



November

Heritage Monona Assisted Living Life Enrichment Calendar

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|--|---|---|---|
|  | | Celebrating Wisconsin's Heroes | Happy Birthday Helen M. – 11/1 Janet A. – 11/5 Catherine H. – 11/8 Kate M. – 11/8 Mary H. – 11/25 Cecilia B. – 11/28  | | | |
| 3 10:15 Exercise/Dynseo Donuts and Coffee 11:00 Resident-Led Walk 1:30 Puzzle 2:30 Adult Coloring 3:25 Packers Vs Chargers | 4 10:00 Exercise Current Events 11:00 Dynseo Trivia in the Pub OR Resident-Led Walk 1:30 One-on-One Assessments 6:00 Core Exercise Video | 5 10:00 Exercise Current Events 11:00 Dynseo Trivia in the Pub OR Resident-Led Walk 1:30 One-on-One Assessments 2:00 Feet To the Fire 3:00 Bingo Bucks 6:00 Core Exercise Video | 6 10:00 Exercise Current Events 11:00 Dynseo Trivia in the Pub OR Resident-Led Walk 1:30 One-on-One Assessments 3:00 Happy Hour 6:00 Core Exercise Video | 7 10:00 Exercise Current Events 11:00 Dynseo (pub) 1:30 One-on-One Assessments 2:30 Popcorn and Coffee (pub) 3:00 Music in Monona: Gemini Entertainment 6:00 Core Exercise Video | 8 10:15 Catholic Church 11:00 Resident-Led Walk 2:00 Social 4:00 Walk 6:00 Core Exercise Video | 9 10:00 Coffee and Donuts 10:15 Exercise in the Pub 11:00 Dynseo Trivia in the Pub OR Resident-Led Walk 1:30 Resident-Led Table Top Games in activity room 4:00 Resident-Led Walk 6:00 Movie Fright Night |
| 10 10:15 Exercise/Dynseo Donuts and Coffee 11:00 Resident-Led Walk 1:30 Puzzle 2:30 Adult Coloring 3:25 Packers Vs Panthers | 11 Veterans Day 10:00 Exercise Current Events 11:00 Dynseo Trivia in the Pub OR Resident-Led Walk 1:30 Movie Matinee 2:00 Celebrate Veterans: Red, White and Blue Sundaes 6:00 Core Exercise Video | 12 10:00 Exercise Current Events 11:00 Dynseo Trivia in the Pub OR Resident-Led Walk 1:00 Resident Council 2:00 Feet To the Fire 3:00 Bingo Bucks 6:00 Core Exercise Video | 13 10:00 Exercise Current Events 11:00 Dynseo Trivia in the Pub OR Resident-Led Walk 1:30 Games or Baking 3:00 Happy Hour 6:00 Core Exercise Video | 14 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 Music in Monona: Dean's Blue Country 6:00 Core Exercise Video | 15 10:15 Catholic Church 11:00 Resident-Led Walk 1:00 Craft Day 2:00 Social 4:00 Walk 6:00 Core Exercise Video | 16 10:00 Coffee and Donuts 10:15 Exercise in the Pub 1:30 Resident-Led Table Top Games in activity room 4:00 Resident-Led Walk 6:00 Movie Fright Night TBA Badgers VS Nebraska |
| 17 10:15 Exercise/Dynseo Donuts and Coffee 11:00 Resident-Led Walk 1:30 Puzzle 2:30 Adult Coloring 6:00 Get to Know Your Neighbor | 18 10:00 Exercise Current Events 11:00 Dynseo Trivia in the Pub OR Resident-Led Walk 1:30 Wine Tasting (Beer or Coffee) 6:00 Core Exercise Video | 19 10:00 Exercise Current Events 11:00 Dynseo Trivia in the Pub OR Resident-Led Walk 1:30 Games 2:00 Feet To the Fire 3:00 Bingo Bucks 6:00 Core Exercise Video | 20 10:00 Exercise Current Events 11:00 Dynseo Trivia in the Pub OR Resident-Led Walk 1:30 Bakery: Laura Ingalls Wilder 3:00 Happy Hour 6:00 Core Exercise Video | 21 10:00 Exercise Current Events 11:00 Dynseo (pub) 1:30 Balloon Volleyball 2:30 Popcorn and Coffee (pub) Holiday Shop For A Cause Preparation 6:00 Core Exercise Video | 22 10:15 Catholic Church 11:00 Resident-Led Walk 1:00 Craft Day 3:00 Music in Monona: Chuck Ripp 4:00 Walk 6:00 Core Exercise Video | 23 10:00 Coffee and Donuts 10:15 Exercise in the Pub 1:30 Resident-Led Table Top Games in activity room 4:00 Resident-Led Walk 6:00 Movie Fright Night TBA Badgers VS Purdue |
| 24 10:15 Exercise/Dynseo Donuts and Coffee 11:00 Resident-Led Walk 1:30 Puzzle 2:30 Adult Coloring 3:25 Packers Vs 49ers | 25 10:00 Exercise Current Events 11:00 Dynseo Trivia in the Pub OR Resident-Led Walk 1:30 Shopping-East Towne Mall 6:00 Core Exercise Video | 25 10:00 Exercise Current Events 11:00 Dynseo Trivia in the Pub OR Resident-Led Walk 1:30 Games 2:00 Feet To the Fire 3:00 Bingo Bucks 6:00 Core Exercise Video | 27 10:00 Exercise Current Events 11:00 Dynseo Trivia in the Pub OR Resident-Led Walk 1:30 Games or Baking 3:00 Birthday Happy Hour 6:00 Core Exercise Video | 28 Thanksgiving 10:00 Exercise Current Events 11:00 Dynseo (pub) 1:30 Balloon Volleyball 2:30 Popcorn and Coffee (pub) 6:00 Core Exercise Video | 29 10:15 Catholic Church 11:00 Resident-Led Walk 2:00 Social 4:00 Walk 6:00 Core Exercise Video | 30 10:00 Coffee and Donuts 10:15 Exercise in the Pub 1:30 Resident-Led Table Top Games in activity room 4:00 Resident-Led Walk 6:00 Movie Fright Night TBA Badgers VS Minnesota |

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

Musical Activity Social Event
Social Active Games