
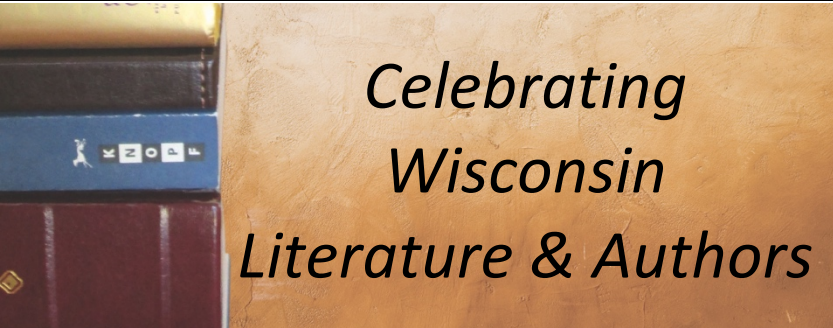


January

Heritage Monona Assisted Living Life Enrichment Calendar

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|---|--|---|--|
| <p>Happy Birthday</p> <p>Ellie B. – 1/17 Genevieve M. – 1/17 Donna Z. – 1/18</p> <p>Glady's H. 1/24 Helen S. – 1/25 Carole S. – 1/30</p>  | | <p>Happy New Year 1</p> <p>10:00 Exercise/Dynseo (pub) 2:00 Chips and Dip Social (pub) with a New Year Photo Booth</p> | <p>2</p> <p>10:00 Exercise 10:30 Current Events 11:00 Dynseo Trivia (pub) 1:30 Cooking Group/Crafts 3:00 Happy Hour</p> | <p>3</p> <p>10:00 Exercise 10:30 Current Events 11:00 Dynseo Trivia (pub) 2:30 Popcorn and Coffee (pub) 3:00 Music in Monona: Monona Rythym Band</p> | <p>National Fruit Cake Toss Day 4</p> <p>10:15 Exercise 10:15 Catholic Church 10:30 Current Events 2:00 Chex Mix Social (pub)</p> | <p>Cheese Lovers' Day 5</p> <p>10:15 Exercise/Dynseo (pub) 2:00 Cheese & Cracker Social (pub) 4:00 Adult Coloring</p> |
| <p>6</p> <p>2:30 Movie Matinee 4:00 Adult Coloring</p> | <p>7</p> <p>10:00 Exercise 10:30 Current Events 11:00 Dynseo Trivia (pub) 11:30 Culvers 3:00 Wii Games/Manicures</p> | <p>8</p> <p>10:00 Exercise 10:30 Current Events 11:00 Dynseo Trivia (pub) 1:30 Resident Council 3:00 Bingo for Bucks</p> | <p>9</p> <p>10:00 Exercise 10:30 Current Events 11:00 Dynseo Trivia (pub) 1:30 Cooking Group/Crafts 3:00 Happy Hour-High Tea Social</p> | <p>10</p> <p>10:00 Exercise 10:30 Current Events/Lutheren Church 11:00 Dynseo Trivia (pub) 2:30 Popcorn and Coffee (pub) 3:00 Music in Monona: Cliff Fredrickson</p> | <p>National Soup Day 11</p> <p>10:15 Exercise 10:15 Catholic Church 10:30 Current Events 2:00 Homemade Bread & Soup Social (pub)</p> | <p>National Chocolate Cake Day 12</p> <p>10:15 Exercise/Dynseo (pub) 2:00 Chocolate Cake Social (pub) 4:00 Adult Coloring</p> |
| <p>13</p> <p>2:30 Movie Matinee 4:00 Adult Coloring</p> | <p>Pet Appreciation Week 14</p> <p>10:00 Exercise 10:30 Current Events 11:00 Dynseo Trivia (pub) 1:15 Shopko 3:00 Wii Games/Manicures</p> | <p>15</p> <p>10:00 Exercise 10:30 Current Events 11:00 Dynseo Trivia (pub) 1:30 House Plant Appreciation 3:00 Bingo for Bucks</p> | <p>16</p> <p>10:00 Exercise 10:30 Current Events 11:00 Dynseo Trivia (pub) 1:30 Cooking Group/Hat Making 3:00 Happy Hour</p> | <p>17</p> <p>10:00 Exercise 10:30 Current Events 11:00 Dynseo Trivia (pub) 2:30 Popcorn and Coffee (pub) 3:00 Music in Monona: Stark Duo</p> | <p>National Popcorn Day 18</p> <p>10:15 Exercise 10:15 Catholic Church 10:30 Current Events 2:00 Assorted Popcorn Social (pub)</p> | <p>19</p> <p>10:15 Exercise/Dynseo (pub) 2:00 Little House on the Prairie Social (pub) 4:00 Adult Coloring</p> |
| <p>20</p> <p>2:30 Movie Matinee 4:00 Adult Coloring</p> | <p>21</p> <p>10:00 Exercise 10:30 Current Events 11:00 Dynseo Trivia (pub) 11:30 Tully's 3:00 Wii Games/Manicures</p> | <p>22</p> <p>10:00 Exercise 10:30 Current Events 11:00 Dynseo Trivia (pub) 1:30 Cards 3:00 Bingo for Bucks Followed by BINGO STORE</p> | <p>23</p> <p>10:00 Exercise 10:30 Current Events 11:00 Dynseo Trivia (pub) 1:30 Cooking Group/Crafts 3:00 Monthly B-Day Party</p> | <p>24</p> <p>10:00 Exercise 10:30 Current Events 11:00 Dynseo Trivia (pub) 2:30 Popcorn and Coffee (pub) 3:00 Music in Monona Bahama Bob</p> | <p>National Corn Chip Day 25</p> <p>10:15 Exercise 10:15 Catholic Church 10:30 Current Events 2:00 Taco Dip & Corn Chip Social (pub)</p> | <p>National Have Fun at Work Day 26</p> <p>10:15 Exercise/Dynseo (pub) 2:00 Game Social (pub) 4:00 Adult Coloring</p> |
| <p>27</p> <p>2:30 Movie Matinee 4:00 Adult Coloring</p> | <p>28</p> <p>10:00 Exercise 10:30 Current Events 11:00 Dynseo Trivia (pub) 11:30 Cranberry Cafe 3:00 Wii Games/Manicures</p> | <p>29</p> <p>10:00 Exercise 10:30 Current Events 11:00 Dynseo Trivia (pub) 1:30 Cards 3:00 Bingo for Bucks</p> | <p>30</p> <p>10:00 Exercise 10:30 Current Events 11:00 Dynseo Trivia (pub) 1:30 Cooking Group/Crafts 3:00 Happy Hour</p> | <p>31</p> <p>10:00 Exercise 10:30 Current Events 11:00 Dynseo Trivia (pub) 2:30 Popcorn and Coffee (pub) 3:00 Music in Monona: Patrick Christianson</p> |  | |

*All activities are subject to change when necessary

Residents' families are invited to participate in community events.

Musical Activity

Happy Hour

Celebrate Wisconsin

Exercise