

























































October

Heritage West Allis Memory Care Life Enrichment Calendar

Recurring Activities
Fitness For Life Daily at 11 a.m. | Snack Cart Daily at 7 p.m.
Sundae Funday Sundays at 3:30 p.m.

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 9:15 Dynseo 11:00 Fitness For Life 1:00 Dominos 2:00 Bingo  3:30 Puzzles 4:30 Relaxation & Reminiscing (Snoezelen)</p>	<p>2 9:15 Dynseo (A1) 10:00 Balloon Volleyball 11:00 Fitness For Life 1:00 Reminiscing Card Questions 2:00 Hand Massages 3:30 Bingo  6:00 Wednesday Matinee</p>	<p>3 9:15 Dynseo (A1) 10:00 Table Shading  11:00 Fitness For Life 1:30 Feet to the Fire (A1) 2:00 Pam Timmers (Pub) 2:30 Lutheran Church(A1) 3:30 Bingo </p>	<p>4 9:30 Catholic Mass/Rosary & Communion (IL Room) 11:00 Heritage Bakers  1:30 Innovative Fitness 2:30 Heritage Crafters  3:30 Happy Hour (Pub)  6:00 Movie Mania </p>	<p>5 9:15 Dynseo (A1) 10:00 Coffee & Donuts  11:00 Fitness For Life 3:00 Bingo  4:00 Table Shading & Chat 4:30 Kickin' Karaoke 6:00 Movie & Popcorn </p>
<p>6 9:15 Dynseo 10:00 Church(A1) 11:00 Fitness For Life 1:00 Social Hour 2:30 Bingo 3:30 Sundae Funday 6:00 Movie Mania </p>	<p>7 9:15 Dynseo (A1) 10:00 Table Shading  11:00 Fitness For Life 1:00 Manicure Monday 2:00 Bowling  3:00 Bingo 4:15 Heritage Crafters</p>	<p>8 9:15 Dynseo 11:00 Fitness For Life 1:00 Pig Races 2:00 Greg Driss (Pub) 3:30 Bingo  4:30 Relaxation & Reminiscing (Snoezelen)</p>	<p>9 9:15 Dynseo (A1) 10:00 Free Painting 11:00 Fitness For Life 1:00 Heritage Crafters 2:00 German Beer Testing 3:30 Bingo  6:00 Wednesday Matinee</p>	<p>10 9:15 Dynseo (A1) 10:00 Table Shading 11:00 Fitness For Life 1:30 Feet to the Fire (A1) 2:30 Lutheran Church(A1) 3:30 Bingo 4:30 Snack & Chat </p>	<p>11 9:30 Catholic Mass/Rosary & Communion (IL Room) 11:00 Heritage Bakers  1:30 Innovative Fitness 2:30 Heritage Crafters  3:30 Happy Hour (Pub)  6:00 Movie Mania </p>	<p>12 9:15 Dynseo (A1) 10:00 Coffee & Donuts  11:00 Fitness For Life 3:00 Bingo  4:00 Table Shading & Chat 4:30 Kickin' Karaoke 6:00 Movie & Popcorn </p>
<p>13 9:15 Dynseo 10:00 Church(A1) 11:00 Fitness For Life 1:00 Social Hour 2:30 Bingo 3:30 Sundae Funday 6:00 Movie Mania </p>	<p>14 9:15 Dynseo (A1) 10:00 Table Shading  11:00 Fitness For Life 1:00 Manicure Monday 2:00 Bunco 3:00 Bingo 4:15 Heritage Crafters</p>	<p>15 9:15 Dynseo 11:00 Fitness For Life 1:00 Dominos 2:00 Bingo  3:30 German Pretzels 4:30 Relaxation & Reminiscing (Snoezelen)</p>	<p>16 9:15 Dynseo (A1) 10:00 Balloon Volleyball 11:00 Fitness For Life 1:00 Reminiscing Card Questions 2:00 Hand Massages 3:30 Bingo  6:00 Wednesday Matinee</p>	<p>17 9:15 Dynseo (A1) 10:00 Table Shading 11:00 Fitness For Life 1:30 Feet to the Fire (A1) 2:30 Lutheran Church(A1) 3:30 Bingo 4:30 Reminiscing Cards </p>	<p>18 9:30 Catholic Mass/Rosary & Communion (IL Room) 11:00 Heritage Bakers  1:30 Innovative Fitness 2:30 Heritage Crafters  3:30 Happy Hour (Pub)  6:00 Movie Mania </p>	<p>19 9:15 Dynseo (A1) 10:00 Coffee & Donuts  11:00 Fitness For Life 3:00 Bingo  4:00 Table Shading & Chat 4:30 Kickin' Karaoke 6:00 Movie & Popcorn </p>
<p>20 9:15 Dynseo 10:00 Church(A1) 11:00 Fitness For Life 1:00 Social Hour 2:30 Bingo 3:30 Sundae Funday 6:00 Movie Mania </p>	<p>21 9:15 Dynseo (A1) 10:00 Table Shading  11:00 Fitness For Life 1:00 Manicure Monday 2:00 Bowling  3:00 Bingo 4:15 Heritage Crafters</p>	<p>22 9:15 Dynseo 11:00 Fitness For Life 1:00 Conversation Dice 2:00 Bingo  3:30 Beer & Brats 4:30 Relaxation & Reminiscing (Snoezelen)</p>	<p>23 9:15 Dynseo (A1) 10:00 Free Painting 11:00 Fitness For Life 1:00 Heritage Crafters 2:00 Music w/Carol (pub) 3:30 Bingo  6:00 Wednesday Matinee</p>	<p>24 9:15 Dynseo (A1) 10:00 Table Shading 11:00 Fitness For Life 1:30 Feet to the Fire (A1) 2:30 Lutheran Church(A1) 3:30 Bingo 4:30 Uno & Chat </p>	<p>25 9:30 Catholic Mass/Rosary & Communion (IL Room) 11:00 Heritage Bakers  1:30 Innovative Fitness 2:30 Heritage Crafters  3:30 Happy Hour (Pub)  6:00 Movie Mania </p>	<p>26 9:15 Dynseo (A1) 10:00 Coffee & Donuts  11:00 Fitness For Life 3:00 Bingo  4:00 Table Shading & Chat 4:30 Kickin' Karaoke 6:00 Movie & Popcorn </p>
<p>27 9:15 Dynseo 10:00 Church(A1) 11:00 Fitness For Life 1:00 Social Hour 2:30 Bingo 3:30 Sundae Funday 6:00 Movie Mania </p>	<p>28 9:15 Dynseo (A1) 10:00 Table Shading  11:00 Fitness For Life 1:00 Manicure Monday 2:00 Bunco 3:00 Bingo 4:15 Heritage Crafters</p>	<p>29 9:15 Dynseo 11:00 Fitness For Life 1:00 Dominos 2:00 Carrie Labinski (Pub) 3:30 Bingo  4:30 Relaxation & Reminiscing (Snoezelen)</p>	<p>30 9:15 Dynseo (A1) 10:00 Balloon Volleyball 11:00 Fitness For Life 1:00 Reminiscing Card Questions 2:00 Hand Massages 3:30 Bingo  6:00 Wednesday Matinee</p>	<p>31 Halloween 9:15 Dynseo (A1) 10:00 Table Shading 11:00 Fitness For Life 1:30 Feet to the Fire (A1) 2:30 Lutheran Church(A1) 3:30 Bingo 4:30 Reminiscing Cards </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 