

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>30</p> <p>9:00 Activity Packet Handed Out with a Sunday Prayer</p> <p>10:30 Exercise</p> <p>1:30 Independent Room Activities</p> <p>2:45 Nail Day! Get your nails done.</p> <p>4:00 Self-Led Wellness Walk!! Get your body moving.</p>	<p>31</p> <p>9:00 Activity Packet Handed Out</p> <p>10:00 Exercise</p> <p>1:30 BINGO</p> <p>2:30 The Price is right \$ [CR]</p> <p>4:00 Self-Led Wellness Walk!! Get your body moving.</p>	<p>HEARTIS SENIORS. LIVING.</p>	<p>100 W. River Woods Parkway Glendale, WI 53212 (414) 409-6700</p>	<p>Location Keys</p> <p>Art Studio Community Life Room Piano Bar</p> <p>A CR P</p>	<p>Be Challenged Be Connected Be Family Be Inspired Be Social Be Well</p>	<p>1</p> <p>9:00 Activity Packet Handed Out with a Sunday Prayer</p> <p>10:30 Exercise</p> <p>1:30 Independent Room Activities</p> <p>2:45 Painting Pots! [A]</p> <p>4:00 Self-Led Wellness Walk!! Get your body moving.</p>
<p>2</p> <p>9:00 Activity Packet Handed Out with a Sunday Prayer</p> <p>10:30 Exercise</p> <p>1:30 Independent Room Activities</p> <p>2:45 Gardening! Fill your painted pots with seeds! [P]</p> <p>4:00 Self-Led Wellness Walk!! Get your body moving.</p>	<p>3</p> <p>9:00 Activity Packet Handed Out</p> <p>10:00 Exercise</p> <p>1:30 BINGO</p> <p>2:30 The Price is right \$ [CR]</p> <p>4:00 Self-Led Wellness Walk!! Get your body moving.</p>	<p>4</p> <p>9:00 Activity Packet Handed Out</p> <p>10:00 Exercise</p> <p>1:30 Charades: Act it Out</p> <p>2:30 Card Making! For residents or family</p> <p>4:00 Self-Led Wellness Walk!! Get your body moving.</p>	<p>5</p> <p>9:00 Activity Packet Handed Out</p> <p>10:00 Exercise</p> <p>1:30 Jeopardy: Team Building!</p> <p>2:30 Culture Day and snacks</p> <p>4:00 Self-Led Wellness Walk!! Get your body moving.</p>	<p>6</p> <p>9:00 Activity Packet Handed Out</p> <p>10:00 Exercise</p> <p>1:30 Wheel of Fortune! [P]</p> <p>2:45 Pictionary [CR]</p> <p>4:00 Self-Led Wellness Walk!! Get your body moving.</p>	<p>7</p> <p>9:00 Activity Packet Handed Out</p> <p>10:00 Exercise</p> <p>1:30 BINGO</p> <p>2:45 Happy Hour and Tribond [P]</p> <p>4:00 Self-Led Wellness Walk!! Get your body moving.</p>	<p>8</p> <p>9:00 Activity Packet Handed Out</p> <p>10:30 Exercise</p> <p>1:30 Independent Room Activities</p> <p>2:45 Painting Vases!! [A]</p> <p>4:00 Self-Led Wellness Walk!! Get your body moving.</p>
<p>9</p> <p>9:00 Activity Packet Handed Out with a Sunday Prayer</p> <p>10:30 Exercise</p> <p>1:30 Independent Room Activities</p> <p>2:45 Nail Day! Get your nails done.</p> <p>4:00 Self-Led Wellness Walk!! Get your body moving.</p>	<p>10</p> <p>9:00 Activity Packet Handed Out</p> <p>10:00 Exercise</p> <p>1:30 BINGO</p> <p>2:30 The Price is right \$ [CR]</p> <p>4:00 Self-Led Wellness Walk!! Get your body moving.</p>	<p>11</p> <p>9:00 Activity Packet Handed Out</p> <p>10:00 Exercise</p> <p>1:30 Charades: Act it Out</p> <p>2:30 Tissue Paper Flowers!!</p> <p>4:00 Self-Led Wellness Walk!! Get your body moving.</p>	<p>12</p> <p>9:00 Activity Packet Handed Out</p> <p>10:00 Exercise</p> <p>1:30 Jeopardy: Team Building!</p> <p>2:30 Culture Day and snacks</p> <p>4:00 Self-Led Wellness Walk!! Get your body moving.