



# October

## Heritage West Allis Assisted Living Life Enrichment Calendar

### Flex, Fit & Fun

Weekdays at 11 a.m.  
Weekends at 3:30 p.m. (A1)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<b>Happy Birthday</b> John S.-10/3 	1 10:00 Clip File n' Polish (A1) 11:00 Flex, Fit, & Fun (A1) 1:30 Ladies Tea & Talk (A1) 3:00 Just Craftin' Around (A1) 4:00 German Trivia 6:00 Sheepshead-Resident Led	2 9:00 Walmart Trip 11:00 Flex, Fit, & Fun (A1) 1:15 Pokeno (A1) 3:00 Kegelen/Bowling (A1) 4:00 Dynseo & Happy Hour (A1) 6:00 Table Games-Resident Led (A1)	3 10:00 Catholic Mass (A1) 11:00 Flex, Fit, & Fun (A1) 11:30 Ladies Who Lunch-Kegel's Inn 1:30 Meditation, Essential Oils & Relaxation (A1) 3:00 Bingo (A1) 6:00 Cribbage-Resident Led	4 10:00 Coffee Cart & Snack (Room to Room) 11:00 Flex, Fit, & Fun (A1) 1:30 Crosswords & Cocktails (A1) 2:30 Lutheran Church (A1) 3:00 Craft n' Creations (A1) 4:00 Dynseo (A1)	5 9:30 1 <sup>st</sup> Friday Rosary & Communion (A1) 11:00 Flex, Fit, and Fun (A1) 1:30 Pecan Finger Baking (A2) 3:00 Nature Walk w/Myah (A1) 4:00 Dynseo (A1) 6:00 Table Games-Resident Led	6 10:00 Positive Vibes (Main Bulletin Board) 1:30 Pokeno (A1) 3:30 Flex, Fit, & Fun (A1) 6:30 Movie Night & Popcorn (A1)	
7 9:00 Sweet Treats & Java (A2) 10:00 Church w/Dave (A1) 11:00 Inspiration Devotions (Main Bulletin Board) 1:30 Bingo (A1) 3:30 Flex, Flex, & Fun (A1) 5:00 German Word Search (Main Bulletin Board)	8 10:00 Clip File n' Polish (A1) 11:00 Flex, Fit, & Fun (A1) 1:30 Cribbage-Resident Led 3:00 Craft n' Creations (A1) 4:00 Happy Hour & Dynseo (A1) 6:00 Rummy-Resident Led (A1)	9 11:00 Flex, Fit, & Fun (A1) 1:15 Pokeno (A1) 3:00 Kickin' Karaoke (A1) 4:00 Dynseo (A1) 6:00 Table Games-Resident Led (A1)	10 10:00 Catholic Mass (A1) 11:00 Flex, Fit, & Fun (A1) 1:30 German Dessert & Coffee Social (A1) 3:00 Bingo (A1) 4:00 Learn German Speaking Basics w/Myah (A1)	11 10:00 Coffee Cart & Snack (Room to Room) 11:00 Flex, Fit, & Fun (A1) 1:15 Resident Council (A1) 2:30 Lutheran Church (A1) 3:00 Just Craftin' Around (A1) 4:00 Dynseo (A1)	12 10:00 Rosary & Communion (A1) 11:00 Flex, Fit, and Fun (A1) 1:30 Pretzel Making (A2) 3:00 German Lederhosen Craft (A1) 4:00 Parachute Games (A1) 6:00 Sheepshead-Resident Led	13 11:00 Oktoberfest in Cedarburg: Jugend/Erwachsenen	
14 9:00 Sweet Treats & Java (A2) 10:00 Church w/Dave (A1) 11:00 Inspiration Devotions (Main Bulletin Board) 1:30 Bingo (A1) 3:30 Flex, Flex, & Fun (A1) 5:00 German Food Word Search (Main Bulletin Board)	15 10:00 Clip File n' Polish (A1) 11:00 Flex, Fit, & Fun (A1) 3:00 Just Craftin' Around (A1) 4:00 Golf w/Myah (A1) 6:00 Sheepshead-Resident Led (A1)	16 9:00 Walmart Trip 11:00 Flex, Fit, & Fun (A1) 1:15 Pokeno (A1) 3:00 Kegelen/Bowling (A1) 