

# March

## Heritage Deer Creek Enhanced Care Life Enrichment Calendar

### Recurring Activities

Exercise Daily at 11 a.m. (Except Thursdays at 10:30 a.m.)  
Brain Fitness Weekdays at 4 p.m. (Except March 21)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		<h1>Wisconsin Health &amp; Fitness</h1>		<h2>Happy Birthday</h2>  <p>Lisa H. – 3/1 Warren O. – 3/10</p> <p>Florence O. – 3/17 Hannah N. – 3/29</p>		<p><b>10:00</b> Coffee &amp; Donut Social PH <b>11:00</b> Armchair Fitness LLL <b>1:00</b> Glamour Nails LLL <b>2:30</b> Happy Hour and Music Social LLL <b>4:00</b> Dynseo Brain Fitness LLL <b>6:00</b> Table Games** LL</p>	<p><b>11:00</b> Weekend Workout LLL <b>2:30</b> Saturday Movie Matinee &amp; Popcorn PH <b>3:30</b> Walking Club** <b>4:00</b> Catholic Mass IL <b>6:00</b> Table Games** LLL</p>
<p><b>9:30</b> Catholic Communion LLL <b>11:00</b> Weekend Workout PH <b>2:30</b> Sunday Action Movie PH <b>2:45</b> Helping Hands Baking Club <b>4:00</b> Walking Club <b>6:00</b> Table Games** LLL</p>	<p><b>10:00</b> Catholic Mass PC <b>10:00</b> Shopping Outing IL <b>11:00</b> Stretch to Keep Moving LLL <b>1:30</b> Bingo PC <b>2:30</b> Rosary PH <b>4:00</b> Dynseo Brain Fitness LLL <b>6:00</b> Table Games** LLL</p>	<p><b>Mardi Gras</b> <b>11:00</b> Armchair Yoga LLL <b>3:00</b> Craft Club – Mardi Gras Masks LLL <b>4:00</b> Dynseo Brain Fitness LLL <b>6:00</b> Dominoes with Jeff EC</p>	<p><b>10:00</b> Coffee, Cookies, News &amp; Views Social PH <b>11:00</b> Fun &amp; Fitness LLL <b>1:30</b> Repairs &amp; Reminisce with Kathi <b>2:30</b> The Opals Perform PC <b>4:00</b> Fun Trivia LLL <b>6:00</b> Card Games**</p>	<p><b>10:30</b> Innovative Fitness PC <b>1:30</b> Rosary with Jim Alcove EC <b>1:30</b> 1:1 Room Visits <b>2:00</b> Midweek Movie Matinee PH <b>4:00</b> Dynseo Brain Fitness LLL <b>6:00</b> Community Bingo PC</p>	<p><b>10:00</b> Coffee &amp; Donut Social PH <b>11:00</b> Armchair Fitness LLL <b>1:00</b> Glamour Nails LLL <b>2:30</b> 1<sup>st</sup> Time at Deer Creek Robert Stuart Mitchell Performs <b>4:00</b> Dynseo Brain Fitness LLL <b>6:00</b> Table Games** LLL</p>	<p><b>11:00</b> Weekend Workout LLL <b>2:30</b> Girl Scout Cookie Social <b>3:30</b> Walking Club** <b>4:00</b> Catholic Mass IL <b>6:00</b> Table Games** LLL</p>	
<p><b>9:30</b> Catholic Communion LLL <b>11:00</b> Weekend Workout PH <b>2:30</b> Sunday Action Movie PH <b>2:45</b> Helping Hands Baking Club <b>4:00</b> Walking Club <b>6:00</b> Table Games** LLL</p>	<p><b>10:00</b> Shopping Outing IL <b>11:00</b> Stretch to Keep Moving LLL <b>1:30</b> Bingo PC <b>2:30</b> Rosary PH <b>4:00</b> Dynseo Brain Fitness LLL <b>6:00</b> Table Games** LLL</p>	<p><b>9:00</b> Absentee Voting SAR <b>10:30</b> Lutheran