


August

Heritage West Allis Memory Care Life Enrichment Calendar

Fitness for Life

Monday, Tuesday, Thursday, Friday at 10:15 a.m.
Wednesday at 10:45 a.m. | Weekends at 10 a.m.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Happy Birthday</p> <p>Judy B. – 8/02 Frank K. – 8/05 Irene S. – 8/07 Janet K. – 8/12</p> 	<p><i>Celebrating Wisconsin Fairs & Festivals</i></p> 		<p>10:00 Catholic Mass (AL) 10:45 Fitness for Life 1:15 Crosswords to Go 3:00 Harmonious Painting 6:00 Bingo Bonanza</p>	<p>10:15 Fitness for Life 10:45 Craft Corner- “Ceramic Seashells” 1:15 Trivia 2:30 Lutheran Church Service 3:00 Courtyard Social 6:00 Resident Choice</p>	<p>10:15 Fitness for Life 10:45 Puzzlemania 1:15 Table Coloring Club 2:00 Movie Matinee 3:00 Jingo 6:00 Uno</p>	<p>10:00 Fitness for Life 10:45 Coffee and Cookies 1:30 Chair Dancing 3:30 Finishing Lines 6:30 Sweet Treats Social</p>
<p>10:00 Church Service w/Dave (A1) 10:45 Fitness for Life 1:30 Puzzlemania 2:30 Snack and Chat 6:30 Movie and Popcorn</p>	<p>10:15 Fitness for Life 1:15 Around the Corner w/ John McGivern 2:00 Adult Coloring Club 3:15 Bingo w/ Linda 6:00 Karaoke Hour</p>	<p>10:15 Fitness for Life 10:45 Pokeno 1:15 Pamper me Pretty (Salon) 3:00 Movie Manitee 6:00 Puzzlemania</p>	<p>10:00 Catholic Mass (AL) 10:45 Fitness for Life 1:15 Crosswords to Go 3:00 Harmonious Painting 6:00 Fun and Frolic at the Fountain</p>	<p>10:15 Fitness for Life 10:45 Craft Corner- “Painting Garden Rocks” 1:15 Pennies In 2:30 Lutheran Church Service 3:00 Courtyard Social 6:00 Resident Choice</p>	<p>9:00 State Fair Outing 10:15 Fitness for Life 10:45 Puzzlemania 1:15 Table Coloring Club 2:00 Movie Matinee 3:00 Jingo 6:00 Uno</p>	<p>10:00 Fitness for Life 10:45 Bingo 1:30 Tie-Dyed Tshirts 3:30 Noodle Balloon Toss 6:30 Sweet Treats Social</p>
<p>10:00 Church Service w/Dave (A1) 10:45 Fitness for Life 1:30 Puzzlemania 2:30 Snack and Chat 6:30 Movie and Popcorn</p>	<p>10:15 Fitness for Life 1:15 Around the Corner w/ John McGivern 2:00 Adult Coloring Club 3:15 Bingo w/ Linda 6:00 Karaoke Hour</p>	<p>10:15 Fitness for Life 10:45 Pokeno 1:15 Pamper me Pretty (Salon) 3:00 Movie Manitee- “State Fair” 6:00 Puzzlemania</p>	<p>10:00 Catholic Mass (AL) 10:45 Fitness for Life 1:15 Crosswords to Go 3:00 Harmonious Painting 6:00 Bingo Bonanza</p>	<p>10:15 Fitness for Life 10:45 Craft Corner- “Carnival Masks” 1:15 Trivia 2:30 Lutheran Church Service 3:00 Courtyard Social 6:00 Resident Choice</p>	<p>10:15 Fitness for Life 10:45 Puzzlemania 1:15 Table Coloring Club 2:00 Movie Matinee 3:00 Jingo 6:00 Uno</p>	<p>10:00 Fitness for Life 10:45 Coffee and Cookies 1:30 Finishing Lines 3:30 Chair Dancing 6:30 Sweet Treats Social</p>
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<p>10:00 Church Service w/Dave (A1) 10:45 Fitness for Life 1:30 Puzzlemania 2:30 Snack and Chat 6:30 Movie and Popcorn</p>	<p>10:15 Fitness for Life 1:15 Around the Corner w/ John McGivern 2:00 Adult Coloring Club 3:15 Bingo w/ Linda 6:00 Karaoke Hour</p>	<p>10:15 Fitness for Life 10:45 Pokeno 1:15 Pamper me Pretty (Salon) 3:00 Movie Manitee 6:00 Puzzlemania</p>	<p>10:00 Catholic Mass (AL) 10:45 Fitness for Life 1:15 Crosswords to Go 3:00 Harmonious Painting 6:00 Bingo Bonanza</p>	<p>10:15 Fitness for Life 10:45 Craft Corner- “Washer Necklaces” 1:15 Trivia 2:30 Lutheran Church Service 3:00 Courtyard Social 6:00 Resident Choice</p>	<p>10:15 Fitness for Life 10:45 Puzzlemania 1:15 Table Coloring Club 2:00 Movie Matinee 3:00 Jingo 6:00 Uno</p>	

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

Religious Activity Social Hour
Celebrate Wisconsin Exercise Special Event