


# March

## Heritage Monona Enhanced First Floor 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>Wisconsin Health &amp; Fitness</h1>				<b>National Peanut Butter Cookie Day</b> 1 <b>10:15</b> Catholic Church <b>11:00</b> Resident-Led Walk <b>2:00</b> Peanut Butter Cookie Social	<b>National Dress in Blue Day</b> 2 <b>10:15</b> Exercise/Dynseo <b>2:00</b> Blue Social(not a Sad one) <b>4:00</b> Adult Coloring
3 Pet Therapy With Joy  Movie Matinee	4 <b>10:00</b> Exercise <b>11:00</b> Dynseo (pub) <b>2:30</b> Cards- Euchre <b>3:00</b> Word Wars <b>4:00</b> Walk	<b>Fat Tuesday</b> 5 <b>9:30</b> Rosie's Café Outing <b>10:00</b> Exercise <b>11:00</b> Dynseo (pub) <b>1:30</b> Resident Council <b>2:30</b> Mardi Gras – Who will be King? <b>4:00</b> Walk	6 <b>10:00</b> Exercise <b>11:00</b> Dynseo (pub) <b>2:30</b> Adult Coloring <b>3:00</b> Bingo <b>6:00</b> Community Movie Night	7 <b>10:00</b> Exercise <b>11:00</b> Dynseo Trivia (pub) <b>1:30</b> Book Club <b>2:30</b> Popcorn and Coffee (pub) <b>3:00</b> Music in Monona: Tom Kastle	<b>National Oreo Day</b> 8 <b>10:15</b> Catholic Church <b>11:00</b> Resident-Led Walk <b>2:00</b> Oreo Milkshake Social	9 <b>10:15</b> Exercise/Dynseo Trinity Irish Dancers <b>2:00</b> Chips and Salsa Social <b>4:00</b> Adult Coloring	
10 Pet Therapy With Joy  Movie Matinee	11 <b>10:00</b> Exercise <b>11:00</b> Dynseo (pub) <b>2:30</b> Cards- Bridge <b>3:00</b> Word Wars <b>4:00</b> Walk	12 <b>9:30</b> News at Nine <b>10:00</b> Exercise <b>11:00</b> Dynseo (pub) <b>1:30</b> Balloon Volleyball <b>2:30</b> Creative Club: Shamrocks <b>4:00</b> Walk	13 <b>10:00</b> Exercise <b>11:00</b> Dynseo (pub) <b>2:30</b> Manicures <b>3:00</b> Bingo <b>6:00</b> Community Movie Night	14 <b>10:00</b> Exercise <b>10:30</b> Lutheran Church <b>11:00</b> Dynseo Trivia (pub) <b>1:30</b> Walking Group <b>2:30</b> Popcorn and Coffee (pub) <b>3:00</b> Music in Monona: Dean's Blue Country	15 <b>10:15</b> Catholic Church <b>11:00</b> Resident-Led Walk <b>2:00</b> St. Patrick's Day Party	16 <b>10:15</b> Exercise/Dynseo <b>2:00</b> Something Green Day – Come for Mint Chocolate Ice Cream and Find the Leprechaun <b>4:00</b> Adult Coloring	
17 Pet Therapy With Joy  Movie Matinee	18 <b>10:00</b> Exercise <b>11:00</b> Dynseo (pub) <b>2:30</b> Cards- Kings in the Corner <b>3:00</b> Word Wars <b>4:00</b> Walk	19 <b>9:30</b> News at Nine <b>10:00</b> Exercise <b>11:00</b> Fat Jack's Outing <b>1:30</b> Bowling Club <b>2:30</b> Tea For Two Tuesday-In Bakery <b>4:00</b> Walk	20 <b>10:00</b> Exercise <b>11:00</b> Dynseo (pub) <b>2:30</b> Adult Coloring <b>3:00</b> Bingo <b>6:00</b> Community Movie Night	21 <b>10:00</b> Exercise <b>11:00</b> Dynseo Trivia (pub) <b>1:30</b> Book Club <b>2:30</b> Popcorn and Coffee (pub) <b>3:00</b> Music in Monona: Beth Wilson	<b>National Agricultural Day</b> 22 <b>10:15</b> Catholic Church <b>11:00</b> Resident-Led Walk <b>2:00</b> Dirt Cake Social	<b>National Spinach Dip Day</b> 23 <b>10:15</b> Exercise/Dynseo <b>2:00</b> Spinach Dip Social-Popeye the Sailor <b>4:00</b> Adult Coloring	
24 Pet Therapy With Joy  Movie Matinee	25 <b>10:00</b> Exercise <b>11:00</b> Dynseo (pub) <b>2:30</b> Cards- Euchre <b>3:00</b> Word Wars <b>4:00</b> Walk	26 <b>9:30</b> News at Nine <b>10:00</b> Exercise <b>11:00</b> Dynseo (pub) <b>1:30</b> <b>2:30</b> Creative Club: Health Journals <b>4:00</b> Walk	27 <b>10:00</b> Exercise <b>11:00</b> Dynseo (pub) <b>2:30</b> Manicures <b>3:00</b> Bingo <b>6:00</b> Community Movie Night	28 <b>10:00</b> Exercise <b>11:00</b> Dynseo Trivia (pub) <b>1:30</b> Book Club <b>2:30</b> Monthly Birthday Party <b>3:00</b> Music in Monona: Chuck Ripp	<b>Something on a Stick Day</b> 29 <b>10:15</b> Catholic Church <b>11:00</b> Resident-Led Walk <b>2:00</b> Corndog Social	<b>National "Joe" Day</b> 30 <b>10:15</b> Exercise/Dynseo <b>2:00</b> Sloppy Joe Slider Social <b>4:00</b> Adult Coloring	
31 Pet Therapy With Joy  Movie Matinee							

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

Musical Activity Happy Hour  
Celebrate Wisconsin Exercise