Church PC <b>11:00</b> Armchair Yoga LLL <b>1:30</b> 16 Week Health &amp; Wellness <b>2:30</b> Caption Telephone Presentation LLL <b>3:00</b> Chicktionary PH <b>4:00</b> Dynseo Brain Fitness LLL <b>6:00</b> Dominoes with Jeff EC</p>	<p><b>10:00</b> Coffee, Cookies, News &amp; Views Social PH <b>11:00</b> Fun &amp; Fitness LLL <b>1:30</b> Reading with Jeff PH <b>2:30</b> The Opals Perform PC <b>4:00</b> Fun Trivia LLL <b>6:00</b> Card Games**</p>	<p><b>10:30</b> Innovative Fitness PC <b>1:30</b> Rosary with Jim Alcove EC <b>1:30</b> 1:1 Room Visits <b>2:30</b> Pie Day – Pie Contest PC <b>4:00</b> Dynseo Brain Fitness LLL <b>6:00</b> Community Bingo PC</p>	<p><b>10:00</b> Coffee &amp; Donut Social PH <b>11:00</b> Armchair Fitness LLL <b>1:00</b> Glamour Nails LLL <b>2:30</b> Tom Malta Performs Johnny Cash March Birthday Party PC <b>4:00</b> Dynseo Olympics LLL <b>6:00</b> Table Games** LLL</p>	<p><b>11:00</b> Weekend Workout LLL <b>2:30</b> Saturday Movie Matinee &amp; Popcorn PH <b>3:30</b> Walking Club** <b>6:00</b> Table Games** LLL</p>	
<p><b>9:30</b> Catholic Communion LLL <b>10:00</b> Catholic Mass IL <b>11:00</b> Weekend Workout PH <b>1:30</b> Travelogue Ireland <b>2:30</b> St. Patrick's Day Riverdance TV Spectacular Cocktail Social <b>4:00</b> Catholic Mass IL <b>6:00</b> Table Games** LLL</p>	<p><b>10:00</b> Catholic Mass PC <b>10:00</b> Shopping Outing IL <b>11:00</b> Stretch to Keep Moving LLL <b>1:30</b> Bingo PC <b>2:30</b> Rosary PH <b>4:00</b> Dynseo Brain Fitness LLL <b>6:00</b> German Shepherd Dog Show PC</p>	<p><b>9:00</b> Absentee Voting SAR <b>11:00</b> Armchair Yoga LLL <b>1:30</b> 16 Week Health &amp; Wellness Course Wk. 2 LLL <b>3:00</b> Craft Club LLL <b>4:00</b> Dynseo Brain Fitness LLL <b>6:00</b> Dominoes with Jeff EC</p>	<p><b>10:00</b> Coffee, Cookies, News &amp; Views Social PH <b>11:00</b> Fun &amp; Fitness LLL <b>1:30</b> Scrabble LLL <b>2:30</b> The Opals Perform PC <b>4:00</b> Fun Trivia LLL <b>6:00</b> Card Games**</p>	<p><b>10:30</b> Innovative Fitness PC <b>1:30</b> Rosary with Jim Alcove EC <b>1:30</b> Bakers Square Coffee &amp; Pie Outing <b>1:30</b> 1:1 Room Visits <b>3:30</b> Town Hall/Happy Hour LLL <b>6:00</b> Community Bingo PC</p>	<p><b>10:00</b> Coffee &amp; Donut Social PH <b>11:00</b> Armchair Fitness LLL <b>1:00</b> Glamour Nails LLL <b>2:30</b> Classy Chicks Club PH <b>2:30</b> Veterans Club LLL <b>4:00</b> Dynseo Olympics LLL <b>6:00</b> Table Games** LLL</p>	<p><b>11:00</b> Weekend Workout LLL <b>2:30</b> Saturday Movie Matinee &amp; Popcorn PH <b>3:30</b> Walking Club** <b>4:00</b> Catholic Mass IL <b>6:00</b> Table Games** LLL</p>	