</p>	<p>13</p> <p>9:00 Activity Packet Handed Out</p> <p>10:00 Exercise</p> <p>1:30 Wheel of Fortune! [P]</p> <p>2:45 Pictionary [CR]</p> <p>4:00 Self-Led Wellness Walk!! Get your body moving.</p>	<p>14</p> <p>9:00 Activity Packet Handed Out</p> <p>10:00 Exercise</p> <p>1:30 BINGO</p> <p>2:45 Happy Hour and Tribond [P]</p> <p>4:00 Self-Led Wellness Walk!! Get your body moving.</p>	<p>15</p> <p>9:00 Activity Packet Handed Out</p> <p>10:30 Exercise</p> <p>1:30 Independent Room Activities</p> <p>2:45 Acrylic Sunsets</p> <p>4:00 Self-Led Wellness Walk!! Get your body moving.</p>
<p>16</p> <p>9:00 Activity Packet Handed Out with a Sunday Prayer</p> <p>10:30 Exercise</p> <p>1:30 Independent Room Activities</p> <p>2:45 Nail Day! Get your nails done.</p> <p>4:00 Self-Led Wellness Walk!! Get your body moving.</p>	<p>17</p> <p>9:00 Activity Packet Handed Out</p> <p>10:00 Exercise</p> <p>1:30 BINGO</p> <p>2:30 The Price is right \$ [CR]</p> <p>4:00 Self-Led Wellness Walk!! Get your body moving.</p>	<p>18</p> <p>9:00 Activity Packet Handed Out</p> <p>10:00 Exercise</p> <p>1:30 Charades: Act it Out</p> <p>2:30 Suncatchers for your windows!</p> <p>4:00 Self-Led Wellness Walk!! Get your body moving.</p>	<p>19</p> <p>9:00 Activity Packet Handed Out</p> <p>10:00 Exercise</p> <p>1:30 Jeopardy: Team Building!</p> <p>2:30 Culture Day and snacks</p> <p>4:00 Self-Led Wellness Walk!! Get your body moving.</p>	<p>20</p> <p>9:00 Activity Packet Handed Out</p> <p>10:00 Exercise</p> <p>1:30 Wheel of Fortune! [P]</p> <p>2:45 Pictionary [CR]</p> <p>4:00 Self-Led Wellness Walk!! Get your body moving.</p>	<p>21</p> <p>9:00 Activity Packet Handed Out</p> <p>10:00 Exercise</p> <p>1:30 BINGO</p> <p>2:45 Happy Hour and Tribond [P]</p> <p>4:00 Self-Led Wellness Walk!! Get your body moving.</p>	<p>22</p> <p>9:00 Activity Packet Handed Out</p> <p>10:30 Exercise</p> <p>1:30 Independent Room Activities</p> <p>2:45 Watercolor Painting: Birds!</p> <p>4:00 Self-Led Wellness Walk!! Get your body moving.</p>
<p>23</p> <p>9:00 Activity Packet Handed Out with a Sunday Prayer</p> <p>10:30 Exercise</p> <p>1:30 Independent Room Activities</p> <p>2:45 Nail Day! Get your nails done.</p> <p>4:00 Self-Led Wellness Walk!! Get your body moving.</p>	<p>24</p> <p>9:00 Activity Packet Handed Out</p> <p>10:00 Exercise</p> <p>1:30 BINGO</p> <p>2:30 The Price is right \$ [CR]</p> <p>4:00 Self-Led Wellness Walk!! Get your body moving.</p>	<p>25</p> <p>9:00 Activity Packet Handed Out</p> <p>10:00 Exercise</p> <p>1:30 Charades: Act it Out</p> <p>2:30 Bookmark Making!</p> <p>4:00 Self-Led Wellness Walk!! Get your body moving.</p>	<p>26</p> <p>9:00 Activity Packet Handed Out</p> <p>10:00 Exercise</p> <p>1:30 Jeopardy: Team Building!</p> <p>2:30 Culture Day and snacks</p> <p>4:00 Self-Led Wellness Walk!! Get your body moving.</p>	<p>27</p> <p>9:00 Activity Packet Handed Out</p> <p>10:00 Exercise</p> <p>1:30 Wheel of Fortune! [P]</p> <p>2:45 Pictionary [CR]</p> <p>4:00 Self-Led Wellness Walk!! Get your body moving.</p>	<p>28</p> <p>9:00 Activity Packet Handed Out</p> <p>10:00 Exercise</p> <p>1:30 BINGO</p> <p>2:45 Happy Hour and Tribond [P]</p> <p>4:00 Self-Led Wellness Walk!! Get your body moving.</p>	<p>29</p> <p>9:00 Activity Packet Handed Out</p> <p>10:30 Exercise</p> <p>1:30 Independent Room Activities</p> <p>2:45 Abstract Acrylic Painting [A]</p> <p>4:00 Self-Led Wellness Walk!! Get your body moving.</p>

