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.

## Wisconsin Health & Fitness Pert Through With Joy 1000 Secretary 1.100 Personal Training (Long Secretary	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pet Therapy With Joy 100			n & Fitness			10:15 Catholic Church 11:00 Resident-Led Walk 2:00 Peanut Butter Cookie Social	10:15 Exercise/Dynseo 2:00 Blue Social(not a Sad one) 4:00 Adult Coloring
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