<p><b>9:30</b> Catholic Communion LLL <b>11:00</b> Weekend Workout PH <b>2:30</b> Sunday Action Movie PH</p>	<p><b>10:00</b> Shopping Outing IL <b>11:00</b> Stretch to Keep Moving LLL <b>1:30</b> Bingo PC <b>2:30</b> Rosary PH <b>4:00</b> Dynseo Brain Fitness LLL <b>6:00</b> Table Games** LLL</p>	<p><b>10:30</b> Lutheran Church PC <b>11:00</b> Armchair Yoga LLL <b>1:30</b> 16 Week Health &amp; Wellness <b>3:00</b> Words in a Word LLL <b>4:00</b> Dynseo Brain Fitness LLL <b>6:00</b> Friends &amp; Family Ice Cream Social PC</p>	<p><b>10:00</b> Coffee, Cookies, News &amp; Views Social PH <b>11:00</b> Fun &amp; Fitness LLL <b>1:30</b> Reading with Jeff PH <b>2:30</b> The Opals Perform PC <b>4:00</b> Fun Trivia LLL <b>6:00</b> Card Games**</p>	<p><b>10:30</b> Innovative Fitness PC <b>1:30</b> Rosary with Jim Alcove EC <b>1:30</b> 1:1 Room Visits <b>2:00 – 4:00</b> Heart Hearing Clinic <b>2:30</b> Kitchen Club IL <b>4:00</b> Dynseo Brain Fitness LLL <b>6:00</b> Community Bingo PC</p>	<p><b>10:00</b> Coffee &amp; Donut Social PH <b>11:00</b> Armchair Fitness LLL <b>1:00</b> Glamour Nails LLL <b>2:30</b> First time at Deer Creek Julie Voice Performs <b>4:00</b> Dynseo Olympics LLL <b>6:00</b> Table Games** LLL</p>	<p><b>11:00</b> Weekend Workout LLL <b>2:30</b> Saturday Movie Matinee &amp; Popcorn PH <b>3:30</b> Walking Club** <b>6:00</b> Table Games** LLL</p>	
<p><b>10:00</b> Catholic Mass IL <b>2:45</b> Helping Hands Baking Club <b>4:00</b> Walking Club <b>6:00</b> Table Games** LLL</p>	<p><b>10:00</b> Shopping Outing IL <b>11:00</b> Stretch to Keep Moving LLL <b>1:30</b> Bingo PC <b>2:30</b> Rosary PH <b>4:00</b> Dynseo Brain Fitness LLL <b>6:00</b> Table Games** LLL</p>	<p><b>10:30</b> Lutheran Church PC <b>11:00</b> Armchair Yoga LLL <b>1:30</b> 16 Week Health &amp; Wellness <b>3:00</b> Words in a Word LLL <b>4:00</b> Dynseo Brain Fitness LLL <b>6:00</b> Friends &amp; Family Ice Cream Social PC</p>	<p><b>10:00</b> Coffee, Cookies, News &amp; Views Social PH <b>11:00</b> Fun &amp; Fitness LLL <b>1:30</b> Reading with Jeff PH <b>2:30</b> The Opals Perform PC <b>4:00</b> Fun Trivia LLL <b>6:00</b> Card Games**</p>	<p><b>10:30</b> Innovative Fitness PC <b>1:30</b> Rosary with Jim Alcove EC <b>1:30</b> 1:1 Room Visits <b>2:00 – 4:00</b> Heart Hearing Clinic <b>2:30</b> Kitchen Club IL <b>4:00</b> Dynseo Brain Fitness LLL <b>6:00</b> Community Bingo PC</p>	<p><b>10:00</b> Coffee &amp; Donut Social PH <b>11:00</b> Armchair Fitness LLL <b>1:00</b> Glamour Nails LLL <b>2:30</b> First time at Deer Creek Julie Voice Performs <b>4:00</b> Dynseo Olympics LLL <b>6:00</b> Table Games** LLL</p>	<p><b>11:00</b> Weekend Workout LLL <b>2:30</b> Saturday Movie Matinee &amp; Popcorn PH <b>3:30</b> Walking Club** <b>6:00</b> Table Games** LLL</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