

# November

## Heritage Deer Creek Memory Care Life Enrichment Calendar

### Daily Activities

Oshibori Aromatherapy | Chore Therapy  
Dynseo Brain Fitness | Photavia Reminisce Therapy

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Happy Birthday</b></p> <p>Meta H. – 11/14 Joan B. – 11/16</p> 		 <p><b>Celebrating Wisconsin Sports</b></p>		<p><b>Morning</b> Coffee &amp; Chat Social 10:30 Innovative Fitness PC <b>Afternoon</b> Dynseo Brain Fitness 1:30 Rosary with Jim Alcove EC The History of Camp Randall 6:00 Community Bingo PC 7:00 Bucks Vs. Celtics</p>	<p><b>Morning</b> Coffee &amp; Chat Social Music Therapy Stretching to Keep Moving <b>Afternoon</b> Dynseo Brain Fitness 2:30 November Birthday Party Rockin Randy Performs PC Bean Bag Toss <b>Evening</b> Card Game</p>	<p><b>Morning</b> Coffee &amp; Chat Social Weekend Workout LLL <b>Afternoon</b> Dynseo Brain Fitness Memory Boxes Walking for Fitness <b>Evening</b> Glamour Nails TBD Badgers Vs. Rutgers</p>
<p><b>Morning</b> Coffee &amp; Chat Social 9:30 Catholic Communion EC Weekend Workout <b>Afternoon</b> Dynseo Brain Fitness 2:45 Helping Hands Baking Club Heritage Hikers Walking Club <b>Evening</b> Soothing Coloring 7:20 Packers Vs Patriots</p>	<p><b>Morning</b> Coffee &amp; Chat Social 10:00 Namaste Care EC Stretch to Keep Moving <b>Afternoon</b> Dynseo Brain Fitness 1:30 Bingo PC 2:30 Rosary PH Balloon Tennis <b>Evening</b> Memory Boxes</p>	<p><b>Morning</b> Coffee &amp; Chat Social Armchair Yoga <b>Afternoon</b> Dynseo Brain Fitness Name 5 2:30 The Opals Perform PC Bowling <b>Evening</b> Soothing Coloring</p>	<p><b>Morning</b> Coffee &amp; Donuts Social Fun &amp; Fitness <b>Afternoon</b> Dynseo Brain Fitness Horizon Presentation, Senior Nutrition, Smoothie Demo Thumbball <b>Evening</b> Midweek Movie Night &amp; Popcorn</p>	<p><b>Morning</b> Coffee &amp; Chat Social 10:30 Innovative Fitness PC <b>Afternoon</b> Dynseo Brain Fitness 1:30 Rosary with Jim Alcove EC Midweek Movie Matinee Walking Club 6:00 Community Bingo PC</p>	<p><b>Morning</b> Coffee &amp; Chat Social 10:00 Celebrate our Veterans Armchair Fitness <b>Afternoon</b> Dynseo Brain Fitness 2:30 Ex Packer Girlfriend Sandy Sullivan Presentation Bean Bag Toss <b>Evening</b> Memory Boxes</p>	<p><b>Morning</b> Coffee &amp; Chat Social Weekend Workout LLL <b>Afternoon</b> Dynseo Brain Fitness Dominoes Walking Club TBD Badgers Vs. Penn State</p>
<p><b>Morning</b> Coffee &amp; Chat Social 9:30 Catholic Communion LLL Weekend Workout PH Noon Packers Vs. Dolphins <b>Afternoon</b> Dynseo Brain Fitness 2:45 Helping Hands Baking Club Heritage Hikers Walking Club <b>Evening</b> Glamour Nails 7:00 Bucks Vs. Nuggets</p>	<p><b>Morning</b> Coffee &amp; Chat Social 10:00 Namaste Care EC Stretch to Keep Moving <b>Afternoon</b> Dynseo Brain Fitness 1:30 Bingo PC 2:30 Rosary PH Tic Tac Toe <b>Evening</b> Memory Boxes</p>	<p><b>Morning</b> Coffee &amp; Chat Social 10:30 Lutheran Church PC Armchair Yoga <b>Afternoon</b> Dynseo Brain Fitness You Be The Judge 2:30 The Opals Perform PC Horse Race Derby <b>Evening</b> Adult Coloring - Yoga for the Brain</p>	<p><b>Morning</b> Coffee &amp; Donuts Social Fun &amp; Fitness <b>Afternoon</b> Dynseo Brain Fitness It's A Puzzle Laughing Babies Bowling 7:00 Bucks Vs. Grizzlies</p>	<p><b>Morning</b> Coffee &amp; Chat Social 10:30 Innovative Fitness PC <b>Afternoon</b> Dynseo Brain Fitness 1:30 Rosary with Jim Alcove EC Craft Club Walking Club 6:00 Community Bingo PC 7:20 Packers Vs. Seahawks</p>	<p><b>Morning</b> Coffee &amp; Chat Social Music Therapy/Intergenerational Armchair Fitness <b>Afternoon</b> Dynseo Brain Fitness Name 5 2:30 Joe Kadlec Performs PC Balloon Tennis 5:00 Northwoods Supper Club PC</p>	<p><b>Morning</b> Coffee &amp; Chat Social Weekend Workout <b>Afternoon</b> Dynseo Brain Fitness Memory Boxes Walking for Fitness <b>Evening</b> Glamour Nails TBD Badgers Vs. Perdue</p>
