



September

Heritage Deer Creek Assisted Living Life Enrichment Calendar

Recurring Activities

Exercise Daily at 11 a.m. (Thursdays at 10:30 a.m.)
Brain Fitness Weekdays at 4 p.m. (except September 20)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>Celebrating Wisconsin Companies</i></p> 				<p>Happy Birthday</p> <p>Regina K. – 9/1 – 100 years old Bernice K. – 9/8 – 100 years old</p> <p>Wayne P. – 9/5 Robert E. – 9/8</p>		<p>1 11:00 Weekend Workout LLL 1:30 Dominoes** 2:30 Saturday Movie Matinee & Popcorn PH 6:00 Table Games** LLL</p>
<p>2 9:30 Catholic Communion EC 10:00 Catholic Mass (IL) 11:00 Weekend Workout PH 2:30 Sunday Action Movie PH 2:45 Helping Hands Baking Club 4:00 Heritage Hikers Walking Club 6:00 Table Games** LLL</p>	<p>3 10:00 Shopping Outing IL 11:00 Stretch to Keep Moving LLL 1:30 Bingo PC 2:30 "Wear White One Last Time" Social LLL 4:00 Dynseo Brain Fitness LLL 6:00 Table Games** LLL</p>	<p>4 11:00 Armchair Yoga LLL 1:30 Chicktionary PH 2:30 The Opals Perform PC 4:00 Dynseo Brain Fitness LLL 6:00 Soothing Coloring Yoga for the Brain** LLL</p>	<p>5 10:00 Coffee & Donuts Social PH 11:00 Fun & Fitness LLL 1:15 Marcus Theatres – Hello Dolly Movie 1:30 Kathy Repairs & Reminisce 4:00 Dynseo Brain Fitness LLL 6:00 Resident-Led Card Game**</p>	<p>6 10:30 Innovative Fitness PC 11:00 Rosary EC 1:30 'Start-up Wisconsin' Start-Up Companies Documentary 2:30 Patrick Cudahy & Sargento Cheese Appetizer Social 4:00 Dynseo Brain Fitness LLL 6:00 Community Bingo PC</p>	<p>7 10:00 Coffee, News & Views 11:00 Armchair Fitness LLL 1:00 Glamour Nails PH 2:00 The Broadway Civic Singers/Birthday Celebration PC 4:00 Dynseo Brain Fitness LLL 6:00 Table Games** LLL</p>	<p>8 11:00 Weekend Workout LLL 1:30 Dominoes** 2:30 Saturday Movie Matinee & Popcorn LLL 4:00 Catholic Mass (IL) 6:00 Table Games** LLL</p>
<p>9 9:30 Catholic Communion EC 11:00 Weekend Workout PH 2:30 Sunday Action Movie PH 2:45 Grandparents Root Beer Float & Craft Social PC 4:00 Heritage Hikers Walking Club 7:00 Packers Vs Bears</p>	<p>10 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</p>	<p>11 10:30 Lutheran Church PC 11:00 Armchair Yoga LLL 1:30 Craft Beadwork 2:30 The Opals Perform PC 4:00 Dynseo Brain Fitness LLL 6:00 Normal Vs Not Normal Aging Presentation LLL</p>	<p>12 10:00 Skype with Marie in the UK Coffee & Donuts Social PH 11:00 Fun & Fitness LLL 1:30 Harley Museum Outing 4:00 Fun Trivia LLL 6:00 Resident-Led Card Game**</p>	<p>13 10:30 Innovative Fitness PC 11:00 Rosary EC 1:30 Wii Wheel of Fortune PH 3:00 Horizon Hospice Let them Eat Cake Social 4:00 Dynseo Brain Fitness LLL 6:00 Community Bingo PC</p>	<p>14 10:00 Coffee, News & Views 11:00 Armchair Fitness LLL 1:00 Glamour Nails PH 2:30 That Good Old Fashioned Music, Happy Hour Social LLL 4:00 Dynseo Brain Fitness LLL 6:00 Table Games** LLL</p>	<p>15 11:00 Oktoberfest Picnic 6:00 Table Games** LLL</p>