4:00 Conversation & Cocktails (A1) 6:00 Table Games-Resident Led (A1)	17 10:00 Catholic Mass (A1) 11:00 Flex, Fit, & Fun (A1) 11:30 Mens Lunch Out-Kegel's Inn 1:30 German Beer Tasting (A1) 3:00 Bingo (A1) 4:00 Dynseo (A1) 6:00 Rummy-Resident Led	18 10:00 Coffee Cart & Snack (Room to Room) 11:00 Flex, Fit, & Fun (A1) 1:30 Crosswords & Cocktails (A1) 2:30 Lutheran Church (A1) 3:00 Craft n' Creations (A1) 4:00 Dynseo (A1)	19 10:00 Rosary & Communion (A1) 11:00 Flex, Fit, and Fun (A1) 1:30 Apple Strudel Making (A2) 3:00 Nature Walk w/Myah (A1) 4:00 Coffee & Sweet Treats Social (A1) 6:00 Grab & Go Crossword Puzzle (Bulletin Board)	20 10:00 Positive Vibes (Main Bulletin Board) 1:30 Pokeno (A1) 3:30 Flex, Fit, & Fun (A1) 6:30 Movie Night & Popcorn (A1)	
21 9:00 Sweet Treats & Java (A2) 10:00 Church w/Dave (A1) 11:00 Inspiration Devotions (Main Bulletin Board) 1:30 Bingo (A1) 3:30 Flex, Flex, & Fun (A1) 5:00 German Cities Word Search (Main Bulletin Board)	22 10:00 Clip File n' Polish (A1) 11:00 Flex, Fit, & Fun (A1) 1:30 Cribbage-Resident Led (A1) 1:45 Happy Hour 3:00 Heavenly Handmade (A1) 4:00 Conversation & Cocktails 6:00 Sheepshead-Resident Led (A1)	23 11:00 Flex, Fit, & Fun (A1) 1:15 Pokeno (A1) 3:00 Kickin' Karaoke (A1) 4:00 Dynseo (A1) 6:00 Rummy-Resident Led (A1)	24 10:00 Catholic Mass (A1) 11:00 Flex, Fit, & Fun (A1) 1:30 Pumpkin Decorating (A1) 3:00 Bingo (A1) 4:00 Learn German Speaking Basics w/Myah (A1) 6:00 Cribbage-Resident Led	25 10:00 Coffee Cart & Snack (Room to Room) 11:00 Flex, Fit, & Fun (A1) 1:30 Uno & Happy Hour (A1) 2:30 Lutheran Church (A1) 3:00 Let's Get Craftin' (A1) 4:00 Dynseo (A1)	26 10:00 Rosary & Communion (A1) 11:00 Flex, Fit, and Fun (A1) 1:30 Spatzle Making (A2) 3:00 Parachute Games (A1) 4:00 Men's Drink & Talk (A1) 6:00 Grab & Go Crossword Puzzle (Bulletin Board)	27 10:00 Positive Vibes (Main Bulletin Board) 1:30 Pokeno (A1) 3:30 Flex, Fit, & Fun (A1) 6:30 Movie Night & Popcorn (A1)	
28 9:00 Sweet Treats & Java (A2) 10:00 Church w/Dave (A1) 11:00 Inspiration Devotions (Main Bulletin Board) 1:30 Bingo (A1) 3:30 Flex, Flex, & Fun (A1) 5:00 German Word Search (Main Bulletin Board)	29 10:00 Clip File n' Polish (A1) 11:00 Flex, Fit, & Fun (A1) 1:30 Trick & Trick 4:00 Crosswords & Cocktails 6:00 Cribbage-Resident Led (A1)	30 11:00 Flex, Fit, & Fun (A1) 1:15 Pokeno (A1) 3:30 October Birthday Party (A1) 6:00 Rummy-Resident Led (A1)	31 10:00 Catholic Mass (A1) 11:00 Flex, Fit, & Fun (A1) 1:30 Halloween Craft (A1) 3:00 Halloween Party (A1) 4:00 Halloween Trivia (A1) 6:00 Sheepshead-Resident Led				Celebrating Wisconsin's German Heritage

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

Musical Activity    Happy Hour    Spiritual Activity  
Celebrate Wisconsin    Exercise