## March

## **Heritage Muskego Memory Care Life Enrichment Calendar**

## **Recurring Activities**

Current Events and Exercise Every Morning Walking Club Saturday Afternoons

			) A	I		Call ada
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		sconsin h & Fitness			Morning Current Events Morning Exercise Dyneso Brain Fitness Fitness Social Afternoon Active Sport	Morning Current Events  Morning Stretch  Afternoon Walking Club
Morning Current Events	Morning Current Events	4 Fat Tuesday/Mardi Gras Morning Current Events	Ash Wednesday/Lent Begins 6 Morning Current Events	7 Morning Current Events	Morning Current Events	8 Morning Current Events
Morning Stretch	Morning Exercise	Morning Exercise	Morning Exercise	Morning Exercise	Morning Exercise	Morning Stretch
Afternoon Social	Dyneso Brain Fitness	Dyneso Brain Fitness	Dyneso Brain Fitness	Dyneso Brain Fitness	Dyneso Brain Fitness	Afternoon Walking Club
Arternoon social	Afternoon Active Sport	10:00 History of the Paczki:	Afternoon Active Sport	Afternoon Active Sport	Diet Fads	Arterioon Walking Club
	3:00 Lutheran Service with	Come Enjoy	Heritage Hounds Treat Making	Sensory Leisure	Afternoon Active Sport	
	Pastor Nate (Theater)	Afternoon Active Sport	Trefftage floatings freat Waking	Sensory Leisure	Anternoon Active Spore	
	Monday Movie – Theater					
Daylight Savings Ends 10	<u>'</u>	11 1	2 13	National Pi Day 14		15 10
Morning Current Events	Morning Current Events	Morning Current Events	Morning Current Events	Morning Current Events	Morning Current Events	Morning Current Events
Morning Stretch	Morning Exercise	Morning Exercise	Morning Exercise	Morning Exercise	Morning Exercise	Morning Stretch
Afternoon Social	Dyneso Brain Fitness	Dyneso Brain Fitness	Dyneso Brain Fitness	Dyneso Brain Fitness	Dyneso Brain Fitness	Afternoon Walking Club
	Afternoon Active Sport	Afternoon Active Sport 2:00 Lakepoint Church Mass with	Afternoon Active Sport	Afternoon Active Sport	Strength and Balance	
	Monday Movie- Theater	Pastor Dave- Theater	Sensory Leisure	Sensory Leisure	Afternoon Active Sport	
				<b>2:30</b> St. Patrick Party with Celtic Music by Michael Tiern- Pub		
St. Patrick's Day 17		18 1	9 20	21		22 2:
Morning Current Events	Morning Current Events	Morning Current Events	Morning Current Events	Morning Current Events	Morning Current Events	Morning Current Events
Morning Stretch	Morning Exercise	Morning Exercise	Morning Exercise	Morning Exercise	Morning Exercise	Morning Stretch
Afternoon Social	Dyneso Brain Fitness	Dyneso Brain Fitness	<b>10:00</b> Voting- Pub	Dyneso Brain Fitness	Dyneso Brain Fitness	Afternoon Walking Club
	Afternoon Active Sport	Afternoon Active Sport	Dyneso Brain Fitness	12:00Heart Health Action Station	Benefits of Water	
	3:00 Lutheran Service with	CONTRACTOR A	Afternoon Active Sport	Afternoon Active Sport	Afternoon Active Sport	
	Pastor Johnson -Theater		Heritage Hound Treat Baking	Sensory Leisure	2:00 Town Hall	
24		25 2		4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4		29 30
Morning Current Events	Morning Current Events	Morning Current Events	Morning Current Events	Morning Current Events	Morning Current Events	Morning Current Events
Morning Stretch	Morning Exercise	Morning Exercise	Morning Exercise	Morning Exercise	Morning Exercise	Morning Stretch
Afternoon Social	Dyneso Brain Fitness	Dyneso Brain Fitness	Dyneso Brain Fitness	Dyneso Brain Fitness	Dyneso Brain Fitness	Afternoon Walking Club
31	Afternoon Active Sport	Afternoon Active Sport	Afternoon Active Sport	Afternoon Active Sport	Healthy Eating	
Morning Current Events	Monday Movie- Theater	2:00 Tupperware Party- Pub	Sensory Leisure	Sensory Leisure	Afternoon Active Sport	
Morning Stretch		2:00 Lakepoint Church Mass with Pastor Dave- Theater		7/12		
Afternoon Social		r astor Dave- Meater			İ	

<sup>\*</sup>All activities are subject to change when necessary Residents' families are invited to participate in community events.

Musical Activity

Special Event Spiritual Event

Celebrate Wisconsin

Exercise