<p>16 9:30 Catholic Communion EC 9:45 Catholic Mass (IL) 11:00 Weekend Workout PH Noon Packers Vs. Vikings 2:45 Helping Hands Baking Club 4:00 Heritage Hikers Walking Club 6:00 Table Games** LLL</p>	<p>17 10:00 Shopping Outing IL 11:00 Stretch to Keep Moving LLL 1:30 Flu Clinic 1:30 Bingo PC 2:30 Rosary PH 4:00 Dynseo Brain Fitness LLL 6:00 German Shepherd Dog Show PC</p>	<p>18 11:00 Armchair Yoga LLL 1:30 Spiritual Hour PH 2:30 The Opals Perform PC 4:00 Dynseo Brain Fitness LLL 6:00 Soothing Coloring Yoga for the Brain** LLL</p>	<p>19 11:00 Fun & Fitness LLL 1:30 Bottoms Up Documentary Beers and Bars of Wisconsin LLL 4:00 Fun Trivia LLL 6:00 Resident-Led Card Game**</p>	<p>20 11:00 Innovative Fitness PC 11:00 Rosary EC 1:30 Wii Bowling PH 3:30 Resident Town Hall/Happy Hour LLL 6:00 Community Bingo PC</p>	<p>21 10:00 Coffee, News & Views 11:00 Armchair Fitness LLL 1:00 Glamour Nails PH 2:30 Gary Wendorf Performs August Birthday Party PC 4:00 Dynseo Brain Fitness LLL 6:00 Table Games** LLL</p>	<p>22 11:00 Weekend Workout LLL 1:30 Dominoes** 2:30 Saturday Movie Matinee & Popcorn PH 6:00 Table Games** LLL</p>
<p>23 9:30 Catholic Communion EC 9:45 Catholic Mass (IL) 11:00 Weekend Workout PH 12:00 Packers Vs. Redskins 12:00 Packers Vs. Buffalo Bills 2:45 Baking Club MC1 4:00 Heritage Hikers Walking 6:00 Table Games** LLL</p>	<p>24 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</p>	<p>25 10:30 Lutheran Church PC 11:00 Armchair Yoga LLL 1:30 Scrabble 2:30 The Opals Perform PC 4:00 Dynseo Brain Fitness LLL 6:00 Friends & Family Edy's Ice Cream Social PC</p>	<p>26 10:00 Skype with Marie in the UK Coffee & Donuts Social PH 11:00 Fun & Fitness LLL 2:30 Stan's Shoes Fit for Your Feet Footwear Presentation 4:00 Fun Trivia LLL 6:00 Resident-Led Card Game**</p>	<p>27 10:30 Innovative Fitness PC 11:00 Rosary EC 1:30 Veterans Club 2:00-4:00 Hart Hearing Clinic 2:30 "With This Ring" Movie on The History of Miller Beer PC 4:00 Dynseo Brain Fitness LLL 6:00 Community Bingo PC</p>	<p>28 10:00 Coffee, News & Views 11:00 Armchair Fitness LLL 1:00 Glamour Nails PH 2:30 Synergy Presents Musical March Through Life 4:00 Dynseo Brain Fitness LLL 6:00 Table Games** LLL</p>	<p>29 11:00 Weekend Workout LLL 1:30 Dominoes** 2:30 Saturday Movie Matinee & Popcorn PH 4:00 Catholic Mass (IL) 6:00 Table Games** LLL</p>

*All activities are subject to change when necessary
Residents' families are invited to participate in community events.

Activities are Resident-led
PC – Popular Creek

PH – Prospect Hill
LLL- Linnie Lac Lounge

Spiritual Activity
Celebrate Wisconsin
Musical Activity
Social Event