


# July

## Heritage Monona Enhanced First Floor Life Enrichment Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 10:00 Exercise 11:00 Dynseo (pub) 2:00 Manicure Monday 3:30 Word Wars 4:00 Walk 6:30 Game Time	2 9:30 Barnes and Noble Outing 11:00 Dynseo (pub) 1:30 Go Fish-Wisconsin Lakes 2:00 Feet to the Fire (Group 1) 3:30 Creative Club-Lily Pad 4:00 Walk	3 10:00 Exercise 11:00 Dynseo (pub) 2:30 Adult Coloring 3:00 Bingo 6:00 Community Movie Night	4 Fourth of July 10:00 Exercise 11:00 Dynseo (pub) 2:30 Popcorn and Coffee (pub) 3:00 Dean's Blue Country 6:00 Adult Coloring	5 10:15 Catholic Church 11:00 Resident-Led Walk 2:00 Red White and Blue Social 4:00 Walk 6:30 Friday Night Movie	6 National Apple Turnover Day 10:15 Exercise/Dynseo Apple Turnovers and Coffee 2:00 Puzzles 4:00 Adult Coloring
7 Pet Therapy With Joy Movie Matinee	8 10:00 Exercise 11:00 Dynseo (pub) 2:00 Manicure Monday 3:30 Word Wars 4:00 Walk 6:30 Game Time	9 9:30 News at Nine 10:00 Exercise 11:00 Dynseo (pub) 1:30 Bowling Club 2:00 Feet To the Fire (Group 1) 3:00 Bakery-Sugar Cookie Day 4:00 Walk	10 10:00 Exercise 11:00 Dynseo (pub) 2:30 Adult Coloring 3:00 Bingo 6:00 Community Movie Night	11 10:00 Exercise 10:30 Lutheran Church 11:00 Dynseo (pub) 2:30 Popcorn and Coffee (pub) 3:00 Patrick Christians 6:00 Evening Puzzles	12 10:15 Catholic Church 11:00 Resident-Led Walk 2:00 Pecan Pie Social 4:00 Walk 6:30 Friday Night Movie	13 10:15 Exercise/Dynseo Donuts and Coffee 2:00 Puzzles 4:00 Adult Coloring
14 10:15 Exercise/Dynseo Donuts and Coffee Pet Therapy With Joy Movie Matinee	15 10:00 Exercise 11:00 Dynseo (pub) 2:00 Manicure Monday 3:30 Word Wars 4:00 Walk 6:30 Game Time	16 9:30 News at Nine 10:00 Exercise 11:00 Dynseo (pub) 2:00 Feet to the Fire (Group 1) 3:00 Bakery 4:00 Walk	17 10:00 Exercise 11:00 Dynseo (pub) 2:30 Adult Coloring 3:00 Bingo 6:00 Community Movie Night	18 10:00 Exercise 11:00 Dynseo (pub) 2:30 Popcorn and Coffee (pub) 3:00 Tom Kastle 6:00 Adult Coloring	19 10:15 Catholic Church 11:00 Resident-Led Walk 2:00 Peach Ice Cream Social 4:00 Walk 6:30 Friday Night Movie	20 10:15 Exercise/Dynseo Donuts and Coffee 2:00 Ice Cream Social 4:00 Adult Coloring
21 10:15 Exercise/Dynseo Donuts and Coffee Pet Therapy With Joy Movie Matinee	22 10:00 Exercise 11:00 Dynseo (pub) 2:00 Manicure Monday 3:30 Word Wars 4:00 Walk 6:30 Game Time	23 9:30 News at Nine 10:00 Exercise 11:00 Dynseo (pub) 2:00 Feet to the Fire (Group 1) 3:00 Game Time 4:00 Walk	24 Amelia Earhart Day 10:00 Exercise 11:00 Dynseo (pub) 1:30 Amelia Earhart 2:30 Adult Coloring 3:00 Bingo 6:00 Community Movie Night	25 10:00 Exercise 11:00 Dynseo (pub) 2:30 Popcorn and Coffee (pub) 3:00 Chuck Ripp 6:00 Evening Puzzles	26 Culinarians Day 10:15 Catholic Church 11:00 Resident-Led Walk 2:00 Demo Surprise 4:00 Walk 6:30 Friday Night Movie	27 Chocolate Milk Day 10:15 Exercise/Dynseo Donuts and Chocolate Milk 2:00 Puzzles 4:00 Adult Coloring
28 10:15 Exercise/Dynseo Donuts and Coffee Pet Therapy With Joy Movie Matinee	29 10:00 Exercise 11:00 Dynseo (pub) 2:00 Manicure Monday 3:30 Word Wars 4:00 Walk 6:30 Game Time	30 9:30 News at Nine 10:00 Exercise 11:00 Dynseo (pub) 2:00 Feet to the Fire (Group 1) 3:00 Intergenerational bracelets 4:00 Walk	31 10:00 Exercise 11:00 Dynseo (pub) 2:30 Adult Coloring 3:00 Bingo 6:00 Community Movie Night	 <div style="text-align: right;"> <h3>Celebrating Wisconsin Lakes &amp; Landmarks</h3> </div>		

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

Musical Activity    Happy Hour  
Celebrate Wisconsin    Exercise