


# January 2019

## Heritage Muskego Memory Care Life Enrichment Calendar

### Recurring Activities Current Events and Exercise Every Morning Walking Club Saturday Afternoons

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 <b>Morning</b> Current Events <b>Morning Exercise</b> Dyneso Brain Fitness <b>Afternoon</b> Active Sport	2 <b>Morning</b> Current Events <b>Morning Exercise</b> Dyneso Brain Fitness <b>Afternoon</b> Active Sport Heritage Hounds Treat Making	3 <b>Morning</b> Current Events <b>Morning Exercise</b> Dyneso Brain Fitness <b>Afternoon</b> Active Sport Sensory Leisure	4 <b>Morning</b> Current Events <b>Morning Exercise</b> Dyneso Brain Fitness <b>Good Book Social (Pub)</b> <b>Afternoon</b> Active Sport	5 <b>Morning</b> Current Events Morning Stretch <b>Afternoon</b> Walking Club
6 <b>Morning</b> Current Events Morning Stretch <b>Afternoon</b> Active Sport	7 <b>Morning</b> Current Events <b>Morning Exercise</b> Dyneso Brain Fitness <b>Afternoon</b> Active Sport <b>3:00 Luthern Service with Pastor Nate (Theater)</b> Monday Movie – Theater	8 <b>Morning</b> Current Events <b>Morning Exercise</b> <b>10:00 Tupperware Party (Pub)</b> Dyneso Brain Fitness <b>Afternoon</b> Active Sport <b>2:00 Lakepoint Church Mass with Pastor Dave- Theater</b>	9 <b>Morning</b> Current Events <b>Morning Exercise</b> Dyneso Brain Fitness <b>Afternoon</b> Active Sport Sensory Leisure	10 <b>Morning</b> Current Events <b>Morning Exercise</b> Dyneso Brain Fitness <b>Afternoon</b> Active Sport Sensory Leisure	11 <b>Morning</b> Current Events <b>Morning Exercise</b> Dyneso Brain Fitness <b>Favorite Book Exchange (Donations Welcome - Pub)</b> <b>Afternoon</b> Active Sport	12 <b>Morning</b> Current Events Morning Stretch <b>Afternoon</b> Walking Club
13 <b>Morning</b> Current Events Morning Stretch <b>Afternoon</b> Fireplace Social	14 <b>Morning</b> Current Events <b>Morning Exercise</b> Dyneso Brain Fitness <b>Afternoon</b> Active Sport Monday Movie- Theater	15 <b>Morning</b> Current Events <b>Morning Exercise</b> Dyneso Brain Fitness <b>Afternoon</b> Active Sport <b>2:00 Lakepoint Church Mass with Pastor Dave- Theater</b>	16 <b>Morning</b> Current Events <b>Morning Exercise</b> Dyneso Brain Fitness <b>Afternoon</b> Active Sport Heritage Hound Treat Baking	17 <b>Morning</b> Current Events <b>Morning Exercise</b> Dyneso Brain Fitness <b>Afternoon</b> Active Sport Sensory Leisure	18 <b>Morning</b> Current Events <b>Morning Exercise</b> Dyneso Brain Fitness <b>Muskego Library History (Pub)</b> <b>Afternoon</b> Active Sport	19 <b>Morning</b> Current Events Morning Stretch <b>Afternoon</b> Walking Club
20 <b>Morning</b> Current Events Morning Stretch Dyneso Brain Fitness <b>Afternoon</b> Creative Craft	21 <b>Morning</b> Current Events <b>Morning Exercise</b> Dyneso Brain Fitness <b>Afternoon</b> Active Sport <b>3:00 Luthern Service with Pastor Johnson -Theater</b>	22 <b>Morning</b> Current Events <b>Morning Exercise</b> Dyneso Brain Fitness <b>Afternoon</b> Active Sport <b>2:00 Lakepoint Church Mass with Pastor Dave- Theater</b>	23 <b>Morning</b> Current Events <b>Morning Exercise</b> Dyneso Brain Fitness <b>Afternoon</b> Active Sport Sensory Leisure	24 <b>Morning</b> Current Events <b>Morning Exercise</b> Dyneso Brain Fitness <b>12:00 "Book Worm" Dirt Cake - Lunch</b> <b>Afternoon</b> Active Sport Sensory Leisure	25 <b>Morning</b> Current Events <b>Morning Exercise</b> Dyneso Brain Fitness <b>Top 10 Wisconsin Authors Life Long Learning(Pub)</b> <b>Afternoon</b> Active Sport	26 <b>Morning</b> Current Events Morning Stretch <b>Afternoon</b> Walking Club
27 <b>Morning</b> Current Events Morning Stretch <b>Afternoon</b> Fireplace Social	28 <b>Morning</b> Current Events <b>Morning Exercise</b> Dyneso Brain Fitness <b>Afternoon</b> Active Sport Monday Movie- Theater	29 <b>Morning</b> Current Events <b>Morning Exercise</b> Dyneso Brain Fitness <b>Afternoon</b> Active Sport <b>2:00 Lakepoint Church Mass with Pastor Dave- Theater</b>	30 <b>Morning</b> Current Events <b>Morning Exercise</b> Dyneso Brain Fitness <b>Afternoon</b> Active Sport Heritage Hound Treat Baking	31 <b>Morning</b> Current Events <b>Morning Exercise</b> Dyneso Brain Fitness <b>12:00 Alphabet Action Station – Lunch</b> <b>Afternoon</b> Active Sport Sensory Leisure		

\*All activities are subject to change when necessary

Residents' families are invited to participate in community events.

Special Event    Spiritual Event  
Celebrate Wisconsin    Exercise