Continued at top

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>30</p> <p>9:00 Breakfast</p> <p>10:00 Morning Meditation, Prayer and Exercise [D]</p> <p>12:00 Lunch</p> <p>1:30 Nails and Hair Day! [CR]</p> <p>2:30 Tea Party and Snacks [CR]</p> <p>3:30 Gardening! Water the plants</p> <p>5:00 Dinner</p> <p>6:00 Caregiver led Meditation</p>	<p>31</p> <p>9:00 Breakfast</p> <p>10:00 Morning Meditation and Exercise</p> <p>12:00 Lunch</p> <p>1:30 Gen-Narrations: Storytelling [LB]</p> <p>2:30 Snacks, music and special drinks</p> <p>3:00 Sensory Project [CR]</p> <p>5:00 Dinner</p> <p>6:00 Caregiver led Meditation</p>	<p>HEARTIS SENIORS. LIVING.</p>	<p>GENERATIONS Honor the past, connect with the present, inspire the future.</p>	<p>Location Keys</p> <p>Art Studio Community Life Room Dining Room Library</p> <p>A CR D LB</p>	<p>Be Adventurous Be Challenged Be Connected Be Family Be Inspired Be Social Be Well Meals</p>	<p>1</p> <p>9:00 Breakfast</p> <p>10:00 Morning Meditation and Exercise</p> <p>12:00 Lunch</p> <p>1:30 Poet's Corner</p> <p>2:30 Culinary Creations!</p> <p>3:00 Music and Social Hour</p> <p>5:00 Dinner</p> <p>6:00 Caregiver led Meditation</p>
<p>2</p> <p>9:00 Breakfast</p> <p>10:00 Morning Meditation, Prayer and Exercise [D]</p> <p>12:00 Lunch</p> <p>1:30 Nails and Hair Day! [CR]</p> <p>2:30 Tea Party and Snacks [CR]</p> <p>3:30 Gardening! Water the plants</p> <p>5:00 Dinner</p> <p>6:00 Caregiver led Meditation</p>	<p>3</p> <p>9:00 Breakfast</p> <p>10:00 Morning Meditation and Exercise</p> <p>12:00 Lunch</p> <p>1:30 Gen-Narrations: Storytelling [LB]</p> <p>2:30 Snacks, music and special drinks</p> <p>3:00 Sensory Project [CR]</p> <p>5:00 Dinner</p> <p>6:00 Caregiver led Meditation</p>	<p>4</p> <p>9:00 Breakfast</p> <p>10:00 Morning Meditation and Exercise</p> <p>12:00 Lunch</p> <p>1:30 Culture Day!</p> <p>2:30 Culinary Creations!</p> <p>3:30 Music BINGO [CR]</p> <p>5:00 Dinner</p> <p>6:00 Caregiver led Meditation</p>	<p>5</p> <p>9:00 Breakfast</p> <p>10:00 Morning Meditation, Prayer and Exercise [D]</p> <p>12:00 Lunch</p> <p>1:30 Gen-Narrations: Storytelling</p> <p>2:30 Snacks, music and special drinks</p> <p>3:00 Crafter's Corner</p> <p>5:00 Dinner</p> <p>6:00 Caregiver led Meditation</p>	<p>6</p> <p>9:00 Breakfast</p> <p>10:00 Morning Meditation and Exercise</p> <p>12:00 Lunch</p> <p>1:30 Culture Day! [CR]</p> <p>2:30 Culinary Creations!</p> <p>3:30 Musical BINGO</p> <p>5:00 Dinner</p> <p>6:00 Caregiver led Meditation</p>	<p>7</p> <p>9:00 Breakfast</p> <p>10:00 Morning Meditation and Exercise</p> <p>12:00 Lunch</p> <p>1:30 Gen-Narrations: Storytelling [LB]</p> <p>2:30 Snacks, music and special drinks</p> <p>3:00 Painting Session [A]</p> <p>5:00 Dinner</p> <p>6:00 Caregiver led Meditation</p>	<p>8</p> <p>9:00 Breakfast</p> <p>10:00 Morning Meditation and Exercise</p> <p>12:00 Lunch</p> <p>1:30 Charades: Act It Out! [CR]</p> <p>2:30 Culinary Creations!</p> <p>3:00 Music and Social Hour</p> <p>5:00 Dinner</p> <p>6:00 Caregiver led Meditation</p>
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