


# March

## 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	
		<h1>Wisconsin Health &amp; Fitness</h1>				<b>Morning</b> Current Events <a href="#">Morning Exercise</a> Dyneso Brain Fitness <a href="#">Fitness Social</a> <b>Afternoon</b> Active Sport	<b>Morning</b> Current Events Morning Stretch <b>Afternoon</b> Walking Club
<b>Morning</b> Current Events Morning Stretch <b>Afternoon</b> Social	<b>Morning</b> Current Events <a href="#">Morning Exercise</a> Dyneso Brain Fitness <b>Afternoon</b> Active Sport <b>3:00 Lutheran Service with Pastor Nate (Theater)</b> Monday Movie – Theater	<b>Fat Tuesday/Mardi Gras</b> <b>Morning</b> Current Events <a href="#">Morning Exercise</a> Dyneso Brain Fitness <b>10:00 History of the Paczki: Come Enjoy</b> <b>Afternoon</b> Active Sport	<b>Ash Wednesday/Lent Begins</b> <b>Morning</b> Current Events <a href="#">Morning Exercise</a> Dyneso Brain Fitness <b>Afternoon</b> Active Sport Heritage Hounds Treat Making	<b>Morning</b> Current Events <a href="#">Morning Exercise</a> Dyneso Brain Fitness <b>Afternoon</b> Active Sport Sensory Leisure	<b>Morning</b> Current Events <a href="#">Morning Exercise</a> Dyneso Brain Fitness <a href="#">Diet Fads</a> <b>Afternoon</b> Active Sport	<b>Morning</b> Current Events Morning Stretch <b>Afternoon</b> Walking Club	
<b>Daylight Savings Ends</b> <b>Morning</b> Current Events Morning Stretch <b>Afternoon</b> Social	<b>Morning</b> Current Events <a href="#">Morning Exercise</a> Dyneso Brain Fitness <b>Afternoon</b> Active Sport Monday Movie- Theater	<b>Morning</b> Current Events <a href="#">Morning Exercise</a> Dyneso Brain Fitness <b>Afternoon</b> Active Sport <b>2:00 Lakepoint Church Mass with Pastor Dave- Theater</b>	<b>Morning</b> Current Events <a href="#">Morning Exercise</a> Dyneso Brain Fitness <b>Afternoon</b> Active Sport Sensory Leisure	<b>National Pi Day</b> <b>Morning</b> Current Events <a href="#">Morning Exercise</a> Dyneso Brain Fitness <b>Afternoon</b> Active Sport Sensory Leisure <b>2:30 St. Patrick Party with Celtic Music by Michael Tiern- Pub</b>	<b>Morning</b> Current Events <a href="#">Morning Exercise</a> Dyneso Brain Fitness <a href="#">Strength and Balance</a> <b>Afternoon</b> Active Sport	<b>Morning</b> Current Events Morning Stretch <b>Afternoon</b> Walking Club	
<b>St. Patrick's Day</b> <b>Morning</b> Current Events Morning Stretch <b>Afternoon</b> Social	<b>Morning</b> Current Events <a href="#">Morning Exercise</a> Dyneso Brain Fitness <b>Afternoon</b> Active Sport <b>3:00 Lutheran Service with Pastor Johnson -Theater</b>	<b>Morning</b> Current Events <a href="#">Morning Exercise</a> Dyneso Brain Fitness <b>Afternoon</b> Active Sport	<b>Morning</b> Current Events <a href="#">Morning Exercise</a> <b>10:00 Voting- Pub</b> Dyneso Brain Fitness <b>Afternoon</b> Active Sport Heritage Hound Treat Baking	<b>Morning</b> Current Events <a href="#">Morning Exercise</a> Dyneso Brain Fitness <b>12:00 Heart Health Action Station</b> <b>Afternoon</b> Active Sport Sensory Leisure	<b>Morning</b> Current Events <a href="#">Morning Exercise</a> Dyneso Brain Fitness <a href="#">Benefits of Water</a> <b>Afternoon</b> Active Sport <b>2:00 Town Hall</b>	<b>Morning</b> Current Events Morning Stretch <b>Afternoon</b> Walking Club	
<b>Morning</b> Current Events Morning Stretch <b>Afternoon</b> Social	<b>Morning</b> Current Events <a href="#">Morning Exercise</a> Dyneso Brain Fitness <b>Afternoon</b> Active Sport Monday Movie- Theater	<b>Morning</b> Current Events <a href="#">Morning Exercise</a> Dyneso Brain Fitness <b>Afternoon</b> Active Sport <b>2:00 Tupperware Party- Pub</b> <b>2:00 Lakepoint Church Mass with Pastor Dave- Theater</b>	<b>Morning</b> Current Events <a href="#">Morning Exercise</a> Dyneso Brain Fitness <b>Afternoon</b> Active Sport Sensory Leisure	<b>Morning</b> Current Events <a href="#">Morning Exercise</a> Dyneso Brain Fitness <b>Afternoon</b> Active Sport Sensory Leisure	<b>Morning</b> Current Events <a href="#">Morning Exercise</a> Dyneso Brain Fitness <a href="#">Healthy Eating</a> <b>Afternoon</b> Active Sport	<b>Morning</b> Current Events Morning Stretch <b>Afternoon</b> Walking Club	
<b>Morning</b> Current Events Morning Stretch <b>Afternoon</b> Social							
<b>Morning</b> Current Events Morning Stretch <b>Afternoon</b> Social							

\*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