

September

Heritage Deer Creek Enhanced Care Life Enrichment Calendar

Recurring Activities

Exercise Daily at 11 a.m. (Thursdays at 10:30 a.m.) | Oshibori
Daily Aromatherapy Daily | Brain Fitness Weekdays at 4 p.m.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>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</p>	<p>2</p> <p>Labor Day Morning Coffee & Chat EC 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</p>	<p>3</p> <p>Morning Coffee & Chat EC 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</p>	<p>4</p> <p>Morning Coffee & Chat EC 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</p>	<p>5</p> <p>Morning Coffee & Chat EC 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</p>	<p>6</p> <p>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</p>	<p>7</p> <p>Morning Coffee & Chat EC 11:00 Weekend Workout LLL 2:00 Movie Matinee & Popcorn 3:30 Walking Club** 6:00 Table Games/Puzzles** LLL</p>
<p>8</p> <p>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</p>	<p>9</p> <p>10:00 Morning Coffee & Chat EC 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</p>	<p>10</p> <p>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</p>	<p>11</p> <p>Morning Coffee & Chat EC 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</p>	<p>12</p> <p>Morning Coffee & Chat EC 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</p>	<p>13</p> <p>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</p>	<p>14</p> <p>Morning Coffee & Chat EC 11:00 Weekend Workout LLL 2:00 Movie Matinee & Popcorn 3:30 Walking Club** 6:00 Table Games/Puzzles</p>
<p>15</p> <p>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</p>	<p>16</p> <p>Morning Coffee & Chat EC 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</p>	<p>17</p> <p>Morning Coffee & Chat EC 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</p>	<p>18</p> <p>Morning Coffee & Chat EC 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</p>	<p>19</p> <p>Morning Coffee & Chat EC 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</p>	<p>20</p> <p>Morning Coffee & Chat EC 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</p>	<p>21</p> <p>Morning Coffee & Chat EC 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</p>
<p>22</p> <p>9:30 Catholic Communion LLL 11:00 Weekend Workout LLL 12:00 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</p>	<p>23</p> <p>Morning Coffee & Chat EC 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</p>	<p>24</p> <p>Morning Coffee & Chat EC 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</p>	<p>25</p> <p>Morning Coffee & Chat EC 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</p>	<p>26</p> <p>Morning Coffee & Chat EC 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</p>	<p>27</p> <p>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</p>	<p>28</p> <p>Morning Coffee & Chat EC 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</p>
<p>29</p> <p>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</p>	<p>30</p> <p>Morning Coffee & Chat EC 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>	<p><i>Celebrating Wisconsin Sports</i></p> 		<p>Happy Birthday</p>  <p>Wayne P. – 9/05 Fran R. – 9/26 Bernice K. – 9/08 Steve K. – 9/28 Hans H. – 9/11 David K. – 9/30</p>		

*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