




December

Heritage West Allis Memory Care Life Enrichment Calendar

Fitness for Life

Mondays, Tuesdays, Thursdays-Saturdays at 10 a.m.
Sundays and Wednesdays at 11 a.m.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	 <p style="text-align: center;"><i>Celebrating Wisconsin Holiday Traditions</i></p>				<p style="text-align: center;">Happy Birthday Betty S. – 12/28</p> 	<p>10:00 Fitness for Life 10:45 Coffee & Donuts 11:00 Craft of Choice 2:30 Jingo-Christmas 3:30 Shading & Chat 6:00 Movie & Popcorn</p>
<p>2 10:00 Church w/Dave 11:00 Fitness for Life 1:30 Card Club 2:30 Sundae Funday 3:30 Hot Cocoa & Chat 6:00 Movie & Popcorn</p>	<p>3 10:00 Fitness for Life 11:00 Manicure Monday 1:30 Bingo 2:30 Painting-Christmas 3:30 Caroling Practice 6:30 Board Games</p>	<p>4 9:00 Walmart Trip 10:00 Fitness for Life 11:00 Table Shading-Christmas 12:00 Mens Lunch Out 1:30 Christmas Trivia 3:00 Heritage Crafters 4:00 Book Club 6:00 Kickin' Karaoke</p>	<p>5 10:00 Catholic Mass 11:00 Fitness for Life 1:30 Jingo-Christmas 3:00 Caroling Practice 4:00 Puzzles & Cocoa 6:00 Wednesday Matinee</p>	<p>6 10:00 Fitness for Life 11:00 St Nick Event 1:30 Painting-Christmas 2:30 Luthern Church 3:30 Table Shading-Christmas 6:00 Kickin' Karaoke</p>	<p>7 10:00 Fitness for Life 10:45 Bingo 1:30 Cooking Club-Raindeer Brownies 3:00 Heritage Crafters 4:00 Caroling Practice 6:00 Movie Mania</p>	<p>8 10:00 Elf on the Shelf Contest & Choir Concert 10:45 Coffee & Donuts 11:00 Craft of Choice 2:30 Jingo-Christmas 3:30 Shading & Chat 6:00 Movie & Popcorn</p>
<p>9 10:00 Church w/Dave 11:00 Fitness for Life 1:30 Card Club 2:30 Sundae Funday 3:30 Hot Cocoa & Chat 6:00 Movie & Popcorn</p>	<p>10 10:00 Fitness for Life 11:00 Manicure Monday 1:30 Bingo 2:30 Painting-Free Choice 3:30 Caroling Practice 6:30 Board Games</p>	<p>11 9:00 Scroooge! Holiday Floral Show-The Domes 1:30 Christmas Brandy Slushies 3:00 Heritage Crafters 4:00 Book Club 6:00 Kickin' Karaoke</p>	<p>12 10:00 Catholic Mass 11:00 Fitness for Life 1:30 Jingo-Christmas 3:00 Caroling Practice 4:00 Pickle On The Tree 6:00 Wednesday Matinee</p>	<p>13 10:00 Fitness for Life 11:00 Table Shading-Christmas 1:30 Match the Deck 2:30 Luthern Church 5:00 Family Christmas Dinner 6:00 Kickin' Karaoke</p>	<p>14 10:00 Cookie & Recipe Swap 1:30 Bingo 2:30 Caroling Practice 3:00 12th Day of Christmas 4:00 Heritage Crafters 6:00 Movie Mania</p>	<p>15 10:00 Fitness for Life 10:45 Coffee & Donuts 11:00 11th Day of Christmas 2:30 Jingo-Christmas 3:30 Shading & Chat 6:00 Movie & Popcorn</p>
<p>16 10:00 Church w/Dave 11:00 Fitness for Life 1:30 10th Day of Christmas 2:30 Sundae Funday 3:30 Hot Cocoa & Chat 6:00 Movie & Popcorn</p>	<p>17 10:00 Fitness for Life 11:00 Manicure Monday 2:00 December Birthday Party 3:30 Caroling Practice 4:00 9th Day of Christmas 6:30 Board Games</p>	<p>18 9:00 Walmart Trip 10:00 Fitness for Life 11:00 Table Shading-Christmas 12:00 Women who Lunch 1:30 8th day of Christmas 3:00 Heritage Crafters 4:00 Book Club 6:00 Kickin' Karaoke</p>	<p>19 10:00 Catholic Mass 11:00 Fitness for Life 1:30 Jingo-Christmas 3:00 Caroling Practice 4:00 7th Day of Christmas 6:00 Candy Cane Lane</p>	<p>20 8:30 Breakfast with Santa 10:00 Fitness for Life 11:00 Table Shading-Christmas 1:30 Match the Kisses 2:30 Luthern Church 3:30 6th Day of Christmas 6:00 Kickin' Karaoke</p>	<p>21 10:00 Fitness for Life 10:45 Bingo 1:30 Cooking Club-Sugar Cookies 3:00 Heritage Crafters 4:00 5th Day of Christmas 6:00 Movie Mania</p>	<p>22 10:00 Fitness for Life 10:45 Coffee & Donuts 11:00 Caroling Practice 2:30 Jingo-Christmas 3:30 4th Day of Christmas 6:00 Movie & Popcorn</p>
<p>23 10:00 Church w/Dave 11:00 Fitness for Life 1:30 3rd Day of Christmas</p>	<p>Christmas Eve 24 10:30 Cocoa Cookies & Caroling 1:30 2nd Day of Christmas 3:00 Bingo</p>	<p>Christmas Day 25 11:00 Table Shading-Christmas 1:30 Christmas Trivia 3:00 Heritage Crafters 4:00 Book Club 6:00 Kickin' Karaoke</p>	<p>26 10:00 Catholic Mass 11:00 Fitness for Life 1:30 Jingo-New Years 3:00 Make Noise Makers 4:00 Shading-New Years 6:00 Wednesday Matinee</p>	<p>27 10:00 Fitness for Life 11:00 Table Shading-Christmas 1:30 Painting-New Years 2:30 Luthern Church 3:30 Match the Kisses 6:00 Kickin' Karaoke</p>	<p>28 10:00 Fitness for Life 10:45 Bingo 1:30 Cooking Club-Elf Hats 3:00 Heritage Crafters 4:00 Puzzles 6:00 Movie Mania</p>	<p>29 10:00 Fitness for Life 10:45 Coffee & Donuts 11:00 Craft of Choice 2:30 Jingo-New Years 3:30 Shading & Chat 6:00 Movie & Popcorn</p>
<p>30 10:00 Church w/Dave 11:00 Fitness for Life</p>	<p>New Year's Eve 31 11:00 New Years Party</p>					

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

Musical Activity **Religious Activity**
Celebrate Wisconsin Holidays **Exercise**