



















































October

Heritage West Allis Assisted Living/Enhanced Life Enrichment Calendar

Recurring Activities
Flex, Fit & Fun Daily at 11 a.m. (A2) | Snack Cart Daily at 7 p.m.
Happy Hour Fridays at 3:30 p.m. (Pub)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Happy Birthday</p> <p>Glen C. – 10/02 Audrey K. – 10/04 Ralph S. – 10/09</p> 	<p>Bernice R. – 10/24 Peggy C. – 10/27</p>	<p>1 9:30 Dynseo 11:00 Flex, Fit & Fun 1:00 Hand Massage & relaxation 2:00 Pokeno 3:30 Heritage Crafters 4:30 Family Feud</p> 	<p>2 9:15 Dynseo 10:00 Pig Races 11:00 Flex, Fit & Fun 2:00 Heritage Crafters 3:00 Bingo 4:15 Cocktails & Chat</p>	<p>3 9:15 Dynseo 10:00 Coffee Cart-Room to Room 11:00 Flex, Fit & Fun 1:00 Feet to the Fire 2:00 Pam Timmers (Pub) 2:30 Lutheran Church 3:30 Bingo -Prizes</p> 	<p>4 9:30 Catholic Mass/Rosary & Communion (IL Room) 11:00 Heritage Bakers 1:30 Innovative Fitness 3:00 Crafting Creations 3:30 Happy Hour (Pub)</p>  	<p>5 9:15 Dynseo 11:00 Flex, Fit & Fun 1:30 Pokeno 3:30 Board Games & Chat 6:30 Movie & Popcorn</p>  
<p>6 9:00 Sweet Treats & Java 10:00 Church 11:00 Flex, Fit & Fun 1:00 Bingo-Prizes 2:30 Social Hour 4:00 Board Games 6:00 Movie Mania</p>  	<p>7 9:15 Dynseo 10:00 Clip, File 'n Polish 11:00 Flex, Fit & Fun 1:00 Outside Chat & Snack 1:30 Yahtzee 3:00 Bingo 4:30 Bunco</p>  	<p>8 9:30 Dynseo 11:00 Flex, Fit & Fun 1:00 Heritage Hounds 2:00 Greg Driss (Pub) 3:00 Pokeno 4:00 Heritage Crafters 4:30 German Beer Tasting</p>  	<p>9 9:15 Dynseo 10:00 Bake Sale Baking 11:00 Flex, Fit & Fun 2:00 Carnival Games 3:00 Bingo 4:15 Cocktails & Chat</p> 	<p>10 9:15 Dynseo 10:00 Coffee Cart-Room to Room 11:00 Flex, Fit & Fun 1:00 Feet to the Fire 2:30 Lutheran Church 3:30 Bingo -Prizes 4:30 Uno Game</p> 	<p>11 9:15 Dynseo 9:30 Catholic Mass/Rosary & Communion (IL Room) 11:00 Heritage Bakers 1:30 Innovative Fitness 3:00 Crafting Creations 3:30 Happy Hour (Pub)</p>  	<p>12 9:15 Dynseo 11:00 Flex, Fit & Fun 1:30 Pokeno 3:30 Board Games & Chat 6:30 Movie & Popcorn</p>  
<p>13 9:00 Sweet Treats & Java 10:00 Church 11:00 Flex, Fit & Fun 1:00 Bingo-Prizes 2:30 Social Hour 4:00 Board Games 6:00 Movie Mania</p>  	<p>14 9:15 Dynseo 10:00 Clip, File 'n Polish 11:00 Flex, Fit & Fun 1:00 Outside Chat & Snack 1:30 Painting & Sip 3:00 Bingo 4:30 Bunco</p>  	<p>15 9:30 Dynseo 11:00 Flex, Fit & Fun 1:00 Ceramic Painting 2:00 Pokeno 3:30 Heritage Crafters 4:15 German Pretzels</p> 	<p>16 9:15 Dynseo 10:00 Free Painting 11:00 Flex, Fit & Fun 1:15 Resident Council 3:00 Bingo 4:15 Cocktails & Chat</p> 	<p>17 9:15 Dynseo 10:00 Coffee Cart-Room to Room 11:00 Flex, Fit & Fun 1:00 Feet to the Fire 2:30 Lutheran Church 3:30 Bingo -Prizes 4:30 Brain Games/Trivia</p> 	<p>18 9:15 Dynseo 9:30 Catholic Mass/Rosary & Communion (IL Room) 11:00 Heritage Bakers 1:30 Innovative Fitness 3:00 Crafting Creations 3:30 Happy Hour (Pub)</p>  	<p>19 9:15 Dynseo 11:00 Flex, Fit & Fun 1:30 Pokeno 3:30 Board Games & Chat 6:30 Movie & Popcorn</p>  
<p>20 9:00 Sweet Treats & Java 10:00 Church 11:00 Flex, Fit & Fun 1:00 Bingo-Prizes 2:30 Social Hour 4:00 Board Games 6:00 Movie Mania</p>  	<p>21 9:15 Dynseo 10:00 Clip, File 'n Polish 11:00 Flex, Fit & Fun 1:00 Outside Chat & Snack 1:30 Yahtzee 3:00 Bingo 4:30 Bunco</p>  	<p>22 9:30 Dynseo 11:00 Flex, Fit & Fun 1:00 Hand Massage & relaxation 2:00 Pokeno 3:30 Heritage Crafters 4:15 Beer & Sausages</p> 	<p>23 9:15 Dynseo 10:00 Bake Sale Baking 11:00 Flex, Fit & Fun 2:00 Music W/Carol (Pub) 3:00 Bingo 4:15 Cocktails & Chat</p> 	<p>24 9:15 Dynseo 10:00 Coffee Cart-Room to Room 11:00 Flex, Fit & Fun 1:00 Feet to the Fire 2:30 Lutheran Church 3:30 Bingo -Prizes 4:30 Uno Game</p> 	<p>25 9:15 Dynseo 9:30 Catholic Mass/Rosary & Communion (IL Room) 11:00 Heritage Bakers 1:30 Innovative Fitness 3:00 Crafting Creations 3:30 Happy Hour (Pub)</p>  	<p>26 9:15 Dynseo 11:00 Flex, Fit & Fun 1:30 Pokeno 3:30 Board Games & Chat 6:30 Movie & Popcorn</p>  
<p>27 9:00 Sweet Treats & Java 10:00 Church 11:00 Flex, Fit & Fun 1:00 Bingo-Prizes 2:30 Social Hour 4:00 Board Games 6:00 Movie Mania</p>  	<p>28 9:15 Dynseo 10:00 Clip, File 'n Polish 11:00 Flex, Fit & Fun 1:00 Outside Chat & Snack 1:30 Yahtzee 3:00 Bingo 4:30 Bunco</p>  	<p>29 9:30 Dynseo 11:00 Flex, Fit & Fun 1:00 Heritage Hounds 2:00 Carrie Labinski (Pub) 3:00 Pokeno 4:00 Heritage Crafters 4:30 Wine & Chat</p>  	<p>30 9:15 Dynseo 10:00 Pig Races 11:00 Flex, Fit & Fun 2:00 Carnival Games 3:00 Bingo 4:15 Cocktails & Chat</p> 	<p>Halloween 31 9:15 Dynseo 10:00 Coffee Cart-Room to Room 11:00 Flex, Fit & Fun 1:00 Feet to the Fire 2:30 Lutheran Church 3:30 Bingo -Prizes 4:30 Brain Games/ trivia</p> 	 <p><i>Celebrating Wisconsin's German Heritage</i></p>	

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

Spiritual Activity Exercise