



# September

## Heritage Monona First Floor Enhanced Care Life Enrichment Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>Celebrating Wisconsin Companies</i>				<b>Happy Birthday</b>  Joan H.. – 9/18 Waldo H. – 9/27		<sup>1</sup> <b>10:15 Exercise</b> /Dynseo in the Pub <b>2:30 Cherry Pie/Popover Social</b> (pub) <b>4:00</b> Adult Coloring
<sup>2</sup> <b>10:15 Exercise</b> <b>2:30</b> Movie Matinee <b>4:00</b> Adult Coloring	<sup>3</sup> <b>10:00 Exercise</b> <b>11:00</b> Dynseo (pub) <b>2:30</b> Baking Club- Heritage Hounds in Bakery <b>3:00</b> Word Wars- How Many Words in 15 minutes?	<sup>4</sup> <b>National Eat Extra Dessert Day</b> <b>9:30</b> News at Nine <b>10:00 Exercise</b> <b>11:00</b> Dynseo (pub) <b>1:30 Kohl’s Outing and Ice Cream to Follow</b> <b>4:00 Walk Outside</b>	<sup>5</sup> <b>10:00 Exercise</b> <b>11:00</b> Dynseo(pub) <b>2:30</b> Adult Coloring <b>3:00</b> Bingo <b>6:00</b> Community Movie Night	<sup>6</sup> <b>10:00 Exercise</b> <b>11:00</b> Dynseo Trivia (pub) <b>1:30</b> Relax on the Porch <b>2:30 Popcorn and Coffee</b> (pub) <b>3:00 Music in Monona: Bahama Bob</b>	<sup>7</sup> <b>National Cheese Pizza Day</b> <b>10:15</b> Catholic Church <b>11:00 Resident-Led Walk</b> <b>1:30</b> Word Search <b>2:00 Cheese Pizza Social</b> (pub)	<sup>8</sup> <b>Grandparents Day</b> <b>10:15 Exercise</b> /Dynseo in the Pub <b>2:30 Grandparents Happy Hour-</b> (for all of the special seniors in our lives) <b>4:00</b> Adult Coloring
<sup>9</sup> <b>10:15 Exercise</b> <b>2:30</b> Movie Matinee <b>4:00</b> Adult Coloring	<sup>10</sup> <b>10:00 Exercise</b> <b>11:00</b> Dynseo (pub) <b>2:30</b> Creative Club- Games on the Patio <b>3:00</b> Word Wars- How Many Words in 15 minutes?	<sup>11</sup> <b>National Hat Making Day</b> <b>9:30</b> News at Nine <b>10:00 Exercise</b> <b>11:00</b> Dynseo (pub) <b>1:30</b> Creative Club Hat Making <b>4:00 Walk Outside</b>	<sup>12</sup> <b>10:00 Exercise</b> <b>11:00</b> Dynseo(pub) <b>2:30</b> Adult Coloring <b>3:00</b> Bingo <b>6:00</b> Community Movie Night	<sup>13</sup> <b>10:00 Exercise</b> <b>11:00</b> Dynseo Trivia (pub) <b>1:30</b> Relax on the Porch <b>2:30 Popcorn and Coffee</b> (pub) <b>3:00 Music in Monona: Gemini Entertainment</b>	<sup>14</sup> <b>National Chocolate Shake Day</b> <b>10:15</b> Catholic Church <b>11:00 Resident-Led Walk</b> <b>1:30</b> Word Search <b>2:00 Chocolate Shake Social</b>	<sup>15</sup> <b>10:15 Exercise</b> /Dynseo in the Pub <b>2:30 UW vs. BYU Tailgate Party</b> (pub) <b>4:00</b> Adult Coloring
<sup>16</sup> <b>10:15 Exercise</b> <b>2:30</b> Movie Matinee <b>4:00</b> Adult Coloring	<sup>17</sup> <b>10:00 Exercise</b> <b>11:00</b> Dynseo (pub) <b>2:30</b> Baking Club- Heritage Hounds in Bakery <b>3:00</b> Resident Council	<sup>18</sup> <b>National Rice Krispy Treat Day</b> <b>9:30</b> Wisconsin Historical Museum- National Museum Day <b>10:00 Exercise</b> <b>11:00</b> Dynseo (pub) <b>1:30</b> Bakery – Rice Krispy Treats <b>4:00 Walk Outside</b>	<sup>19</sup> <b>10:00 Exercise</b> <b>11:00</b> Dynseo (pub) <b>2:30</b> Adult Coloring <b>3:00</b> Bingo <b>6:00</b> Community Movie Night	<sup>20</sup> <b>10:00 Exercise</b> <b>11:00</b> Dynseo Trivia (pub) <b>1:30</b> Relax on the Porch <b>2:30 Popcorn and Coffee</b> (pub) <b>3:00 Music in Monona: Beth Wilson</b>	<sup>21</sup> <b>National Miniature Golf Day</b> <b>10:15</b> Catholic Church <b>11:00 Resident-Led Walk</b> <b>1:30</b> Word Search <b>2:00 9<sup>th</sup> Hole Social</b>	<sup>22</sup> <b>National Checkers Day</b> <b>10:15 Exercise</b> /Dynseo in the Pub <b>2:30</b> Checkers Tournament with Trophy Ceremony to Follow (pub) <b>4:00</b> Adult Coloring
<sup>23</sup> <b>10:15 Exercise</b> <b>2:30</b> Movie Matinee <b>4:00</b> Adult Coloring	<sup>24</sup> <b>10:00 Exercise</b> <b>11:00</b> Dynseo (pub) <b>2:30</b> Creative Club- Games on the Patio <b>3:00</b> Word Wars- How Many Words in 15 minutes?	<sup>25</sup> <b>9:30</b> News at Nine <b>10:00 Exercise</b> <b>11:00</b> Dynseo (pub) <b>1:30 Harley Davidson Presentation- 115<sup>th</sup> Anniversary</b> <b>4:00 Walk Outside</b>	<sup>26</sup> <b>10:00 Exercise</b> <b>11:00</b> Dynseo (pub) <b>2:30</b> Adult Coloring <b>3:00</b> Bingo <b>6:00</b> Community Movie Night	<sup>27</sup> <b>10:00 Exercise</b> <b>11:00</b> Dynseo Trivia (pub) <b>1:30</b> Relax on the Porch <b>2:30 Popcorn and Coffee</b> (pub) <b>3:00 Music in Monona: Chuck Ripp</b>	<sup>28</sup> <b>National Root Beer Float Day</b> <b>10:15</b> Catholic Church <b>11:00 Resident-Led Walk</b> <b>1:30</b> Word Search <b>2:00 Root Beer Float Social</b>	<sup>29</sup> <b>10:15 Exercise</b> /Dynseo in the Pub <b>2:00</b> Movie Matinee - Grumpy Old Men (pub) <b>4:00</b> Adult Coloring
<sup>30</sup> <b>10:15 Exercise</b> <b>2:30</b> Movie Matinee <b>4:00</b> Adult Coloring						

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

Musical Activity  
Celebrate Wisconsin  
Happy Hour  
Exercise