exercise 11:00 Dynseo Trivia in the Pub 1:30 Puzzle 3:00 Video on Door County	25 10:00 Exercise 11:00 Emily's Strength & Balance Class 1:30 Monthly Birthday Party 3:00 Bingo Store 6:00 Community Movie in the Pub	26 9:00 Room Visits 10:00 Exercise 11:00 Dynseo Trivia in the Pub 1:30 Relax on the Porch 3:00 Music in Monona: Chuck Ripp	27 10:15 Catholic Church 11:00 Resident-Led Walk 2:00 Baking Group 2:30 Movie Matinee	28 10:45 Exercise 1:30 Puzzle 4:00 Resident-Led Walk	
29 10:45 Exercise 1:30 Puzzle 4:00 Resident-Led Walk	30 10:00 Exercise 11:00 Dynseo Trivia in the Pub 2:30 Monday Manicures with Music	31 9:00 Pontoon Boat Ride 1:30 Cooking Group: Funnel Cake 2:00 Reminice about Traveling in Wisconsin 3:00 Trivia	 <p><i>Celebrating Wisconsin Lakes & Travel</i></p>				

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

Musical Activity Happy Hour/Social Outing
Celebrate Wisconsin Exercise