

# 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 19)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday						
1 9:30 Catholic Communion LLL 11:00 Weekend Workout LLL 2:00 Action Movie Matinee PH 2:30 Helping Hands Baking Club 4:00 Walking Club** 6:00 Table Games/Puzzles** LLL	2 Labor Day 11:00 Stretch to Keep Moving LLL 1:30 Bingo PC 2:30 Labor Day Celebration Social 4:00 Dynseo Brain Fitness LLL 6:00 Crazy 8's LLL	3 10:00-12:00 Hart Hearing Clinic 11:00 Armchair Yoga LLL 1:00 Shopping Outing IL 1:30 Craft Club 2:30 The Opals Perform PC 4:00 Dynseo Brain Fitness LLL 6:00 Table Games/Puzzles** LLL	4 10:00 Feet to the Fire SD & PH 11:00 Fun & Fitness LLL 11:30 Lunch Outing Cleveland Pub & Grill Sports Bar 4:00 Dynseo Brain Fitness LLL 6:00 Card Games** LLL	5 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 7:00 Packers Vs Bears	6 10:00 Coffee & Donuts 11:00 Armchair Fitness LLL 1:00 Glamour Nails LLL 2:30 Julie Performs September Birthday Party PC 4:00 Dynseo Brain Fitness LLL 6:00 Table Games/Puzzles** LLL	7 11:00 Weekend Workout LLL 2:00 Movie Matinee & Popcorn 3:30 Walking Club** 6:00 Table Games/Puzzles** LLL						
8 9:30 Catholic Communion LLL 10:00 Catholic Mass IL 11:00 Weekend Workout LLL 2:00 Action Movie Matinee LLL 2:30 Helping Hands Baking Club 4:00 Walking Club** 6:00 Table Games/Puzzles** LLL	9 10:00 Aqua Aerobics Muskego 11:00 Stretch to Keep Moving LLL 1:30 Bingo PC 2:30 Rosary with Lois PH 4:00 Dynseo Brain Fitness LLL 6:00 Table Games/Puzzles** LLL	10 10:00 Lutheran Church LLL 11:00 Armchair Yoga LLL 1:00 Shopping Outing IL 1:30 Jeff Engel Presentation Turkey Hunting LLL 2:30 The Opals Perform PC 4:00 Dynseo Brain Fitness LLL 6:00 Table Games/Puzzles** LLL	11 10:00 Feet to the Fire SD & PH 11:00 Fun & Fitness LLL 2:00 Craft Club – Demonstration 4:00 Dynseo Brain Fitness LLL 6:00 Sheepshead LLL	12 10:30 Innovative Fitness PC 1:30 Rosary with Jim Alcove EC 2:30 Apple Time Social LLL 4:00 Dynseo Brain Fitness LLL 6:00 Community Bingo PC	13 10:00 Coffee, Donuts with Marie 11:00 Armchair Fitness LLL 1:00 Glamour Nails LLL 2:30 A Packer Great: Bart Starr Documentary & Social 4:00 Dynseo Brain Fitness LLL 6:00 Table Games/Puzzles** LLL	14 11:00 Weekend Workout LLL 2:00 Movie Matinee & Popcorn 3:30 Walking Club** 6:00 Table Games/Puzzles						
15 9:30 Catholic Communion LLL 9:45 Catholic Mass IL 11:00 Weekend Workout LLL 12:00 Packers Vs Vikings PC 2:00 Action Movie Matinee PH 2:30 Helping Hands Baking Club 4:00 Walking Club** 6:00 Table Games/Puzzles** LLL	16 11:00 Stretch to Keep Moving LLL 1:30 Bingo PC 2:30 Rosary with Mary PH 4:00 Dynseo Brain Fitness LLL 6:00 German Shepherd Dog Show PC	17 11:00 Armchair Yoga LLL 1:00 Shopping Outing IL 1:30 Spinning a Yarn Craft & Chat 2:30 The Opals Perform PC 4:00 Dynseo Brain Fitness LLL 6:00 Table Games/Puzzles** LLL	18 9:00-3:00 