
The bus icon indicates that a shuttle will run 30 minutes before and after an activity. The times listed are the time the activity starts.

Please sign up in advance for all trips at the Welcome Center

Handy Numbers:

Welcome Center (262) 679-0888,
Beauty Shop (414) 841-8587
Dining Reservations (262) 971-2126
Life Enrichment Trip Reservations (262) 971-2128

 The shoe icon indicates the level of physical activity for a trip. 1 shoe = low, 2 = medium, 3 = high.


KEY:

UA	Upper Atrium	CH	Chapel
LA	Lower Atrium	FC	Fitness Center
LB	Library	SR	Sewing Room
AR	Art Room	SM	South Manor
FP	Front Patio	NM	North Manor
		GM	Grand Manor

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
1:00 TV Show: Grace & Frankie LB	9:30 Sequence Lodge LA 10:00  Grand Cafe GM 11:00 Word Games Lodge LA 1:00 Arts & Crafts: Bracelet Making SM 1:00 Trip: Retzer Nature Center & Lunch at Machine Shed  2:30 Resident Led Trivia SM 3:15 Reader's Theatre Lodge SR 3:30 Lutheran Service Lodge CH 6:00 Themed Trivia Lodge UA	9:30 Arts & Crafts Lodge AR 9:30&10:00 Trip: Pick N Save 1:00 Dulcimers Lodge LA 1:00 Resident Led Bunco SM 1:30&2:00 Trip: Aldi's 2:30 Bag Toss Lodge LA 3:00 Sew Good Sewing Hour SR 4:00 4 O'clock Talk Lodge LA	9:30 Card Games Lodge LA 10:30 Resident Led Candy Bingo SM 10:30 Cooking Class: Peanut Butter Brownie Lodge AR 1:00 Trip: St Vincent De Paul's 1:00-3:00 Blood Pressure Clinic HO 2:30 Men's Wii Bowling Lodge FC 3:30 Praise & Worship Lodge CH 4:00 Trip: Dinner at Leah's Italian Restaurant 6:00  Dollar Bingo Lodge LA	9:30 News Chat LB 10:00 Trip: Dollar Store 11:00 Dulcimers GM 1:30  Penguins & Pina Coladas w/ Marcell Guyton 3:00 Resident Led Sheepshead UA 3:30 Ukulele Group SR 6:00 Crosswords UA	9:30 Popcorn Sale Lodge AR 1:00 Candy Bingo Lodge LA 2:30 Wii Bowling Lodge FC 2:30 Bocce Ball SM 3:30 Sing-a-long Lodge LA 6:00 Friday Night Friends Lodge	9:30 Table Dice Games 10:30 Candy Bingo 1:00 Movie Matinee - Family Camp (2022) LB 4:00 Catholic Mass Chapel
1:00 TV Show: Grace & Frankie LB	9:30 Sequence Lodge LA 10:00  Grand Cafe GM 11:00 Word Games Lodge LA 1:00 Arts & Crafts: Bracelet Making NM 1:00 Scenic Ride: Downtown Greendale 2:30 Resident Led Trivia SM 3:15 Reader's Theatre Lodge SR 6:00 Themed Trivia Lodge UA	9:30 Arts & Crafts Lodge AR 9:30&10:00 Trip: Kohl's 1:00 Dulcimers Lodge LA 1:00 Resident Led Bunco SM 1:30 \$\$ Trip: Marcus Ridge Movie Theater- Wonka 	9:30 Card Games Lodge LA 10:30 Resident Led Candy Bingo SM 10:30 Cooking Class: Cherry Cobbler Lodge AR 1:00 Trip: Menards 1:00-3:00 Blood Pressure Clinic HO 2:30 Men's Wii Bowling Lodge FC 3:30 Praise & Worship Lodge CH 