


July

Heritage Monona Assisted Living Life Enrichment Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1 10:45 Exercise 1:30 Puzzle 4:00 Resident-Led Walk	2 10:45 Exercise 11:00 Dynseo Trivia in the Pub 1:30 Resident Council Meeting 2:30 Wisconsin Food Word Search	3 10:45 Exercise 11:00 Dynseo Trivia in the Pub 3:00 Bingo for Bucks	4 Independence Day 10:45 Balloon Volleyball 11:00 Dynseo Trivia in the Pub 3:00 Happy Hour 6:00 Community Movie in the Pub	5 10:45 Exercise 11:00 Dynseo Trivia in the Pub 1:30 Adult Coloring 3:00 Music in Monona: Russ Loniello	6 National Strawberry Sundae Day 10:15 Catholic Church 11:00 Resident-Led Walk 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 10:45 Exercise 11:00 Dynseo Trivia in the Pub 11:45 Lunch Outing to Culver's 1:30 Poetry Club with George 2:30 Wii Bowling Tournament in the Pub	10 10:45 Exercise 11:00 Dynseo Trivia in the Pub 3:00 Bingo for Bucks	11 10:45 Balloon Volleyball 11:00 Dynseo Trivia in the Pub 3:00 Happy Hour 6:00 Community Movie in the Pub	12 10:45 Exercise 11:00 Dynseo Trivia in the Pub 1:30 Adult Coloring 3:00 Music in Monona: Bahama Bob	13 National French Fry Day 10:15 Catholic Church 11:00 Resident-Led Walk 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 10:45 Exercise 11:00 Dynseo Trivia in the Pub 11:45 Lunch Outing to Olive Garden 2:00 Shark Awareness Social in the Pub	17 10:45 Exercise 11:00 Dynseo Trivia in the Pub 3:00 Bingo for Bucks	18 10:45 Balloon Volleyball 11:00 Dynseo Trivia in the Pub 3:00 Monthly Birthday Party 6:00 Community Movie in the Pub	19 10:45 Exercise 11:00 Dynseo Trivia in the Pub 1:30 Adult Coloring 3:00 Music in Monona: Dixie Sizzlers	20 National Hot Dog Day 10:15 Catholic Church 11:00 Resident-Led Walk 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 10:45 Exercise 11:00 Dynseo Trivia in the Pub 1:15 Outing to Target 1:30 Poetry Club with George	24 10:45 Exercise 11:00 Dynseo Trivia in the Pub 3:00 Bingo for Bucks	25 10:45 Balloon Volleyball 11:00 Dynseo Trivia in the Pub 3:00 Happy Hour with Michelle 6:00 Community Movie in the Pub	26 10:45 Exercise 11:00 Dynseo Trivia in the Pub 1:30 Adult Coloring 3:00 Music in Monona: Chuck Ripp	27 10:15 Catholic Church 11:00 Resident-Led Walk 1:30 Resident-Led Cards	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 10:45 Exercise 11:00 Dynseo Trivia in the Pub 11:45 Lunch Outing to Denny's 2:00 Wisconsin Lake Word Search	31 10:45 Exercise 11:00 Dynseo Trivia in the Pub 3:00 Bingo for Bucks	 <p style="text-align: center;"><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