



# February

## Heritage Monona Assisted Living Life Enrichment Calendar

### Special Events

Valentine's Day Social February 14 at 2 p.m. (Pub)  
Mardi Gras Social February 28 at 2 p.m. (Pub)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1 style="font-size: 2em;">I Heart Wisconsin</h1>				<h2>Happy Birthday</h2> <p>Ralph G. – 2/3 Jim K. – 2/5</p>  <p>Margaret H. – 2/11 Jean F. – 2/26</p>		<p><b>10:00</b> Coffee and Donuts <b>10:15</b> Exercise/Dynseo (Pub) <b>1:30</b> Crossword Puzzle (Activity Room)** <b>4:00</b> Walk** <b>6:00</b> "Flexability" Exercise Video</p>
2	3	4	5	6	7	8
<p><b>10:00</b> Coffee and Donuts <b>10:15</b> Exercise/Dynseo <b>2:00</b> Puzzles <b>4:00</b> Adult Coloring <b>6:00</b> "Arms" Exercise Video</p>	<p><b>10:00</b> Exercise Current Events <b>11:00</b> Dynseo Trivia (Pub) <b>OR</b> Walk** <b>1:30</b> Movie Matinee <b>3:00</b> Manicure Monday <b>6:00</b> "Core" Exercise Video <b>6:00</b> Bible Study Group (EC2)</p>	<p><b>10:00</b> Exercise Current Events <b>11:00</b> Dynseo Trivia (Pub) <b>OR</b> Walk** <b>1:30</b> Games <b>2:00</b> Feet To the Fire <b>3:00</b> Bingo Bucks <b>6:00</b> "Back" Exercise Video</p>	<p><b>10:00</b> Exercise Current Events <b>11:00</b> Dynseo Trivia (Pub) <b>OR</b> Walk** <b>1:30</b> Games or Baking <b>3:00</b> Happy Hour <b>6:00</b> "Hips" Exercise Video</p>	<p><b>10:00</b> Exercise Current Events <b>11:00</b> Dynseo Trivia (Pub) <b>OR</b> Walk** <b>1:30</b> Balloon Volleyball <b>2:30</b> Popcorn and Coffee (Pub) <b>3:00</b> Music in Monona: Tom Castle <b>6:00</b> "Posture" Exercise Video</p>	<p><b>10:15</b> Catholic Church <b>11:00</b> Walk** <b>1:30</b> Craft-Woodworking <b>4:00</b> Walk** <b>6:00</b> "Balance" Exercise Video</p>	<p><b>10:00</b> Coffee and Donuts <b>10:15</b> Exercise/Dynseo (Pub) <b>1:30</b> Crossword Puzzle (Activity Room)** <b>4:00</b> Walk** <b>6:00</b> "Flexability" Exercise Video</p>
9	10	11	12	13	14	15
<p><b>10:00</b> Coffee and Donuts <b>10:15</b> Exercise/Dynseo <b>2:00</b> Puzzles <b>4:00</b> Adult Coloring <b>6:00</b> "Arms" Exercise Video</p>	<p><b>10:00</b> Exercise Current Events <b>11:00</b> Dynseo Trivia (Pub) <b>OR</b> Walk** <b>1:30</b> Movie Matinee <b>3:00</b> Manicure Monday <b>6:00</b> "Core" Exercise Video <b>6:00</b> Bible Study Group (EC2)</p>	<p><b>10:00</b> Exercise Current Events <b>11:00</b> Dynseo Trivia (Pub) <b>OR</b> Walk** <b>1:00</b> Resident Council <b>2:00</b> Feet To the Fire <b>3:00</b> Bingo Bucks <b>6:00</b> "Back" Exercise Video</p>	<p><b>10:00</b> Exercise Current Events <b>11:00</b> Dynseo Trivia (Pub) <b>OR</b> Walk** <b>1:30</b> Games or Baking <b>3:00</b> Happy Hour <b>6:00</b> "Hips" Exercise Video</p>	<p><b>10:00</b> Exercise Current Events <b>11:00</b> Dynseo Trivia (Pub) <b>OR</b> Walk** <b>10:30</b> Lutheran Church Service <b>1:30</b> Balloon Volleyball <b>2:30</b> Popcorn and Coffee (Pub) <b>3:00</b> Music in Monona: Gemini <b>6:00</b> "Posture" Exercise Video</p>	<p style="text-align: center;">Valentine's Day</p> <p><b>10:15</b> Catholic Church <b>11:00</b> Walk** <b>2:00</b> Valentine's Day Social <b>4:00</b> Walk** <b>6:00</b> "Balance" Exercise Video</p>	<p><b>10:00</b> Coffee and Donuts <b>10:15</b> Exercise/Dynseo (Pub) <b>1:30</b> Crossword Puzzle (Activity Room)** <b>4:00</b> Walk** <b>6:00</b> "Flexability" Exercise Video</p>