4:00 Trip: Dinner at The Lodge Restaurant 6:00  Dollar Bingo Lodge LA	9:30 News Chat LB 10:00 Trip: Meijer's 11:00 Dulcimers GM 1:30  Winter Wonderland Social w/ Shawn Bost 3:00 Resident Led Sheepshead UA 3:30 Ukulele Group SR 6:00 Crosswords UA	9:30 Popcorn Sale Lodge AR 11:00 Awesome America Lodge LB 1:00 Candy Bingo Lodge LA 2:30 Wii Bowling Lodge FC 2:30 Bocce Ball SM 3:30 Sing-a-long Lodge LA 6:00 Friday Night Friends Lodge	9:30 Table Dice Games 10:30 Candy Bingo 1:00 Movie Matinee - The Little Rascals (1994) LB 4:00 Catholic Mass Chapel 6:00 Dollar Bingo GM
1:00 TV Show: Grace & Frankie LB	9:30 Sequence Lodge LA 10:00  Grand Cafe GM 11:00 Word Games Lodge LA 1:00 Arts & Crafts: Melted Snowman SM 1:00 Trip: Local Library 2:30 Resident Led Trivia SM 3:15 Reader's Theatre Lodge SR 3:30 Lutheran Service Lodge CH 6:00 Themed Trivia Lodge UA	9:30 Arts & Crafts Lodge AR 9:30 Trip: Breakfast at The Rainbow 1:00 Dulcimers Lodge LA 1:00 Resident Led Bunco SM 1:30&2:00 Trip: Fleet Farm 2:30 Bag Toss Lodge LA 3:00 Sew Good Sewing Hour SR 4:00 4 O'clock Talk Lodge LA	9:30 Card Games Lodge LA 10:30 Resident Led Candy Bingo SM 10:30 Name That Tune Lodge LA 12:30-4:00 Trip: Potawatomi Casino  1:00-3:00 Blood Pressure Clinic HO 2:30 Men's Wii Bowling Lodge FC 3:00 Short Stories Lodge LA 6:00  Dollar Bingo Lodge LA	9:30 News Chat LB 10:00 Trip: Walmart 11:00 Dulcimers GM 1:30  Birthday Social w/ Charles Barber 3:00 Resident Led Sheepshead UA 3:30 Ukulele Group SR 6:00 Crosswords UA	9:30 Popcorn Sale Lodge AR 11:00 Awesome America Lodge LB 1:00 PRIZE Bingo Lodge LA 2:30 Wii Bowling Lodge FC 2:30 Bocce Ball SM 3:30 Sing-a-long Lodge LA 6:00 Friday Night Friends Lodge	9:30 Table Dice Games 10:30 Candy Bingo 1:00 Movie Matinee - A Mile In His Shoes (2011) LB 4:00 Catholic Mass Chapel 6:00 Dollar Bingo GM
1:00 TV Show: Grace & Frankie LB	9:30 Sequence Lodge LA 10:00  Grand Cafe GM 11:00 Word Games Lodge LA 1:00 Arts & Crafts: Melted Snowman NM 1:00 Scenic Ride: Pewaukee Lake 2:30 Resident Led Trivia SM 3:15 Reader's Theatre Lodge SR 6:00 Movie Showing: Groundhog's Day Lodge LA	9:30 Arts & Crafts Lodge AR 9:30&10:00 Trip: Piggly Wiggly 1:00 Dulcimers Lodge LA 1:00 Resident Led Bunco SM 1:30&2:00 Trip: Aldi's 2:30 Bag Toss Lodge LA 3:00 Sew Good Sewing Hour SR 4:00 4 O'clock Talk Lodge LA	9:30 Card Games Lodge LA 10:30 Resident Led Candy Bingo SM 12:00 Trip: Lunch at Delafield Brewhaus 1:00-3:00 Blood Pressure Clinic HO 2:00 Milwaukee Public Museum Presentation: Digging Up Discoveries 3:30 Men's Wii Bowling Lodge FC 6:00  Dollar Bingo Lodge LA	<div>Manors / Townhomes</div> <div>January 2024</div> 		

