

# July

## Heritage Deer Creek Assisted Living Life Enrichment Calendar

**Recurring Activities**  
Exercise Daily at 11 a.m. (Friday at 11:15 a.m.)  
Communion Sundays at 9 a.m. (EC) | Rosary Thursdays at 11 a.m. (EC)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:00 Catholic Mass EC 11:00 Weekend Workout PH 2:30 Sunday Action Movie PH 2:45 Helping Hands Baking Club MC1 4:00 Heritage Hikers Walking Club 6:00 **Table Games** LLL	2 10:00 Shopping Outing IL 11:00 Stretch to Keep Moving LLL 1:30 Bingo PC 2:30 Rosary PH 4:00 Dynseo Olympics LLL 6:00 **Table Games** LLL	3 11:00 Armchair Yoga LLL 1:30 John McGivern & Historian John Gurdy Video Bay View 2:30 The Opals Perform PC 4:00 Dynseo Olympics LLL 6:00 Art with Carly MC1	4 10:00 Coffee & Donuts Social PH 11:00 Fun & Fitness LLL 2:30 July 4 <sup>th</sup> Celebration Social 4:00 Dynseo Olympics LLL 6:00 Card Game LLL	5 11:00 Fun & Fitness LLL 11:00 Rosary EC 1:30 Mad Scientist 2:30 Wii Bowling LLL 4:00 Dynseo Olympics LLL 6:00 Community Bingo PC	6 11:15 Armchair Fitness LLL 1:30 Glamour Nails PH 2:30 Gary Wendorf Performs July Birthday Party 4:00 Dynseo Olympics LLL 6:00 **Table Games** LLL	7 11:00 Weekend Workout LLL 1:30 Dominoes 2:30 Saturday Movie Matinee & Popcorn PH 6:00 **Table Games** LLL
8 9:00 Catholic Mass EC 11:00 Weekend Workout PH 2:30 Sunday Action Movie PH 2:45 Helping Hands Baking Club MC1 4:00 Heritage Hikers Walking Club 6:00 **Table Games** LLL	9 10:00 Shopping Outing IL 11:00 Stretch to Keep Moving LLL 1:30 Bingo PC 2:30 Rosary PH 4:00 Dynseo Brain Fitness LLL 6:00 **Table Games** LLL	10 10:30 Lutheran Church PC 11:00 Armchair Yoga LLL 1:30 John McGivern & Historian John Gurdy Video Lake Geneva 2:30 The Opals Perform PC 4:00 Dynseo Brain Fitness LLL	11 10:00 Skype with Marie in the UK 11:00 Fun & Fitness LLL 1:30 Sewing Repairs & Reminisce with Kathy 1:30 Scenic Lake Outing & Kopps Custard 4:00 Trivia Fun LLL 6:00 Card Game LLL	12 11:00 Fun & Fitness LLL 11:00 Rosary EC 3:00 Horizon 'Take the Cake' Social Hour 1:30 Milwaukee A City Built on Water Documentary PH 4:00 Dynseo Brain Fitness LLL 6:00 Community Bingo PC	13 11:15 Armchair Fitness LLL 1:00 Glamour Nails PH 2:30 Joe Luccesi Performs 4:00 Dynseo Brain Fitness LLL 6:00 **Table Games** LLL	14 11:00 Weekend Workout LLL 1:30 **Soothing Color – Yoga for the Brain** 2:30 Saturday Movie Matinee & Popcorn PH 6:00 **Table Games** LLL
