

# March

## Heritage Deer Creek Memory Care Life Enrichment Calendar

### Daily Activities

Oshibori Aromatherapy | Exercise  
Dynseo Brain Fitness

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>Morning</b> Coffee &amp; Donut Social Music Therapy/Children Visit <b>Armchair Fitness</b> <b>Afternoon</b> Dynseo Brain Fitness <b>2:30 Happy Hour and Music Social LLL</b> Photavia <b>Evening</b> Glamour Nails</p>	<p><b>Morning</b> Coffee Social <b>Weekend Workout</b> <b>Afternoon</b> Dynseo Brain Fitness Pokeno Walking Club <b>Evening</b> Hot Chocolate &amp; Chicken Soup for the Soul</p>
<p><b>Morning</b> Coffee Social <b>9:30 Catholic Communion LLL</b> <b>Weekend Workout</b> <b>Afternoon</b> Dynseo Brain Fitness <b>2:45</b> Helping Hands Baking Club <b>Walking Club</b> <b>Evening</b> Drawer Detective</p>	<p><b>Morning</b> Coffee Social <b>10:00 Catholic Mass PC</b> <b>Stretch to Keep Moving</b> <b>Afternoon</b> Dynseo Brain Fitness <b>1:30 Bingo PC</b> <b>2:30 Rosary PH</b> <b>Walking Club</b> <b>Evening</b> Card Game</p>	<p><b>Mardi Gras</b> <b>Morning</b> Coffee Social <b>Armchair Yoga</b> <b>Afternoon</b> Dynseo Brain Fitness Mardi Gras Masks Craft <b>Bean Bag Toss</b> <b>Evening</b> Memory Boxes &amp; Art with Carly</p>	<p><b>Morning</b> Coffee Social <b>Fun &amp; Fitness</b> <b>Afternoon</b> Dynseo Brain Fitness <b>2:30 The Opals Perform PC</b> <b>Carpet Bowling</b> <b>Evening</b> Chicken Soup for the Soul Reading with Jeff</p>	<p><b>Morning</b> Coffee Social <b>10:30 Innovative Fitness PC</b> <b>Afternoon</b> Dynseo Brain Fitness <b>1:30 Rosary with Jim Alcove EC</b> Hand &amp; Shoulder Rubs Midweek Movie Matinee <b>PH</b> <b>Evening</b> Community Bingo <b>PC</b></p>	<p><b>Morning</b> Coffee &amp; Donut Social <b>Armchair Fitness</b> <b>Afternoon</b> Dynseo Brain Fitness <b>2:30 1<sup>st</sup> Time at Deer Creek</b> Robert Stuart Mitchell Performs Photavia <b>Evening</b> Glamour Nails</p>	<p><b>Morning</b> Coffee Social <b>Weekend Workout</b> <b>Afternoon</b> Dynseo Brain Fitness <b>2:30 Girl Scout Cookie Social</b> <b>Walking Club</b> <b>Evening</b> Magazine Collage</p>	
<p><b>Morning</b> Coffee Social <b>9:30 Catholic Communion LLL</b> <b>Weekend Workout</b> <b>Afternoon</b> Dynseo Brain Fitness Helping Hands Baking Club <b>Walking Club</b> <b>Evening</b> Reminisce Google Maps Streets of Your Childhood</p>	<p><b>Morning</b> Coffee Social <b>Stretch to Keep Moving</b> <b>Afternoon</b> Dynseo Brain Fitness <b>1:30 Bingo PC</b> <b>2:30 Rosary PH</b> <b>Walking Club</b> <b>Evening</b> Card Game</p>	<p><b>Morning</b> Coffee Social <b>10:30 Lutheran Church PC</b> <b>Armchair Yoga</b> <b>Afternoon</b> Dynseo Brain Fitness Chicktionary <b>Bean Bag Tic Tac Toe</b> <b>Evening</b> Art with Carly</p>	<p><b>Morning</b> Coffee Social <b>Fun &amp; Fitness</b> <b>Afternoon</b> Dynseo Brain Fitness <b>1:30 Reading with Jeff</b> <b>2:30 The Opals Perform PC</b> <b>Walking Club</b> <b>Evening</b> Drawer Detective</p>	<p><b>Morning</b> Coffee Social <b>10:30 Innovative Fitness PC</b> <b>Afternoon</b> Dynseo Brain Fitness <b>1:30 Rosary with Jim Alcove EC</b> <b>2:30 Pie Day – Pie Contest PC</b> <b>Parachute Game</b> <b>Evening</b> Community Bingo <b>PC</b></p>	<p><b>Morning</b> Coffee &amp; Donut Social <b>Armchair Fitness</b> <b>Afternoon</b> Dynseo Brain Fitness <b>2:30 Tom Malta Performs Johnny Cash March Birthday Party PC</b> Word Game <b>Evening</b> Glamour Nails</p>	<p><b>Morning</b> Coffee Social <b>Weekend Workout</b> <b>Afternoon</b> Dynseo Brain Fitness Left Right &amp; Center <b>Walking Club</b> <b>Evening</b> Hot Chocolate &amp; Chicken Soup for the Soul</p>	
