

# July

## Heritage Waukesha Life Enrichment Calendar

### Recurring Activities

Pet Therapy Every other Monday | Resident Choice Movie Mondays at 6 p.m.  
Netflix Movie Tuesdays and Wednesdays at 6 p.m. | Movie & Snack Fridays at 6 p.m.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p><b>10:00 Morning Stretches</b> <b>10:45 Spiritual Reflection</b> <b>11:00 Zoo Day</b> <b>11:00-3:00 Vintage Car Show</b> <b>An Ongoing Outdoor Event</b></p> 	<p>2</p> <p><b>10:00 Devotions</b> <b>10:30 Monday Stretches</b> <b>11:00 World UFO Day</b> <b>2:00 Bowling</b> <b>3:00 Memory Games</b> <b>4:00 You Be The Judge</b></p>	<p>3</p> <p><b>10:00 Morning Yoga</b> <b>10:45 Today in History</b> <b>11:00 The Beauty of Lake Geneva</b> <b>2:00 Noodle War</b> <b>3:00 Large Dice Game</b> <b>4:00 Finishing Words</b></p>	<p>4</p> <p><b>Fourth of July</b> <b>10:00 Everyday Fitness</b> <b>10:45 All about Fireworks</b> <b>11:00 The Declaration of Independence</b> <b>2:00 Patriotic BINGO</b> <b>3:00 Everything Red, White &amp; Blue</b></p> 	<p>5</p> <p><b>10:00 Exercise to Music</b> <b>10:45 Graham Cracker Day</b> <b>11:00 Highest Paying Jobs</b> <b>2:00 Elvis at Heritage Live</b> <b>3:00 Music Trivia</b> <b>4:00 Dynseo Games</b></p>	<p>6</p> <p><b>10:15 Exercises</b> <b>10:45 Firefly Friday</b> <b>11:00 Nancy Reagan's BD</b> <b>2:00 Balloon Volleyball</b> <b>3:00 Wii Games</b> <b>4:00 You Tubing</b></p>	<p>7</p> <p><b>10:00 Saturday Stretches</b> <b>10:45 Tour de France Begins</b> <b>11:00 Lucky 7 Day</b> <b>2:00 BINGO</b> <b>3:00 Brain Crunches</b></p>
<p>8</p> <p><b>10:00 Morning Stretches</b> <b>10:45 Spiritual Reflection</b> <b>11:00 Hawaiian Day</b> <b>2:00 Patio Social</b> <b>3:00 Wii Games</b></p>	<p>9</p> <p><b>10:30 Monday Stretches</b> <b>10:45 Colorful Name Day</b> <b>11:00 Happy BD Tom Hanks</b> <b>2:00 Bowling</b> <b>3:00 Memory Games</b> <b>4:00 Finishing Lines</b></p>	<p>10</p> <p><b>10:00 Morning Yoga</b> <b>10:45 Cow Day</b> <b>11:00 WI Lakes Trivia &amp; Facts</b> <b>2:00 Heritage Hounds</b> <b>3:00 Dice Game (Bunco)</b> <b>4:00 You Be The Judge</b></p>	<p>11</p> <p><b>10:00 Everyday Fitness</b> <b>10:45 Boxer Birthday</b> <b>11:00 Rescue Dog Day</b> <b>2:00 BINGO</b> <b>3:00 Dynseo Games</b> <b>4:00 You Tubing</b></p>	<p>12</p> <p><b>10:00 Exercise to Music</b> <b>10:45 Uncle Miltie Day</b> <b>11:00 Simmons turns 70</b> <b>2:00 Art Therapy with Ellen</b> <b>3:00 Bunco (Dice Game)</b> <b>4:00 Finishing Words</b></p>	<p>13</p> <p><b>9:30 Mass</b> <b>10:15 Exercises</b> <b>11:00 History of Friday the 13th</b> <b>1:30 Piano Entertainment</b> <b>2:30 Balloon Volleyball</b> <b>3:30 Wii Games</b></p> 	<p>14</p> <p><b>10:00 Saturday Stretches</b> <b>10:45 Bastille Day</b> <b>11:00 Shark Awareness Day</b> <b>2:00 BINGO</b> <b>3:00 Trivia Challenge</b></p>