15 9:00 Catholic Mass EC 11:00 Weekend Workout PH 2:30 Sunday Action Movie PH 2:45 Helping Hands Baking Club MC1 4:00 Heritage Hikers Walking Club 6:00 **Table Games** LLL	16 10:00 Catholic Mass PC 10:00 Shopping Outing IL 11:00 Stretch to Keep Moving LLL 1:30 Bingo PC 2:30 Rosary PH 4:00 Dynseo Brain Fitness LLL 6:00 German Shepherd Dog Show	17 11:00 Armchair Yoga LLL 1:30 John McGivern & Historian John Gurdy Video Pewaukee Lake 2:30 The Opals Perform PC 4:00 Dynseo Brain Fitness LLL 6:00 Art with Carly MC1	18 10:00 Coffee & Donuts Social PH 11:00 Fun & Fitness LLL Scenic Lake Outing & Lunch Artisan 179 Pewaukee Lake 2:30 Lemonade in the Shade 4:00 Trivia Fun LLL 6:00 Card Game LLL	19 10:00 Brain Games with Jessica 11:00 Fun & Fitness - Rosary EC 1:30 Mad Scientist 3:30 Resident Town Hall/Happy Hour LLL 6:30 Summer Concert Series Family Night featuring the Acoustic Brew Band	20 11:15 Armchair Fitness LLL 1:30 Glamour Nails PH 2:30 Jan T. Performs Patsy Cline 4:00 Dynseo Brain Fitness LLL 6:00 **Table Games** LLL	21 11:00 Weekend Workout LLL 1:30 Dominoes 2:30 Saturday Movie Matinee & Popcorn PH 6:00 **Table Games** LLL
22 9:00 Catholic Mass EC 11:00 Weekend Workout PH 2:30 Sunday Action Movie PH 2:45 Helping Hands Baking Club MC1 4:00 Heritage Hikers Walking Club 6:00 **Table Games** LLL	23 10:00 Shopping Outing IL 11:00 Stretch to Keep Moving LLL 1:30 Bingo PC 2:30 Rosary PH 4:00 Dynseo Brain Fitness LLL 6:00 **Table Games** LLL	24 10:30 Absentee Voting 10:30 Lutheran Church PC 11:00 Armchair Yoga LLL 1:30 Scrabble in the Sun 2:30 The Opals Perform PC 4:00 Dynseo Brain Fitness LLL 6:00 Brainstorming Activity Meeting with Pat	25 10:00 Skype with Marie in the UK Coffee & Donuts Social PH 10:00 Coffee & Donuts Social PH 11:00 Fun & Fitness LLL 1:30 John McGivern & John Gurdy Video Port Washington 4:00 Trivia Fun LLL 6:00 Card Game LLL	26 10:00 Brain Games w/Jessica PH 11:00 Fun & Fitness LLL 11:00 Rosary EC 2:00 Art & Sip LLL 1:00-4:00 Hart Hearing Clinic 3:30 Kitchen Club IL 4:00 Dynseo Brain Fitness LLL 6:00 Community Bingo PC	27 11:15 Armchair Fitness LLL 1:30 Glamour Nails PH 2:30 Bobby Way Performs 4:00 Dynseo Brain Fitness LLL 6:00 **Table Games** LLL	28 11:00 Weekend Workout LLL 1:30 **Soothing Color – Yoga for the Brain** 2:30 Saturday Movie Matinee & Popcorn PH 6:00 **Table Games** LLL
29 9:00 Catholic Mass EC 11:00 Weekend Workout PH 2:30 Sunday Action Movie PH 2:45 Helping Hands Baking Club MC1 4:00 Heritage Hikers Walking Club 6:00 **Table Games** LLL	30 10:00 Shopping Outing IL 11:00 Stretch to Keep Moving LLL 1:30 Bingo PC 2:30 Rosary PH 4:00 Dynseo Brain Fitness LLL 6:00 **Table Games** LLL	31 11:00 Armchair Yoga LLL 1:30 Men's Health Presentation 2:30 The Opals Perform PC 4:00 Dynseo Brain Fitness LLL 6:00 Friends & Family Ice Cream Social PC	 <p><i>Celebrating Wisconsin Lakes &amp; Travel</i></p>		<p><b>Happy Birthday</b></p>  <p>Frank L. – 7/18 Anita N. – 7/27</p>	

\*All activities are subject to change when necessary

\*\*Activities are Resident-led\*\*

PH – Prospect Hill

Spiritual Activity

Musical Activity

Residents' families are invited to participate in community events.

PC – Popular Creek

LLL- Linnie Lac Lounge

Celebrate Wisconsin

Social Event