<p><b>Morning</b> Coffee Social <b>9:30 Catholic Communion LLL</b> <b>Weekend Workout</b> <b>Afternoon</b> Dynseo Brain Fitness Riverdance TV Special Baileys &amp; Guinness Social <b>Walking Club</b> <b>Evening</b> Dominoes</p>	<p><b>Morning</b> Coffee Social <b>10:00 Catholic Mass PC</b> <b>Stretch to Keep Moving</b> <b>Afternoon</b> Dynseo Brain Fitness <b>1:30 Bingo PC</b> <b>2:30 Rosary PH</b> <b>Walking Club</b> <b>Evening</b> German Shepherd Show</p>	<p><b>Morning</b> Coffee Social <b>Armchair Yoga</b> <b>Afternoon</b> Dynseo Brain Fitness Craft Club Horse Race Game <b>Evening</b> Memory Boxes &amp; Art with Carly</p>	<p><b>Morning</b> Coffee Social <b>Fun &amp; Fitness</b> <b>Afternoon</b> Dynseo Brain Fitness <b>2:30 The Opals Perform PC</b> <b>Walking Club</b> <b>Evening</b> Chicken Soup for the Soul Reading with Jeff</p>	<p><b>Morning</b> Coffee Social <b>10:30 Innovative Fitness PC</b> <b>Afternoon</b> Dynseo Brain Fitness <b>1:30 Rosary with Jim Alcove EC</b> <b>1:30 Bakers Square Coffee &amp; Pie Outing</b> <b>Bean Bag Toss</b> <b>Evening</b> Community Bingo <b>PC</b></p>	<p><b>Morning</b> Coffee &amp; Donut Social Music Therapy/Children Visit <b>Armchair Fitness</b> <b>Afternoon</b> Dynseo Brain Fitness <b>2:30 Veterans Club LLL</b> Movie Matinee <b>Walking Club</b> <b>Evening</b> Glamour Nails</p>	<p><b>Morning</b> Coffee Social <b>Weekend Workout</b> <b>Afternoon</b> Dynseo Brain Fitness Pokeno <b>Walking Club</b> <b>Evening</b> Magazine Search</p>	
<p><b>Morning</b> Coffee Social <b>9:30 Catholic Communion LLL</b> <b>Weekend Workout</b> <b>Afternoon</b> Dynseo Brain Fitness Helping Hands Baking Club <b>Walking Club</b> <b>Evening</b> Hot Chocolate &amp; Reading</p>	<p><b>Morning</b> Coffee Social <b>Stretch to Keep Moving</b> <b>Afternoon</b> Dynseo Brain Fitness <b>1:30 Bingo PC</b> <b>2:30 Rosary PH</b> <b>Walking Club</b> <b>Evening</b> Card Games</p>	<p><b>Morning</b> Coffee Social <b>10:30 Lutheran Church PC</b> <b>Armchair Yoga</b> <b>Afternoon</b> Dynseo Brain Fitness Words in a Word <b>Balloon Volley Ball</b> <b>6:00 Friends &amp; Family Ice Cream Social PC</b></p>	<p><b>Morning</b> Coffee Social <b>Fun &amp; Fitness</b> <b>Afternoon</b> Dynseo Brain Fitness <b>1:30 Reading with Jeff</b> <b>2:30 The Opals Perform PC</b> <b>Walking Club</b> <b>Evening</b> Card Games</p>	<p><b>Morning</b> Coffee Social <b>10:30 Innovative Fitness PC</b> <b>Afternoon</b> Dynseo Brain Fitness <b>1:30 Rosary with Jim Alcove EC</b> <b>2:00 – 4:00 Hart Hearing Clinic</b> Wii Wheel of Fortune <b>Evening</b> Community Bingo <b>PC</b></p>	<p><b>Morning</b> Coffee &amp; Donut Social <b>Armchair Fitness</b> <b>Afternoon</b> Dynseo Brain Fitness <b>2:30 First Time at Deer Creek</b> Julie Voice Performs Photavia <b>Evening</b> Glamour Nails</p>	<p><b>Morning</b> Coffee Social <b>Weekend Workout</b> <b>Afternoon</b> Dynseo Brain Fitness Word Game <b>Walking Club</b> <b>Evening</b> Lucy Show</p>	

\*All activities are subject to change when necessary PH – Prospect Hill

Residents' families are invited to participate in community events.

PC – Popular Creek

LLL- Linnie Lac Lounge

Spiritual Activity

Musical Activity

Celebrate Wisconsin

Social Event