



July

Heritage Deer Creek Assisted Living 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 July 18)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>Happy Birthday John H. – 7/16</p> 	<p>1 9:30 Shopping Outing IL 11:00 Stretch to Keep Moving LLL 1:30 Fun Bingo PC 2:30 Rosary PH 4:00 Dynseo Olympics LLL 6:00 Table Games** LLL</p>	<p>2 11:00 Armchair Yoga LLL 1:30 Musky Landmark & Hayward Lake Documentary 2:30 The Opals Perform PC 4:00 Dynseo Olympics LLL 6:00 Table Games** LLL</p>	<p>3 10:00 Feet to the Fire Workshop SDR 11:00 Fun & Fitness LLL 1:30 Frame Park & Ice Cream Outing 4:00 Dynseo Olympics LLL 6:00 Card Games** LLL</p>	<p>4 Fourth of July 11:00 Fun & Fitness LLL 2:00 4th July Party LAR 4:00 Dynseo Olympics LLL 6:00 Community Bingo PC</p>	<p>5 10:00 Coffee, Donuts with Marie 11:00 Armchair Fitness LLL 1:00 Glamour Nails LLL 2:30 Joe Kadlec Performs July Birthday Party PC 4:00 Dynseo Olympics LLL 6:00 Table Games** LL</p>	<p>6 11:00 Weekend Workout LLL 2:00 Movie Matinee & Popcorn 3:30 Walking Club** 6:00 Table Games** LLL</p>	
<p>7 9:30 Catholic Communion LLL 9:45 Catholic Mass IL 11:00 Weekend Workout LLL 2:00 Action Movie Matinee LLL 2:45 Helping Hands Baking Club 4:00 Walking Club** 6:00 Table Games** LLL</p>	<p>8 9:30 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>9 10:00 Lutheran Church LLL 11:00 Armchair Yoga LLL 1:30 Milwaukee the City Built on Water 2:30 The Opals Perform PC 4:00 Dynseo Brain Fitness LLL 6:00 Table Games ** LLL</p>	<p>10 10:00 Feet to the Fire Workshop SDR 11:00 Fun & Fitness LLL 2:00 Paint & Sip LLL 4:00 Dynseo Brain Fitness LLL 6:00 Card Games** LLL</p>	<p>11 10:30 Innovative Fitness PC 1:30 Rosary with Jim Alcove EC 2:00 Midweek Movie Matinee 4:00 Dynseo Brain Fitness LLL 6:00 Community Bingo PC</p>	<p>12 10:00 Coffee & Donut Social 11:00 Armchair Fitness LLL 1:00 Glamour Nails LLL 2:30 Light of the Lakes Presentation – Phillip Block PC 4:00 Dynseo Brain Fitness LLL 6:00 Table Games** LLL</p>	<p>13 11:00 Weekend Workout LLL 2:00 Movie Matinee & Popcorn 3:30 Walking Club** 4:00 Catholic Mass IL 6:00 Table Games** LLL</p>	
<p>14 9:30 Catholic Communion LLL 2:00 Action Movie Matinee LLL 2:45 Helping Hands Baking Club 4:00 Walking Club** 6:00 Table Games** LLL</p>	<p>15 9:30 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 PC</p>	<p>16 11:00 Armchair Yoga LLL 1:30 Storytelling with Jeff 2:30 The Opals Perform PC 4:00 Dynseo Brain Fitness LLL 6:00 Table Games** LLL</p>	<p>17 10:00 Feet to the Fire Workshop SDR 11:00 Fun & Fitness LLL 1:30 Outing Pewaukee Lake 4:00 Dynseo Brain Fitness LLL 6:00 Card Games** LLL</p>	<p>18 10:30 Innovative Fitness PC 1:30 Rosary with Jim Alcove EC 2:30 Music Trivia Sing-along with Jeff 3:30 Town Hall/Happy Hour LLL 6:00 Community Bingo PC</p>	<p>19 10:00 Coffee, Donuts with Marie 11:00 Armchair Fitness LLL 1:00 Glamour Nails LLL 2:30 Joe Lucchesi Performs PC 4:00 Dynseo Brain Fitness LLL 6:00 Table Games** LL</p>	<p>20 11:00 Weekend Workout LLL 2:00 Movie Matinee & Popcorn 3:30 Walking Club** 6:00 Table Games** LLL</p>	
<p>21 9:30 Catholic Communion LLL 10:00 Catholic Mass IL 11:00 Weekend Workout LLL 2:00 Action Movie Matinee LLL 2:45 Helping Hands Baking Club 4:00 Walking Club** 6:00 Table Games** LLL</p>	<p>22 9:30 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 Friends & Family Ice Cream Social PC</p>	<p>23 10:00 Lutheran Church LLL 11:00 Armchair Yoga LLL 1:30 Our House Madison Capitol Building Documentary 2:30 The Opals Perform PC 4:00 Dynseo Brain Fitness LLL 6:00 Table Games ** LLL</p>	<p>24 10:00 Feet to the Fire Workshop SDR 11:00 Fun & Fitness LLL 2:00 Craft Club 4:00 Dynseo Brain Fitness LLL 6:00 Culinary Meeting PC</p>	<p>25 10:30 Innovative Fitness PC 1:30 Rosary with Jim Alcove EC 2:30 Word Game LLL 4:00 Dynseo Brain Fitness LLL 6:00 Community Bingo PC</p>	<p>26 10:00 Coffee & Donut Social 11:00 Armchair Fitness LLL 1:00 Glamour Nails LLL Veterans Club/ Classy Chicks Club 4:00 Dynseo Brain Fitness LLL 6:00 Concert in the Park/Fish Fry</p>	<p>27 11:00 Weekend Workout LLL 2:00 Movie Matinee & Popcorn 3:30 Walking Club** 4:00 Catholic Mass IL 6:00 Table Games** LLL</p>	
<p>28 9:30 Catholic Communion LLL 2:00 Action Movie Matinee LLL 2:45 Helping Hands Baking Club 4:00 Walking Club** 6:00 Table Games** LLL</p>	<p>29 9:30 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</p>	<p>30 11:00 Armchair Yoga LLL 1:30 Bean Bag Toss LLL 2:30 The Opals Perform PC 4:00 Dynseo Brain Fitness LLL 6:00 Table Games** LLL</p>	<p>31 10:00 Feet to the Fire Workshop SDR 11:00 Fun & Fitness LLL 1:00 Outing Scout Lake Greendale 4:00 Dynseo Brain Fitness LLL 6:00 Card Games** LLL</p>				<p><i>Celebrating Wisconsin Lakes & Landmarks</i></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
Special Event