<p><b>Morning</b> Coffee &amp; Chat Social 9:30 Catholic Communion LLL Weekend Workout <b>Afternoon</b> Dynseo Brain Fitness 2:45 Helping Hands Baking Club Heritage Hikers Walking Club <b>Evening</b> Chicken Soup for the Soul</p>	<p><b>Morning</b> Coffee &amp; Chat Social 10:00 Namaste Care EC Stretch to Keep Moving <b>Afternoon</b> Dynseo Brain Fitness 1:30 Bingo PC 2:30 Rosary PH 6:00 German Shepherd Dog Show</p>	<p><b>Morning</b> Coffee &amp; Chat Social Armchair Yoga Documentary Whitetail Hunting in Wisconsin PH 2:30 The Opals Perform PC Photavia <b>Evening</b> It's a Puzzle</p>	<p>National Gingerbread Cookie Day <b>Morning</b> Coffee &amp; Donuts Social Fun &amp; Fitness <b>Afternoon</b> Dynseo Brain Fitness 1:30 Bake Gingerbread Cookies 3:00 Hot Apple Cider &amp; Gingerbread Cookie Social LLL Balloon Tennis <b>Evening</b> Bucks Vs. Trail Blazers</p>	<p>Thanksgiving <b>Morning</b> Coffee &amp; Chat Social 11:00 Fun &amp; Fitness <b>Afternoon</b> Dynseo Brain Fitness 1:30 Having Faith &amp; Being Thankful: Story Behind the Hymn 2:30 Thanksgiving Social Reminisce Thanksgivings Past 6:00 Community Bingo PC</p>	<p><b>Morning</b> Coffee &amp; Chat Social Armchair Fitness <b>Afternoon</b> Dynseo Brain Fitness Photavia Hot Chocolate Social <b>Ball Game</b> <b>Evening</b> Glamour Nails 7:30 Bucks Vs. Suns</p>	<p><b>Morning</b> Coffee &amp; Chat Social Weekend Workout LLL <b>Afternoon</b> Dynseo Brain Fitness Dominoes Walking Club <b>Evening</b> 7:30 Bucks Vs. Spurs TBD Badgers Vs. Minnesota</p>
<p><b>Morning</b> Coffee &amp; Chat Social 9:30 Catholic Communion LLL Weekend Workout <b>Afternoon</b> Dynseo Brain Fitness 2:45 Helping Hands Baking Club Heritage Hikers Walking Club <b>Evening</b> Card Game 7:20 Packers Vs. Vikings</p>	<p><b>Morning</b> Coffee &amp; Chat Social 10:00 Namaste Care EC Stretch to Keep Moving <b>Afternoon</b> Dynseo Brain Fitness 1:30 Bingo PC 2:30 Rosary PH Bowling <b>Evening</b> Memory Boxes 6:00 Bucks Vs. Hornets</p>	<p><b>Morning</b> Coffee &amp; Chat Social 10:30 Lutheran Church PC Armchair Yoga <b>Afternoon</b> Dynseo Brain Fitness Pet Videos 2:30 The Opals Perform PC Horse Race Derby 6:00 Friends &amp; Family Ice Cream Social PC</p>	<p><b>Morning</b> Coffee &amp; Donuts Social Fun &amp; Fitness <b>Afternoon</b> Dynseo Brain Fitness Bowling Outing Brett Farve Documentary Walking Club <b>Evening</b> Card Game 7:00 Bucks Vs. Bulk</p>	<p><b>Morning</b> Coffee &amp; Chat Social 10:30 Innovative Fitness PC <b>Afternoon</b> Dynseo Brain Fitness 1:30 Rosary with Jim Alcove EC 1:30 Veterans Club 2:00-4:00 Hart Hearing Clinic PH Reminisce Favorite Sport Games 6:00 Community Bingo PC</p>	<p><b>Morning</b> Coffee &amp; Chat Social Armchair Fitness <b>Afternoon</b> Dynseo Brain Fitness Wheel of Fortune 2:30 Gary Wendorf Performs PC Walking Club <b>Evening</b> Magazine Collage</p>	<p><b>Please Note</b> During the winter months we will have one outing per month, weather permitting. If the weather results in unsafe condition, s outings are subject to cancellatio.n</p>

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

PH – Prospect Hill  
PC – Popular Creek  
LLL- Linnie Lac Lounge

Spiritual Activity  
Celebrate Wisconsin  
Musical Activity  
Social Event