May

Heritage Deer Creek
Assisted Living Life Enrichment Calendar

Recurring Activities
Keepin' Fit Monday-Thursday at 11 a.m, Friday at 11:15 a.m.
Dynseo Brain Fitness Weekdays at 4 p.m. (Except 5/17)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Happy Birthday Barb G. – 5/3 John S. – 5/24 Mary M. – 5/25 Bernice B. – 5/28 **National Skilled Nursing Week May 6-9** **Theme: *Celebrating Life Stories***		**National Chocolate Parfait Day** 1 **11:00** Armchair Yoga **PH** **1:30** Spiritual Hour **PH** **2:30** The Opals Perform **PC** **4:00** Dynseo Brain Fitness **PH** **6:00** Presentation by Lucy & Chocolate Parfait Social **PC**	2 **10:00** Coffee & Donuts Social **PH** **11:00** Exercise Lessila Therapy**PH** **1:30** Derby Hats & Fascinator Crafts **LLL** **4:00** Dynseo Brain Fitness **PH** **6:00** Card Game	3 **11:00** Fun & Fitness **PH** **1:30** **Dining Room Dominoes** **2:30** Celebrating WI Architecture: BBC Documentary Frank Lloyd Wright: The Man Who Built America **4:00** Dynseo Brain Fitness **PH** **6:00** Community Bingo **PC**	4 **11:00** Boost Your Brain **LLL** **11:15** Armchair Fitness **PH** **1:30** Glamour Nails **PH** **3:00** Kentucky Lillies for the Fillies Party, w/drinks and Derby Hats/Horse Race Games **PC** **4:00** Dynseo Brain Fitness **PH** **6:00** **Table Games** **LLL**	5 **11:00** Weekend Workout **PH** **1:30** **Dining Room Dominoes** **2:30** Saturday Movie Matinee & Popcorn **PH** **4:00** Catholic Mass **IL** **6:00** **Table Games** **LLL**
6 **11:00** Weekend Workout **PH** **1:30** **Dining Room Dominoes** **2:30** Sunday Action Movie **PH** **2:45** Helping Hands Baking Club **MC1** **6:00** **Table Games** **LLL**	7 **10:00** Catholic Mass **PC** **10:00** Shopping Outing **IL** **11:00** Stretch to Keep Moving **1:30** Bingo **LLL** **2:30** Rosary **PH** **4:00** Dynseo Brain Fitness **PH** **6:00** **Table Games**LLL	**Celebrating Life Stories** 8 **10:30** Lutheran Church **PC** **11:00** Armchair Yoga **PH** **1:30 Celebrating Life Stories** 'My Favorite Home Revisted' Google Maps **PH** **2:30** The Opals Perform **PC** **4:00** Dynseo Brain Fitness **PH** **6:00** Soothing Color **MC1**	**Celebrating Life Stories** 9 **10:00** Skype with Marie in the UK Coffee & Donuts Social **PH** **11:00** Exercise Lessila Therapy**PH** **1:30 Celebrating Life Stories** Where to Begin – Write Your Story **PH** **4:00** Dynseo Brain Fitness **PH** **6:00** Card Game	**Celebrating Life Stories** 10 **11:00** Fun & Fitness **PH** **1:30 Celebrating Life Stories** The Next Chapter - Home Makers and Careers **PH** **2:30** Artists of Wisconsin **4:00** Dynseo Brain Fitness **PH** **6:00** Community Bingo **PC**	11 **11:00** Boost Your Brain **LLL** **11:15** Armchair Fitness **PH** **1:30** Glamour Nails **PH** **2:30** May Birthday Party Rocking Randy Performs **PC** **4:00** Dynseo Brain Fitness **PH** **6:00** **Table Games** **LLL**	12 **11:00** Weekend Workout **PH** **1:30** **Dining Room Dominoes** **2:30** Saturday Movie Matinee & Popcorn **PH** **6:00** **Table Games** **LLL**
