



# September

## Heritage Monona Enhanced Care Life Enrichment Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Celebrating Wisconsin Companies</b>				<b>Happy Birthday</b> Mary B. – 9/6 		<b>Cherry Pie Day</b> 1 10:15 Stretching/Dynseo in the Pub 2:30 Cherry Pie/Popover Social in the Pub
2 10:00 Resident-Led Walk 1:30 Puzzle	3 10:00 Exercise 11:00 Dynseo in the Pub 2:30 Monday Manicures with Music	4 National Eat Extra Dessert Day 10:00 Exercise 11:00 Dynseo in the Pub 1:30 Kohl's Outing and Ice Cream to Follow 4:00 Outdoor Walk	5 10:00 Exercise 11:00 Dynseo in the Pub 1:30 Bingo 3:00 Yahtzee	6 10:00 Exercise 11:00 Dynseo in the Pub 1:30 Puzzle 3:00 Music in Monona: Bahama Bob	7 National Cheese Pizza Day 10:15 Catholic Church 11:00 Resident-Led Walk 2:00 Cheese Pizza Social in the Pub	8 Grandparents Day 10:15 Stretching/Dynseo in the Pub 2:30 Grandparents Happy Hour
9 10:00 Resident-Led Walk 1:30 Puzzle	10 10:00 Exercise 11:00 Dynseo in the Pub 2:30 Group Crossword Puzzle 3:30 Cards	11 National Hat Making Day 10:45 Exercise 11:00 Dynseo in the Pub 2:30 Arts & Crafts: Making Flower Hats	12 10:00 Exercise 11:00 Dynseo in the Pub 1:30 Bingo 3:00 Coffee, Tea & Donut Social	13 10:00 Exercise 10:30 Lutheran Church 11:00 Dynseo in the Pub 1:30 Puzzle 3:00 Music in Monona: Gemini Entertainment	14 National Chocolate Shake Day 10:15 Catholic Church 11:00 Resident-Led Walk 2:00 Chocolate Shake Social	15 10:15 Stretching/Dynseo in the Pub 2:30 UW vs. BYU Tailgate Party
16 10:00 Resident-Led Walk 1:30 Puzzle	17 10:00 Exercise 11:00 Dynseo in the Pub 2:30 Monday Manicures with Music	18 National Rice Krispy Treat Day 9:30 Wisconsin Historical Museum- National Museum Day 11:00 Dynseo in the Pub 1:30 Baking Group: Rice Krispie Treats 2:00 Word Games 4:00 Outdoor Walk	19 10:00 Exercise 11:00 Dynseo in the Pub 1:30 Monthly Birthday Party 3:00 Bingo Store	20 10:00 Exercise 11:00 Dynseo in the Pub 1:30 Puzzle 3:00 Music in Monona: Beth Wilson	21 National Miniature Golf Day 10:15 Catholic Church 11:00 Resident-Led Walk 2:00 9 <sup>th</sup> Hole Social	22 National Checkers Day 10:15 Stretching/Dynseo in the Pub 2:30 Checkers Tournament in Pub
23 10:00 Resident-Led Walk 1:30 Puzzle	24 10:00 Exercise 11:00 Dynseo in the Pub 2:30 Group Crossword Puzzle 3:30 Dominos	25 10:45 Exercise 11:00 Dynseo in the Pub 2:30 Patinting Group	26 10:00 Exercise 11:00 Dynseo in the Pub 1:30 Bingo 3:00 Uno	27 10:00 Exercise 10:30 Lutheran Church 11:00 Dynseo in the Pub 1:30 Puzzle 3:00 Music in Monona: Chuck Ripp	28 National Root Beer Float Day 10:15 Catholic Church 11:00 Resident-Led Walk 2:00 Root Beer Float Social	29 10:15 Stretching/Dynseo in the Pub 2:00 Movie Matinee in the Pub- Grumpy Old Men
30 10:00 Resident-Led Walk 1:30 Puzzle						

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

Musical Activity
Happy Hour
Outing  
Celebrate Wisconsin
Exercise