



# November

## Heritage Monona Enhanced First Floor Life Enrichment Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<i>Celebrating Wisconsin's Heroes</i>		<b>Happy Birthday</b>  Mary K. 11/1 Shirley T. 11/6 Thelma J. 11/13 Carol N. 11/23  Inda H. 11/24 Ginny W. 11/26 Margaret S. 11/29 		<sup>1</sup> <b>10:15</b> Catholic Church <b>11:00</b> Resident-Led Walk <b>2:00</b> Paul Bunyan Flannel Lumberjack/Pancake Social <b>4:00</b> Walk <b>6:30</b> Friday Night Movie	<sup>2</sup> <b>10:15</b> Exercise/Dynseo Donuts and Coffee in Pub <b>2:00</b> Puzzles <b>4:00</b> Adult Coloring
<sup>3</sup> <b>Daylight Saving Ends</b> <b>10:15</b> Exercise/Dynseo Donuts and Coffee in Pub <b>2:00</b> Puzzles <b>4:00</b> Adult Coloring	<sup>4</sup> <b>10:00</b> Exercise <b>11:00</b> Dynseo (pub) <b>2:00</b> Manicure Monday <b>3:30</b> Word Wars <b>4:00</b> Walk <b>6:30</b> Game Time	<sup>5</sup> <b>9:30</b> News at Nine <b>10:00</b> Exercise <b>11:00</b> Culver's Outing <b>1:30</b> Untold History of the United States Documentary-Mac Arthur <b>2:00</b> Feet to the Fire (Group 1) <b>3:00</b> Bakery: Peanut Butter Day <b>4:00</b> Walk	<sup>6</sup> <b>10:00</b> Exercise <b>11:00</b> Dynseo (pub) <b>1:30</b> Resident Council Meeting <b>2:30</b> Adult Coloring <b>3:00</b> Bingo <b>6:00</b> Community Movie Night	<sup>7</sup> <b>10:00</b> Exercise <b>11:00</b> Dynseo (pub) <b>2:30</b> Popcorn and Coffee (pub) <b>3:00</b> Music in Monona: Gemini Entertainment <b>6:00</b> Adult Coloring	<sup>8</sup> <b>10:15</b> Catholic Church <b>11:00</b> Resident-Led Walk <b>2:00</b> Cook Something Bold Social <b>4:00</b> Walk <b>6:30</b> Friday Night Movie	<sup>9</sup> <b>10:15</b> Exercise/Dynseo Donuts and Coffee in Pub <b>2:00</b> Puzzles <b>4:00</b> Adult Coloring
<sup>10</sup> <b>10:15</b> Exercise/Dynseo Donuts and Coffee in Pub <b>2:00</b> Puzzles <b>4:00</b> Adult Coloring	<sup>11</sup> <b>Veterans Day</b> <b>10:00</b> Exercise <b>11:00</b> Dynseo (pub) <b>2:00</b> Celebrate Veterans: Red, White and Blue Sundaes <b>3:30</b> Word Wars <b>4:00</b> Walk <b>6:30</b> Game Time	<sup>12</sup> <b>9:30</b> News at Nine <b>10:00</b> Exercise <b>11:00</b> Dynseo (pub) <b>2:00</b> Feet to the Fire (Group 1) <b>3:00</b> Bakery: Laura Ingalls Wilder <b>4:00</b> Walk	<sup>13</sup> <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	<sup>14</sup> <b>10:00</b> Exercise <b>11:00</b> Dynseo (pub) <b>2:30</b> Popcorn and Coffee (pub) <b>3:00</b> Music in Monona: Dean's Blue Country <b>6:00</b> Adult Coloring	<sup>15</sup> <b>10:15</b> Catholic Church <b>11:00</b> Resident-Led Walk <b>2:00</b> Homemade Bread Day <b>4:00</b> Walk <b>6:30</b> Friday Night Movie	<sup>16</sup> <b>10:15</b> Exercise/Dynseo Donuts and Coffee in Pub <b>2:00</b> Puzzles <b>4:00</b> Adult Coloring
<sup>17</sup> <b>10:15</b> Exercise/Dynseo Donuts and Coffee in Pub <b>2:00</b> Puzzles <b>4:00</b> Adult Coloring	<sup>18</sup> <b>10:00</b> Exercise <b>11:00</b> Dynseo (pub) <b>2:00</b> Manicure Monday <b>3:30</b> Word Wars <b>4:00</b> Walk <b>6:30</b> Game Time	<sup>19</sup> <b>9:30</b> News at Nine <b>10:00</b> Exercise <b>11:00</b> Dynseo (pub) <b>2:00</b> Feet to the Fire (Group 1) <b>3:00</b> Bakery: Laura Ingalls Wilder <b>4:00</b> Walk	<sup>20</sup> <b>10:00</b> Exercise <b>11:00</b> Dynseo (pub) <b>1:30</b> Monthly Birthday Party <b>2:30</b> Adult Coloring <b>3:00</b> Bingo <b>6:00</b> Community Movie Night	<sup>21</sup> <b>10:00</b> Exercise <b>11:00</b> Dynseo (pub) <b>2:30</b> Popcorn and Coffee (pub) <b>Holiday Shop For A Cause Preparation</b>	<sup>22</sup> <b>10:15</b> Catholic Church <b>11:00</b> Resident-Led Walk <b>3:00</b> Music in Monona: Chuck Ripp <b>4:00</b> Walk	<sup>23</sup> <b>10:15</b> Exercise/Dynseo Donuts and Coffee in Pub <b>2:00</b> Puzzles <b>4:00</b> Adult Coloring
<sup>24</sup> <b>10:15</b> Exercise/Dynseo Donuts and Coffee in Pub <b>2:00</b> Puzzles <b>4:00</b> Adult Coloring	<sup>25</sup> <b>10:00</b> Exercise <b>11:00</b> Dynseo (pub) <b>2:00</b> Manicure Monday <b>3:30</b> Word Wars <b>4:00</b> Walk <b>6:30</b> Game Time	<sup>25</sup> <b>9:30</b> News at Nine <b>10:00</b> Exercise <b>11:00</b> Dynseo (pub) <b>2:00</b> Feet to the Fire (Group 1) <b>3:00</b> Bakery: Pecan Pie Social <b>4:00</b> Walk	<sup>27</sup> <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	<sup>28</sup> <b>Thanksgiving</b> <b>10:00</b> Exercise and Stretching (Pub) <b>11:00</b> Dynseo (Pub) <b>1:30</b> Charlie Brown's Thanksgiving with Popcorn (Pub) <b>2:00</b> Thankful Leaves	<sup>29</sup> <b>10:15</b> Catholic Church <b>11:00</b> Resident-Led Walk <b>2:00</b> National French Toast Day-French Toast Stick Social <b>4:00</b> Walk <b>6:30</b> Friday Night Movie	<sup>30</sup> <b>10:15</b> Exercise/Dynseo Donuts and Coffee in Pub <b>2:00</b> Puzzles <b>4:00</b> Adult Coloring

\*All activities are subject to change when necessary

Residents' families are invited to participate in community events.

Musical Activity  
Celebrate Wisconsin

Social Event  
Active Games