Happy Mothers Day 13 **10:00** Catholic Mass **IL** **11:00** Weekend Workout **PH** **1:30** **Dining Room Dominoes** **2:30** Sunday Action Movie **PH** **2:45** Helping Hands Heritage Hounds Baking Club **MC1** **6:00** **Table Games** **LLL**	14 **10:00** Shopping Outing **IL** **11:00** Stretch to Keep Moving **1:30** Bingo **LLL** **2:30** Rosary **PH** **4:00** Dynseo Brain Fitness **PH** **6:00** **Table Games**LLL	15 **11:00** Armchair Yoga **PH** **1:30** Scrabble **LLL** **2:30** The Opals Perform **PC** **4:00** Dynseo Brain Fitness **PH** **6:00** Soothing Art **MC1**	16 **10:00** Coffee & Donuts Social **PH** **11:00** Exercise Lessila Therapy**PH** **1:30** Whats My Line? **2:30** Lemonade in the Shade **4:00** Dynseo Brain Fitness **PH** **6:00** Card Game	17 **10:00** Brain Games w/Jessica **PH** **11:00** Fun & Fitness **PH** **1:30** Short video **Wisconsin Art of Fashion** & Reminsce Your Fashion Bring Your Picture! **3:30** Resident Town Hall/Happy Hour **LLL** **6:00** Community Bingo **PC**	18 **11:00** Boost Your Brain **LLL** **11:15** Armchair Fitness **PH** **1:30** Glamour Nails **PH** **2:30** Gary Wendorf Performs **PC** **4:00** Dynseo Brain Fitness **PH** **6:00** **Table Games** **LLL**	19 **11:00** Weekend Workout **PH** **1:30** **Dining Room Dominoes** **2:30** Saturday Movie Matinee & Popcorn **PH** **4:00** Catholic Mass **IL** **6:00** **Table Games** **LLL**
20 **11:00** Weekend Workout **PH** **1:30** **Dining Room Dominoes** **2:30** Sunday Action Movie **PH** **2:45** Helping Hands Heritage Hounds Baking Club **MC1** **6:00** **Table Games** **LLL**	21 **10:00** Catholic Mass **PC** **10:00** Shopping Outing **IL** **11:00** Stretch to Keep Moving **1:30** Bingo **LLL** **2:30** Rosary **PH** **4:00** Dynseo Brain Fitness **PH** **6:00** German Shepherd Show **PC**	22 **10:30** Lutheran Church **PC** **11:00** Armchair Yoga **PH** **1:30** Crosswords **2:30** The Opals Perform **PC** **4:00** Dynseo Brain Fitness **PH** **6:00** Art in the Evening **MC1**	23 **10:00** Coffee & Donuts Social **PH** **11:00** Exercise Lessila Therapy**PH** **1:30** Celebrating WI Architecture outing: **The Basilica of St. Josaphat** **4:00** Dynseo Brain Fitness **PH** **6:00** Card Game	24 **11:00** Fun & Fitness **PH** **1:30** Family Feud **3:30** Kitchen Club **IL** **4:00** Dynseo Brain Fitness **PH** **6:00** Around the World	25 **11:00** Boost Your Brain **LLL** **11:15** Armchair Fitness **PH** **1:30** Glamour Nails **PH** **2:30** Musical Moments with John & Carol **PC** **4:00** Dynseo Brain Fitness **PH** **6:00** **Table Games** **LLL**	26 **11:00** Weekend Workout **PH** **1:30** **Dining Room Dominoes** **2:30** Saturday Movie Matinee & Popcorn **PH** **6:00** **Table Games** **LLL**
27 **10:00** Catholic Mass **IL** **11:00** Weekend Workout **PH** **1:30** **Dining Room Dominoes** **2:30** Sunday Action Movie **PH** **2:45** Helping Hands Baking Club **MC1** **6:00** **Table Games** **LLL**	**Happy Memorial Day** 28 **11:00** Stretch to Keep Moving **1:30** Bingo **LLL** **6:00** **Table Games**LLL	29 **11:00** Armchair Yoga **PH** **1:30** Chicktionary **PH** **2:30** The Opals Perform **PC** **4:00** Dynseo Brain Fitness **PH** **6:00** Family & Friends Ice Cream Social **PC**	30 **10:00** Coffee & Donuts Social **11:00** Exercise Lessila Therapy**PH** **1:30** Gardening Club **2:30** Root Beer Floats & Music **4:00** Dynseo Brain Fitness **PH** **6:00** Card Game	31 **11:00** Fun & Fitness **PH** **1:30** WI Historical Society Video: George. B Post Architect of the Wisconsin Capitol **PH** **4:00** Dynseo Brain Fitness **PH** **6:00** Community Bingo **PC**		

*All activities are subject to change when necessary **Activities are Resident-Led **LLL** – Large Activity Room
Residents' families are invited to participate in community events. **PC** – Large Dining Room **PH** Small Activity Room

Spiritual Activity Musical Activity
Celebrate Wisconsin Social Event