<p>15</p> <p><b>10:00 Morning Stretches</b> <b>10:45 Spiritual Reflection</b> <b>11:00 National Zookeeper Week</b> <b>2:00 Patio Social</b> <b>3:00 Brain Games</b></p> 	<p>16</p> <p><b>10:00 Devotions</b> <b>10:30 Monday Stretches</b> <b>11:00 Happy BD Ginger!</b> <b>2:00 Bowling</b> <b>3:00 Carnival Games</b> <b>4:00 You Tubing</b></p>	<p>17</p> <p><b>10:00 Morning Yoga</b> <b>10:45 BDs' - Phyllis &amp; Art</b> <b>11:00 Traveling to...WI Dells</b> <b>2:00 Flower Arrangements</b> <b>3:00 Dice Game (Cover all)</b> <b>4:00 Hangman Game</b></p>	<p>18</p> <p><b>10:00 Everyday Fitness</b> <b>10:45 Daily Chronicles</b> <b>11:00 Lutheran Church</b> <b>2:00 BINGO</b> <b>3:00 Animal Races</b> <b>4:00 Dynseo Games</b></p>	<p>19</p> <p><b>10:00 Exercise to Music</b> <b>10:45 Foreign Language Day</b> <b>11:00 Famous Comic Heroes</b> <b>2:00 County Rock With Brian</b> <b>3:00 Smoothie Making</b> <b>4:00 Giant Crossword Puzzle</b></p>	<p>20</p> <p><b>10:15 Exercises</b> <b>10:45 Today in History</b> <b>11:00 Man on the Moon Day</b> <b>2:00 Balloon Volleyball</b> <b>3:00 Wii Games</b> <b>4:00 Headband Game</b></p>	<p>21</p> <p><b>10:00 Saturday Stretches</b> <b>10:45 Junk Food Day</b> <b>11:00 Famous Comic Heroes</b> <b>2:00 BINGO</b> <b>3:00 Brain Crunches</b></p> 
<p>22</p> <p><b>10:00 Morning Stretches</b> <b>10:45 Spiritual Reflection</b> <b>11:00 Parents Day</b> <b>2:00 Patio Social</b> <b>3:00 Wii Games</b></p>	<p>23</p> <p><b>10:30 Monday Stretches</b> <b>10:45 Blue Monday</b> <b>11:00 Finishing Words</b> <b>2:00 Bowling</b> <b>3:00 Heritage Hounds</b></p> 	<p>24</p> <p><b>10:00 Morning Yoga</b> <b>10:45 Happy BD Ruth Buzzi</b> <b>11:00 Women Aviator Day</b> <b>1:30 Bus Drive – Pewaukee Lake</b> <b>3:00 Big Dice Games</b> <b>4:00 Word Challenge</b></p>	<p>25</p> <p><b>Disney Day</b> <b>10:00 Exercise to Disney Music</b> <b>10:45 All about Walt Disney</b> <b>11:00 Walt Disney Movies</b> <b>2:00 Disney BINGO</b> <b>3:00 Disney Tunes With Princess Char</b> <b>4:00 Make your own Mickey Mouse Treat</b></p>	<p>26</p> <p><b>10:00 Exercise to Music</b> <b>10:45 Daily Chronicles</b> <b>11:00 Bob's Fishing Adventure</b> <b>2:00 Planetarium Trip</b> <b>3:30 Dynseo Games</b></p> 	<p>27</p> <p><b>9:30 Mass</b> <b>10:15 Exercises</b> <b>11:00 Full Moon Day</b> <b>2:00 Balloon Volleyball</b> <b>3:00 True or False?</b> <b>4:00 You Be the Judge</b></p>	<p>28</p> <p><b>10:00 Saturday Stretches</b> <b>10:45 Day of the Cowboy</b> <b>11:00 The Alphabet Game</b> <b>2:00 BINGO</b> <b>3:00 Trivia Challenge</b></p>
<p>29</p> <p><b>10:00 Morning Stretches</b> <b>10:45 Jump Rope Day</b> <b>11:00 20 Questions</b> <b>2:00 Patio Social</b> <b>3:00 Brain Games</b></p>	<p>30</p> <p><b>10:00 Devotions</b> <b>10:30 Monday Stretches</b> <b>11:00 In God We Trust</b> <b>2:00 Bowling</b> <b>3:00 The Fishing Game</b></p>	<p>31</p> <p><b>10:00 Morning Yoga</b> <b>10:45 National Mutt Day</b> <b>11:00 Whats your Favorite Color</b> <b>2:00 Art Therapy with Ellen</b> <b>3:00 Baseball Dice</b></p>	<p><b>Celebrating Wisconsin Lakes &amp; Travel</b></p> 		<p><b>Happy Birthday</b> David K. – 7/11</p> <p><b>Happy Anniversary</b> Betty &amp; Dwayne – 7/7</p> 	

\*All activities are subject to change when necessary  
Residents' families are invited to participate in community events.

Musical Activity    Social Event    Religious Activity  
Celebrate Wisconsin    Exercise    Heritage Hounds