












March

Heritage Monona Assisted Living Life Enrichment Calendar

Recurring Activities

Keepin' Fit Weekdays at 10 a.m., Saturday at 10:15 a.m.
Music In Monona Thursdays at 3 p.m. | Social Fridays at 2 p.m.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
 <h1 style="text-align: center;">Wisconsin Health & Fitness</h1>		<h2 style="text-align: center;">Happy Birthday</h2> <p>Jimmy W. – 3/11 Fran B. – 3/18 Veryl K. – 3/19</p> 		<p>National Peanut Butter Cookie Day 1</p> <p>10:15 Exercise 10:15 Catholic Church 10:30 Current Events 1:15 Balloon Volleybal 2:00 Peanut Butter Cookie Social</p> 		<p>Something Blue Day 2</p> <p>10:15 Exercise/Dynseo 2:00 Blue Social (not a Sad one)</p>	
<p>3</p> <p>11:00 Resident-Led Walk 1:30 Puzzle 2:30 Adult Coloring 4:00 Resident-Led Walk</p>	<p>4</p> <p>10:00 Exercise 10:30 Current Events 11:00 Dynseo Trivia in the Pub Or Resident-Led Walk 11:30 Java Cat 3:00 Movie Matinee 4:00 Resident-Led Walk</p>	<p>5</p> <p>10:00 Exercise 10:30 Current Events 11:00 Dynseo Trivia in the Pub Or Resident-Led Walk 1:30 Card/Wii Games-Manicures 3:00 Bingo Bucks 4:00 Resident-Led Walk</p>	<p>6</p> <p>10:00 Exercise 10:30 Current Events 11:00 Dynseo Trivia in the Pub Or Resident-Led Walk 1:30 Cooking Group/Crafts 3:00 Happy Hour 4:00 Resident-Led Walk</p>	<p>7</p> <p>10:00 Exercise 10:30 Current Events 11:00 Dynseo Trivia in the Pub Or Resident-Led Walk 2:30 Popcorn and Coffee (pub) 3:00 Music in Monona: Tom Castle</p> 	<p>8</p> <p>National Oreo Day 10:15 Exercise 10:15 Catholic Church 10:30 Current Events 1:15 Balloon Volleybal 2:00 Oreo Milkshake Social</p> 	<p>9</p> <p>10:15 Exercise/Dynseo 2:00 Groundhog Day Movie with Snacks</p>	
<p>10</p> <p>11:00 Resident-Led Walk 1:30 Puzzle 2:30 Adult Coloring 4:00 Resident-Led Walk</p>	<p>11</p> <p>10:00 Exercise 10:30 Current Events 11:00 Dynseo Trivia in the Pub Or Resident-Led Walk 1:15 Dollar Store/Shopko 3:00 Movie Matinee 4:00 Resident-Led Walk</p>	<p>12</p> <p>10:00 Exercise 10:30 Current Events 11:00 Dynseo Trivia in the Pub Or Resident-Led Walk 1:30 Resident Council 3:00 Bingo Bucks 4:00 Resident-Led Walk</p>	<p>13</p> <p>10:00 Exercise 10:30 Current Events 11:00 Dynseo Trivia in the Pub Or Resident-Led Walk 1:30 Cooking Group/Crafts 3:00 Happy Hour 4:00 Resident-Led Walk</p>	<p>14</p> <p>10:00 Exercise 10:30 Lutheran Church 11:00 Dynseo Trivia in the Pub Or Resident-Led Walk 2:30 Popcorn and Coffee (pub) 3:00 Music in Monona: Dean's Blue Country</p> 	<p>15</p> <p>10:15 Exercise 10:15 Catholic Church 10:30 Current Events 1:15 Balloon Volleybal 2:00 St Patricks Day Party</p> 	<p>16</p> <p>10:15 Exercise/Dynseo 2:00 Something Green Day: Mint Chocolate Ice Cream and Find the Leprechaun</p>	
<p>17</p> <p>11:00 Resident-Led Walk 1:30 Puzzle 2:30 Adult Coloring 4:00 Resident-Led Walk</p>	<p>18</p> <p>10:00 Exercise 10:30 Current Events 11:00 Dynseo Trivia in the Pub Or Resident-Led Walk 11:30 Mana Cafe 3:00 Movie Matinee 4:00 Resident-Led Walk</p>	<p>19</p> <p>10:00 Exercise 10:30 Current Events 11:00 Dynseo Trivia in the Pub Or Resident-Led Walk 1:30 Card/Wii Games-Manicures 3:00 Bingo Bucks and Store 4:00 Resident-Led Walk</p>	<p>20</p> <p>10:00 Exercise 10:30 Current Events 11:00 Dynseo Trivia in the Pub Or Resident-Led Walk 1:30 Cooking Group/Crafts 3:00 Happy Hour 4:00 Resident-Led Walk</p>	<p>21</p> <p>10:00 Exercise 10:30 Current Events 11:00 Dynseo Trivia in the Pub Or Resident-Led Walk 2:30 Popcorn and Coffee (pub) 3:00 Music in Monona: Beth Wilson</p> 	<p>22</p> <p>National Agricultural Day 10:15 Exercise 10:15 Catholic Church 10:30 Current Events 1:15 Balloon Volleybal 2:00 Dirt Cake Social</p> 	<p>23</p> <p>National Spinach Dip Day 10:15 Exercise/Dynseo 2:00 Spinach Dip Social-Popeye the Sailorman</p>	
<p>24</p> <p>11:00 Resident-Led Walk 1:30 Puzzle 2:30 Adult Coloring 4:00 Resident-Led Walk</p>	<p>25</p> <p>10:00 Exercise 10:30 Current Events 11:00 Dynseo Trivia in the Pub Or Resident-Led Walk 11:30 Rosie's Bakery 3:00 Movie Matinee 4:00 Resident-Led Walk</p>	<p>26</p> <p>10:00 Exercise 10:30 Current Events 11:00 Dynseo Trivia in the Pub Or Resident-Led Walk 1:30 Card/Wii Games-Manicures 3:00 Bingo Bucks 4:00 Resident-Led Walk</p>	<p>27</p> <p>10:00 Exercise 10:30 Current Events 11:00 Dynseo Trivia in the Pub Or Resident-Led Walk 1:30 Cooking Group/Crafts 3:00 Happy Hour 4:00 Resident-Led Walk</p>	<p>28</p> <p>10:00 Exercise 10:30 Current Events 11:00 Dynseo Trivia in the Pub Or Resident-Led Walk 2:30 Popcorn and Coffee (pub) 3:00 Music in Monona: Chuck Rip</p> 	<p>29</p> <p>Something on a Stick Day 10:15 Exercise 10:15 Catholic Church 10:30 Current Events 1:15 Balloon Volleybal 2:00 Corndog Social</p> 	<p>30</p> <p>National "Joe" Day 10:15 Exercise/Dynseo 2:00 Sloppy Joe Slider Social</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