16	17	18	19	20	21	22
<p><b>10:00</b> Coffee and Donuts <b>10:15</b> Exercise/Dynseo <b>2:00</b> Puzzles <b>4:00</b> Adult Coloring <b>6:00</b> "Arms" Exercise Video</p>	<p><b>10:00</b> Exercise Current Events <b>11:00</b> Dynseo Trivia (Pub) <b>OR</b> Walk** <b>1:30</b> Movie Matinee <b>3:00</b> Manicure Monday <b>6:00</b> "Core" Exercise Video <b>6:00</b> Bible Study Group (EC2)</p>	<p><b>10:00</b> Exercise Current Events <b>11:00</b> Dynseo Trivia (Pub) <b>OR</b> Walk** <b>1:30</b> Games <b>2:00</b> Feet To the Fire <b>3:00</b> Bingo Bucks Store <b>6:00</b> "Back" Exercise Video</p>	<p><b>10:00</b> Exercise Current Events <b>11:00</b> Dynseo Trivia (Pub) <b>OR</b> Walk** <b>1:30</b> Games or Baking <b>3:00</b> Happy Hour <b>6:00</b> "Hips" Exercise Video</p>	<p><b>10:00</b> Exercise Current Events <b>11:00</b> Dynseo Trivia (Pub) <b>OR</b> Walk** <b>1:30</b> Balloon Volleyball <b>2:30</b> Popcorn and Coffee (Pub) <b>3:00</b> Music in Monona: TBA <b>6:00</b> "Posture" Exercise Video</p>	<p><b>10:15</b> Catholic Church <b>11:00</b> Walk** <b>1:30</b> Craft-Woodworking <b>4:00</b> Walk** <b>6:00</b> "Balance" Exercise Video</p>	<p><b>10:00</b> Coffee and Donuts <b>10:15</b> Exercise/Dynseo (Pub) <b>1:30</b> Crossword Puzzle (Activity Room)** <b>4:00</b> Walk** <b>6:00</b> "Flexability" Exercise Video</p>
23	24	25	26	27	28	29
<p><b>10:00</b> Coffee and Donuts <b>10:15</b> Exercise/Dynseo <b>2:00</b> Puzzles <b>4:00</b> Adult Coloring <b>6:00</b> "Arms" Exercise Video</p>	<p><b>10:00</b> Exercise Current Events <b>11:00</b> Dynseo Trivia (Pub) <b>OR</b> Walk** <b>1:30</b> Movie Matinee <b>3:00</b> Manicure Monday <b>6:00</b> "Core" Exercise Video <b>6:00</b> Bible Study Group (EC2)</p>	<p><b>10:00</b> Exercise Current Events <b>11:00</b> Dynseo Trivia (Pub) <b>OR</b> Walk** <b>1:30</b> Games <b>2:00</b> Feet To the Fire <b>3:00</b> Bingo Bucks <b>6:00</b> "Back" Exercise Video</p>	<p><b>10:00</b> Exercise Current Events <b>11:00</b> Dynseo Trivia (Pub) <b>OR</b> Walk** <b>1:30</b> Games or Baking <b>3:00</b> Happy Birthday Hour <b>6:00</b> "Hips" Exercise Video</p>	<p><b>10:00</b> Exercise Current Events <b>11:00</b> Dynseo Trivia (Pub) <b>OR</b> Walk** <b>1:30</b> Balloon Volleyball <b>2:30</b> Popcorn and Coffee (Pub) <b>3:00</b> Music in Monona: Chuck Ripp <b>6:00</b> "Posture" Exercise Video</p>	<p><b>10:15</b> Catholic Church <b>11:00</b> Walk** <b>2:00</b> Mardi Gras Social <b>4:00</b> Walk** <b>6:00</b> "Balance" Exercise Video</p>	<p><b>10:00</b> Coffee and Donuts <b>10:15</b> Exercise/Dynseo (Pub) <b>1:30</b> Crossword Puzzle (Activity Room)** <b>4:00</b> Walk** <b>6:00</b> "Flexability" Exercise Video</p>

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

Musical Performance

Happy Hour

Spiritual Service