







# January

## Heritage Waukesha Life Enrichment Calendar

### Recurring Activities

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Happy Birthday</b></p>  <p>Benito R. – 1/1 James L. – 1/8 Carmella K. – 1/10 Louie F. – 1/13 Cecelia B. – 1/30</p>		<p>1</p> <p>10:00 Morning Yoga 10:45 Penguin Plunge Day 11:00 The News of 2018 2:00 New Years Day BINGO 3:00 Brain Trivia</p>	<p>2</p> <p>10:00 Everyday Fitness 10:45 Monarch Migration Day 11:00 Humor Day 2:00 BINGO 3:00 Junkdrawer Detective 4:00 Wii Games</p>	<p>3</p> <p>10:00 Exercise to Music 10:45 Joe Friday Day 11:00 Why we need Sleep 2:00 Heritage Hounds 3:00 Dice Games (BUNCO) 4:00 Dynseo Games</p> 	<p>4</p> <p>10:00 Exercises 10:45 The Writings of Mark Twain 11:00 Grimm Day 2:00 Balloon Volleyball 3:00 Wii Games 4:00 You Be The Judge</p>	<p>5</p> <p>10:00 Saturday Stretches 10:45 Twelfth Night 11:00 National Bird Day 2:00 BINGO 3:00 Headband Game</p>
<p>6</p> <p>10:00 Morning Stretches 10:45 Epiphany 11:00 Happy BD Danny Thomas And Loretta Young 2:00 Noodle War 3:00 Wii Games</p>	<p>7</p> <p>10:00 Exercises 10:45 Burns &amp; Allen's Anniv. 11:00 Wisconsin's Literary Landmarks 2:00 Bowling 3:00 Floral Centerpieces 4:00 Memory Game</p> 	<p>8</p> <p>10:00 Morning Yoga 10:45 Daily Chronicles 11:00 Elvis Lives Day! 2:00 Art Therapy With Ellen 3:00 Baseball Dice 4:00 Dynseo Games</p>	<p>9</p> <p>10:00 Everyday Fitness 10:45 Dear Abby Day 11:00 Favorite Comedians 2:00 BINGO 3:00 Thank you Cards 4:00 Finishing Lines</p>	<p>10</p> <p>10:00 Exercise to Music 10:45 Farewell Saturday Evening Post 11:00 Ray Bolger Birthday 2:00 Snowman Craft 3:00 Large Dice Games 4:00 Which Came First?</p>	<p>11</p> <p>9:30 Mass 10:15 Exercises 11:00 Cuckoo Dance Tribute 2:00 Balloon Volleyball 3:00 Wii Games 4:00 You Tubing</p>	<p>12</p> <p>10:00 Saturday Stretches 10:45 Superhero Day 11:00 Poetry Writing 2:00 BINGO 3:00 Brain Trivia</p>
<p>13</p> <p>10:00 Morning Stretches 10:45 Spiritual Reflection 11:00 Great TV Sitcoms 2:00 Noodle War 3:00 Would you Rather?</p>	<p>14</p> <p>10:00 Devotions 10:30 Exercises 11:00 What's a Homonym? 2:00 Bowling 3:00 Memory Games 4:00 Chain of Thought</p>	<p>15</p> <p>10:00 Morning Yoga 10:45 Good Queen Bess Day 11:00 First Pro Bowl 2:00 Dice Game – Cover All 3:00 Ice Cream Social 4:00 Giant Crossword Puzzle</p>	<p>16</p> <p>10:00 Everyday Fitness 10:45 Hello, Dolly Day! 11:00 Lutheran Church 2:00 BINGO 3:00 Circle Games 4:00 Dynseo Games</p>	<p>17</p> <p>10:00 Exercise to Music 10:45 Muhammad Ali's BD 11:00 All about Laura Ingalls Wilder 2:00 Dice Game - BUNCO 3:00 Animal Races 4:00 You Tubing</p>	<p>18</p> <p>10:00 Exercises 10:45 Poetry Writing 11:00 Oh Pooh! Day 2:00 Balloon Volleyball 3:00 Wii Games 4:00 Hangman Game</p> 	<p>19</p> <p>10:00 Saturday Stretches 10:45 Welcome Antartica 11:00 All About Mary Poppins 2:00 Bingo 3:00 Brain Challenges</p>
<p>20</p> <p>10:00 Morning Stretches 10:45 Famous Roller Coasters 11:00 Penguin Awareness Day 2:00 Noodle War 3:00 Which Came First?</p>	<p>21</p> <p>10:00 Exercises 10:45 Martin Luther King Jr. 11:00 Children's Author Jan Brett 2:00 Bowling 3:00 Memory Games 4:00 Wheel of Fortune</p>	<p>22</p> <p>10:00 Morning Yoga 10:45 Wolf Moon 11:00 Squirrel Appreciation Day 2:00 Art Therapy With Ellen 3:00 Animal Races 4:00 Trivia Team Challenge</p>	<p>23</p> <p>10:00 Everyday Fitness 10:45 A Day to Wine About 11:00 National Pig Day 2:00 BINGO 3:00 Resident Council Meeting 4:00 Dynseo Games</p>	<p>24</p> <p>10:00 Exercise to Music 10:45 Daily Chronicles 11:00 California Gold Rush Day 2:00 Dice Game - BUNCO 3:00 Fishing Game 4:00 Chain of Thought</p>	<p>25</p> <p>9:30 Mass 10:15 Exercises 11:00 101 Dalmations Day 2:00 Balloon Volleyball 3:00 Headband Game 4:00 Wii Games</p>	<p>26</p> <p>10:00 Saturday Stretches 10:45 Michigan Day 11:00 Happy BD Paul Newman 2:00 BINGO 3:00 Brain Trivia</p>
<p>27</p> <p>10:00 Morning Stretches 10:45 Story in a Picture 11:00 Wisconsin Weather 2:00 Noodle War 3:00 True or False</p>	<p>28</p> <p>10:00 Devotions 10:30 Exercises 11:00 Marshmallow Monday 2:00 Waukesha Broadway Singers 3:00 United States Trivia Challenge 4:00 You Be The Judge</p>	<p>29</p> <p>10:00 Morning Yoga 10:45 Happy BD Oprah 11:00 Great Books about Wisconsin 2:00 Heritage Hounds 3:00 Tea and Trivia Tuesday 4:00 Dynseo Games</p>	<p>30</p> <p>10:00 Everyday Fitness 10:45 "Hi-Yo, Silver Away!" 11:00 The Name Game 2:00 BINGO 3:00 Winter Craft 4:00 Circle Games</p>	<p>31</p> <p>10:00 Exercise to Music 10:45 Today in History 11:00 Jackie Robinson Day 2:00 Dice Game – Cover All 3:30 Piano Entertainment</p> 	 <p><i>Celebrating Wisconsin Literature &amp; Authors</i></p>	

\*All activities are subject to change when necessary

Residents' families are invited to participate in community events.

Musical Activity Religious Activity Social Hour  
Celebrate Wisconsin Active Game Heritage Hounds