Flu Clinic 10:00 Feet to the Fire SD & PH 11:00 Fun & Fitness LLL 1:30 Outing New Berlin Bowling 4:00 Dynseo Brain Fitness LLL 6:00 Card Games** LLL	19 10:30 Innovative Fitness PC 1:30 Rosary with Jim Alcove EC 2:30 You be the Judge PH 4:00 Dynseo Brain Fitness LLL 6:00 Community Bingo PC	20 10:00 Coffee & Donuts 11:00 Armchair Fitness LLL 1:00 Glamour Nails LLL 2:30 Shane's Show - "Sorry, We're Open" PC 4:00 Dynseo Brain Fitness LLL 6:00 Table Games/Puzzles** LLL	21 11:00 Weekend Workout LLL 2:00 Movie Matinee & Popcorn 3:30 Walking Club** 4:00 Catholic Mass IL 6:00 Table Games/Puzzles** LLL						
22 9:30 Catholic Communion LLL 11:00 Weekend Workout LLL Noon Packers Vs Broncos PC 2:00 Action Movie Matinee PH 2:30 Helping Hands Baking Club 4:00 Walking Club** 6:00 Table Games/Puzzles** LLL	23 10:00 Aqua Aerobics Muskego 11:00 Stretch to Keep Moving LLL 1:30 Bingo PC 2:30 Rosary with Mary PH 4:00 Dynseo Brain Fitness LLL 6:00 Table Games/Puzzles** LLL	24 10:00 Lutheran Church LLL 11:00 Armchair Yoga LLL 1:00 Shopping Outing IL 1:30 A Packer Great: Brett Favre 2:30 The Opals Perform PC 4:00 Dynseo Brain Fitness LLL 6:00 Table Games/Puzzles** LLL	25 10:00 Feet to the Fire SD & PH 11:00 Fun & Fitness LLL 2:00 Craft Club–Card Craft LLL 4:00 Dynseo Brain Fitness LLL 6:00 Card Games** LLL	26 10:30 Innovative Fitness PC 1:30 Rosary with Jim Alcove EC 2:30 Sports & Hunting Trivia PH 4:00 Dynseo Brain Fitness LLL 6:00 Community Bingo PC 7:00 Packers Vs Eagles	27 10:00 Coffee, Donuts with Marie 11:00 Armchair Fitness LLL 1:00 Glamour Nails LLL 2:30 Bobby Way Performs PC 4:00 Dynseo Brain Fitness LLL 6:00 Table Games/Puzzles** LLL	28 11:00 Weekend Workout LLL 2:00 Movie Matinee & Popcorn 3:30 Walking Club** 4:00 Catholic Mass IL 6:00 Table Games/Puzzles** LLL						
29 9:30 Catholic Communion LLL 11:00 Weekend Workout LLL 2:00 Action Movie Matinee PH 2:30 Helping Hands Baking Club 4:00 Walking Club** 6:00 Table Games/Puzzles** LLL	30 11:00 Stretch to Keep Moving LLL 1:30 Bingo PC 2:30 Rosary with Mary PH 4:00 Dynseo Brain Fitness LLL 6:00 Friends & Family Ice Cream Social PC	<p><i>Celebrating Wisconsin Sports</i></p> 		<p><b>Happy Birthday</b></p>  <table> <tr> <td>Wayne P. – 9/05</td> <td>Fran R. – 9/26</td> </tr> <tr> <td>Bernice K. – 9/08</td> <td>Steve K. – 9/28</td> </tr> <tr> <td>Hans H. – 9/11</td> <td>David K. – 9/30</td> </tr> </table>			Wayne P. – 9/05	Fran R. – 9/26	Bernice K. – 9/08	Steve K. – 9/28	Hans H. – 9/11	David K. – 9/30
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\*All activities are subject to change when necessary \*\*Activities are resident-led\*\* PH – Prospect Hill CRC – Coffee Road Café  
Residents' families are invited to participate in community events. PC – Popular Creek LLL- Linnie Lac Lounge

Spiritual Activity Musical Activity  
Celebrate Wisconsin Feet to the Fire