
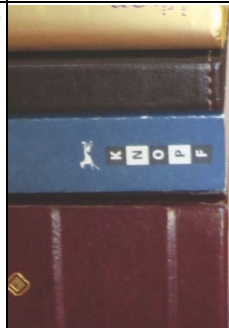


January

Heritage Monona Enhanced First Floor Life Enrichment Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Happy Birthday Jerry B. – 1/15</p> 		<p>1 9:30 News at Nine 10:00 Exercise 11:00 Dynseo (pub) 1:30 Creative Club: Christmas Cards 4:00 Walk</p>	<p>2 10:00 Exercise 11:00 Dynseo (pub) 2:30 Adult Coloring 3:00 Bingo 6:00 Community Movie Night</p>	<p>3 10:00 Exercise 11:00 Dynseo Trivia (pub) 1:30 Relax on the Porch 2:30 Popcorn and Coffee (pub) 3:00 Music in Monona: Monona Rhythm Band</p>	<p>4 National Fruit Cake Toss Day 10:15 Catholic Church 11:00 Resident-Led Walk 2:00 Chex Mix and Fruit Cake Toss (pub)</p>	<p>5 Cheese Lovers' Day 10:15 Exercise/Dynseo (pub) 2:00 Cheese and Cracker Social (pub) 4:00 Adult Coloring</p>
<p>6 2:30 Movie Matinee 4:00 Adult Coloring</p>	<p>7 10:00 Exercise 11:00 Dynseo (pub) 2:30 Cards 3:00 Word Wars 4:00 Walk</p>	<p>8 9:30 News at Nine 10:00 Exercise 11:00 Dynseo (pub) 2:30 High Tea Social 4:00 Walk</p>	<p>9 10:00 Exercise 11:00 Dynseo (pub) 2:30 Adult Coloring 3:00 Bingo 6:00 Community Movie Night</p>	<p>10 10:00 Exercise 11:00 Dynseo Trivia (pub) 1:30 Relax on the Porch 2:30 Popcorn and Coffee (pub) 3:00 Music in Monona: Cliff Frederickson</p>	<p>11 National Soup Day 10:15 Catholic Church 11:00 Resident-Led Walk 2:00 Soup and Bread Social (pub)</p>	<p>12 National Chocolate Cake Day 10:15 Exercise/Dynseo (pub) 2:00 Chocolate Cake Social (pub) 4:00 Adult Coloring</p>
<p>13 2:30 Movie Matinee 4:00 Adult Coloring</p>	<p>14 National Dress up Your Pet Day 10:00 Exercise 11:00 Dynseo (pub) 2:30 Baking Club- Laura Ingalls Wilders Recipe Book 3:00 Word Wars 4:00 Walk</p>	<p>15 9:30 News at Nine 10:00 Exercise 11:00 Dynseo (pub) 1:30 Barnes and Noble Outing 4:00 Walk</p>	<p>16 10:00 Exercise 11:00 Dynseo (pub) 2:30 Adult Coloring 3:00 Bingo 6:00 Community Movie Night</p>	<p>17 10:00 Exercise 11:00 Dynseo Trivia (pub) 1:30 Relax on the Porch 2:30 Popcorn and Coffee (pub) 3:00 Music in Monona: The Stark Duo</p>	<p>18 National Popcorn Day 10:15 Catholic Church 11:00 Resident-Led Walk 2:00 Popcorn Party: (pub)</p>	<p>19 10:15 Exercise/Dynseo (pub) 2:00 Little House on the Prairie Social (pub) 4:00 Adult Coloring</p>
<p>20 2:30 Movie Matinee 4:00 Adult Coloring</p>	<p>21 10:00 Exercise 11:00 Dynseo (pub) 2:30 Cards 3:00 Word Wars 4:00 Walk</p>	<p>22 9:30 News at Nine 10:00 Exercise 11:00 Dynseo (pub) 2:30 National Houseplant Appreciation Week 4:00 Walk</p>	<p>23 10:00 Exercise 11:00 Dynseo (pub) 2:30 Adult Coloring 3:00 Bingo 6:00 Community Movie Night</p>	<p>24 10:00 Exercise 11:00 Dynseo Trivia (pub) 1:30 Relax on the Porch 2:30 Popcorn and Coffee (pub) 3:00 Music in Monona: Bahama Bob</p>	<p>25 National Corn Chip Day 10:15 Catholic Church 11:00 Resident-Led Walk 2:00 Taco Dip and Corn Chip Social (pub)</p>	<p>26 National Have Fun at Work Day 10:15 Exercise/Dynseo (pub) 2:00 Game Social (pub) 4:00 Adult Coloring</p>
<p>27 2:30 Movie Matinee 4:00 Adult Coloring</p>	<p>28 10:00 Exercise 11:00 Dynseo (pub) 2:30 Cards 3:00 Word Wars 4:00 Walk</p>	<p>29 9:30 News at Nine 10:00 Exercise 11:00 Dynseo (pub) 1:30 Michael's Custard Outing 4:00 Walk</p>	<p>30 10:00 Exercise 11:00 Dynseo (pub) 2:30 Adult Coloring 3:00 Bingo 6:00 Community Movie Night</p>	<p>31 10:00 Exercise 11:00 Dynseo Trivia (pub) 1:30 Relax on the Porch 2:30 Popcorn and Coffee (pub) 3:00 Music in Monona: Patrick Christians</p>	 <p><i>Celebrating Wisconsin Literature & Authors</i></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