

# September

## Heritage Monona Assisted Living Life Enrichment Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:15 Exercise/Dynseo Donuts and Coffee 11:00 Resident-Led Walk 1:30 Puzzle 2:30 Adult Coloring 6:00 Bird watching (Patio)	Labor Day 2 10:00 Exercise Current Events 11:00 Dynseo Trivia (Pub) OR Resident-Led Walk 1:30 Movie Matinee 6:00 Core Exercise Video	3 10:00 Exercise Current Events 11:00 Dynseo Trivia (Pub) OR Resident-Led Walk 1:30 Games 2:00 Feet To the Fire 3:00 Bingo Bucks 4:00 Resident-Led Walk 6:00 Core Exercise Video	4 10:00 Exercise Current Events 11:00 Dynseo Trivia (Pub) OR Resident-Led Walk 1:30 Games 3:00 Happy Hour 4:00 Resident-Led Walk 6:00 Core Exercise Video	5 10:00 Exercise Current Events 11:00 Dynseo (Pub) 1:30 Balloon Volleyball 2:30 Popcorn and Coffee (Pub) 3:00 Kane and Walker 6:00 Core Exercise Video	National Grandparents Day 6 10:00 Catholic Church 11:00 Resident-Led Walk 1:00 Craft Day-TBA 2:00 Cheese Pizza Social 4:00 Walk 6:00 Core Exercise Video	National Hug Your Hound Day 7 10:00 Coffee and Donuts 10:15 Exercise (Pub) 11:00 Dynseo Trivia (Pub) OR Resident-Led Walk 1:30 Resident-Led Table Top Games in activity room 4:00 Resident-Led Walk 6:00 Drinks (Patio)
8 10:15 Exercise/Dynseo Donuts and Coffee 11:00 Resident-Led Walk 1:30 Puzzle 2:30 Adult Coloring 6:00 Bird watching (Patio)	9 10:00 Exercise Current Events 11:00 Dynseo Trivia (Pub) OR Resident-Led Walk 1:30 Ferry Ride & Ice Cream 6:00 Core Exercise Video	10 10:00 Exercise Current Events 11:00 Dynseo Trivia (Pub) OR Resident-Led Walk 1:00 Resident Council 2:00 Feet To the Fire 3:00 Bingo Bucks 4:00 Resident-Led Walk 6:00 Core Exercise Video	11 10:00 Exercise Current Events 11:00 Dynseo Trivia (Pub) OR Resident-Led Walk 1:30 Games 3:00 Happy Hour 4:00 Resident-Led Walk 6:00 Core Exercise Video	12 10:00 Exercise Current Events 10:30 Lutheran Church Service 11:00 Dynseo (Pub) 1:30 Balloon Volleyball 2:30 Popcorn and Coffee (Pub) 3:00 Cliff Frederickson 6:00 Core Exercise Video	13 10:00 Catholic Church 11:00 Resident-Led Walk 2:00 Tailgate Kick-Off 4:00 Walk 6:00 Core Exercise Video	14 10:00 Coffee and Donuts 10:15 Exercise (Pub) 11:00 Dynseo Trivia (Pub) OR Resident-Led Walk 1:30 Resident-Led Table Top Games in activity room 4:00 Resident-Led Walk 6:00 Drinks (Patio)
15 10:15 Exercise/Dynseo Donuts and Coffee 11:00 Resident-Led Walk 1:30 Puzzle 2:30 Adult Coloring 6:00 Bird watching (Patio)	16 10:00 Exercise Current Events 11:00 Dynseo Trivia (Pub) OR Resident-Led Walk 1:30 Movie Matinee 6:00 Core Exercise Video	17 10:00 Exercise Current Events 11:00 Dynseo Trivia (Pub) OR Resident-Led Walk 1:30 Games 2:00 Feet To the Fire 3:00 Bingo Bucks 4:00 Resident-Led Walk 6:00 Core Exercise Video	18 11:00 Dynseo Trivia (Pub) OR Resident-Led Walk 1:30 Games 3:00 Happy Hour 4:00 Resident-Led Walk 6:00 Core Exercise Video	19 10:00 Exercise Current Events 11:00 Dynseo (Pub) 1:30 Balloon Volleyball 2:30 Popcorn and Coffee (Pub) 3:00 Dean's Blue Country 6:00 Core Exercise Video	Oktoberfest Begins 20 10:00 Catholic Church 11:00 Resident-Led Walk 1:00 Craft Day-TBA 2:00 Oktoberfest Social 4:00 Walk 6:00 Core Exercise Video	21 10:00 Coffee and Donuts 10:15 Exercise (Pub) 11:00 Dynseo Trivia (Pub) OR Resident-Led Walk 1:30 Resident-Led Table Top Games in activity room 4:00 Resident-Led Walk 6:00 Drinks (Patio)
22 10:15 Exercise/Dynseo Donuts and Coffee 11:00 Resident-Led Walk 1:30 Puzzle 2:30 Adult Coloring 6:00 Bird watching (Patio)	23 10:00 Exercise Current Events 11:00 Dynseo Trivia (Pub) OR Resident-Led Walk 1:30 Dollar Store/Arboretum Drive 6:00 Core Exercise Video	24 10:00 Exercise Current Events 11:00 Dynseo Trivia (Pub) OR Resident-Led Walk 1:30 Games 2:00 Feet To the Fire 3:00 Bingo Bucks 4:00 Resident-Led Walk 6:00 Core Exercise Video	25 10:00 Exercise Current Events 11:00 Dynseo Trivia (Pub) OR Resident-Led Walk 1:30 Games 3:00 Happy Birthday Hour 4:00 Resident-Led Walk 6:00 Core Exercise Video	26 10:00 Exercise Current Events 11:00 Dynseo (Pub) 1:30 Balloon Volleyball 2:30 Popcorn and Coffee (Pub) 3:00 Chuck Ripp 6:00 Core Exercise Video	27 10:00 Catholic Church 11:00 Resident-Led Walk 2:00 National Dumpling Social 4:00 Walk 6:00 Core Exercise Video	28 10:00 Coffee and Donuts 10:15 Exercise (Pub) 11:00 Dynseo Trivia (Pub) OR Resident-Led Walk 1:30 Resident-Led Table Top Games in activity room 4:00 Resident-Led Walk 6:00 Drinks (Patio)
29 10:15 Exercise/Dynseo Donuts and Coffee 11:00 Resident-Led Walk 1:30 Puzzle 2:30 Adult Coloring 6:00 Bird watching (Patio)	30 10:00 Exercise Current Events 11:00 Dynseo Trivia (Pub) OR Resident-Led Walk 1:30 Movie Matinee 6:00 Core Exercise Video	<p><i>Celebrating Wisconsin Sports</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