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KEY: UA Upper Atrium CH Chapel
 LA Lower Atrium FC Fitness Center
 LB Library SR Sewing Room
 AR Art Room BP Back Patio
 FP Front Patio HO Health Office

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
1:00 TV Show: Grace & Frankie LB	9:30 Sequence LA 11:00 Word Games LA 1:00 Trip: Retzer Nature Center & Lunch at Machine Shed  3:15 Reader's Theatre SR 3:30 Lutheran Service CH 6:00 Themed Trivia UA	9:30 Arts & Crafts AR 9:30&10:00 Trip: Walgreens 1:00 Dulcimers LA 1:30&2:00 Trip: Piggly Wiggly 2:30 Bag Toss LA 3:00 Sew Good Sewing Hour 3:00 Short Scenic Ride 4:00 4 O'clock Talk LA	9:30 Card Games LA 10:30 Cooking Class: Peanut Butter Brownies AR 1:00 Trip: St Vincent De Paul's 1:00-3:00 Blood Pressure Clinic HO 2:30 Men's Wii Bowling FC 3:30 Praise & Worship CH 4:00 Trip: Leah's Italian Restaurant 6:00 Dollar Bingo LA	9:30 News Chat LB 10:00 Trip: Dollar Store 1:30 Penguins & Pina Coladas w/ Marcell Guyton 3:00 Resident Led Sheepshead UA 3:30 Ukulele Group SR 6:00 Crosswords UA 	9:30 Popcorn Sale AR 11:00 White Elephant Exchange LA 1:00 Candy Bingo LA 2:30 Wii Bowling FC 3:00 Quilting Bee SR 3:30 Sing-a-long LA	9:30 Table Dice Games 10:30 Candy Bingo 1:00 Movie Matinee - Family Camp (2022) LB 4:00 Catholic Mass Chapel
1:00 TV Show: Grace & Frankie LB	9:30 Sequence LA 11:00 Word Games LA 1:00 Trip: Retzer Nature Center & Lunch at Machine Shed  3:15 Reader's Theatre SR 3:30 Lutheran Service CH 6:00 Themed Trivia UA	9:30 Arts & Crafts AR 9:30&10:00 Trip: Pick N Save 1:00 Dulcimers LA 1:30&2:00 Trip: Aldi's 2:30 Bag Toss LA 3:00 Sew Good Sewing Hour 4:00 4 O'clock Talk LA	10:00 Intergenerational Storytime w/ Muskego Public Library LA 1:00 \$\$ Trip: Mitchell Domes Winter Train Show  1:00-3:00 Blood Pressure Clinic HO 2:30 Men's Wii Bowling FC 3:00 Short Stories LA 6:00 Dollar Bingo LA	9:30 News Chat LB 9:30 Trip: Breakfast at iHop 1:30 Happy Hour w/ AJ Kartz 3:00 Resident Led Sheepshead UA Christmas Decorating Take Down 	9:30 Popcorn Sale AR 1:00 Candy Bingo LA 2:30 Wii Bowling FC 3:30 Sing-a-long LA	9:30 Table Dice Games 10:30 Candy Bingo 1:00 Movie Matinee - The Little Rascals (1994) LB 4:00 Catholic Mass Chapel
1:00 TV Show: Grace & Frankie LB	9:30 Sequence LA 11:00 Word Games LA 1:00 Scenic Ride: Downtown Greendale 3:15 Reader's Theatre SR 6:00 Themed Trivia UA	9:30 Arts & Crafts AR 9:30&10:00 Trip: Kohl's 1:00 Dulcimers LA 1:30 \$\$ Trip: Marcus Ridge Movie Theater- Wonka 	9:30 Card Games LA 10:30 Cooking Class: Cherry Cobbler AR 1:00 Trip: Menards 1:00-3:00 Blood Pressure Clinic HO 2:30 Men's Wii Bowling FC 3:30 Praise & Worship CH 4:00 Trip: Dinner at The Lodge Restaurant 6:00 Dollar Bingo LA	9:30 News Chat LB 10:00 Trip: Meijer's 1:30 Winter Wonderland Social w/ Shawn Bost 3:00 Resident Led Sheepshead UA 3:30 Ukulele Group SR  6:00 Crosswords UA	9:30 Popcorn Sale AR 11:00 Awesome America LB 1:00 Candy Bingo LA 2:30 Wii Bowling FC 3:00 Quilting Bee SR 3:30 Sing-a-long LA	9:30 Table Dice Games 10:30 Candy Bingo 1:00 Movie Matinee - A Mile In His Shoes (2011) 4:00 Catholic Mass Chapel
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1:00 TV Show: Grace & Frankie LB	9:30 Sequence LA 11:00 Word Games LA 1:00 Scenic Ride: Pewaukee Lake 3:15 Reader's Theatre SR 6:00 Movie Showing: Groundhog's Day LA	9:30 Arts & Crafts AR 9:30&10:00 Trip: Piggly Wiggly 1:00 Dulcimers LA 1:30&2:00 Trip: Aldi's 2:30 Bag Toss LA 3:00 Sew Good Sewing Hour 3:00 Short Scenic Ride 4:00 4 O'clock Talk LA	9:30 Card Games LA 12:00 Trip: Lunch at Delafield Brewhaus 1:00-3:00 Blood Pressure Clinic HO 2:00 Milwaukee Public Museum Presentation: Digging Up Discoveries 3:00 Men's Wii Bowling FC 6:00 Dollar Bingo LA	The Lodge <i>January 2024</i> 		

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<div>1</div> <div>Happy New Year 2024</div>	<div>2</div> <div>New! 10:30 Tai Chi</div>	<div>3</div> <div>1:00 Seated Dance</div>	<div>4</div> <div>9:30 Full Body 10:00 S t r e t c h 10:30 Balance</div>	<div>5</div> <div>9:30 Cardio Drum 10:30 Seated Yoga</div>	<div>6</div>
<div>7</div>	<div>8</div> <div>NO CLASS</div>	<div>9</div> <div>New! 10:30 Tai Chi</div>	<div>10</div> <div>1:00 Seated Dance</div>	<div>11</div> <div>NO CLASS</div>	<div>12</div> <div>NO CLASS</div>	<div>13</div>
<div>14</div>	<div>15</div> <div>9:30 Full Body 10:00 S t r e t c h 10:30 Balance</div>	<div>16</div> <div>New! 10:30 Tai Chi</div>	<div>17</div> <div>1:00 Seated Dance</div>	<div>18</div> <div>9:30 Full Body 10:00 S t r e t c h 10:30 Balance</div>	<div>19</div> <div>9:30 Cardio Drum 10:30 Seated Yoga</div>	<div>20</div>
<div>21</div>	<div>22</div> <div>9:30 Full Body 10:00 S t r e t c h 10:30 Balance</div>	<div>23</div> <div>New! 10:30 Tai Chi</div>	<div>24</div> <div>1:00 Seated Dance</div>	<div>25</div> <div>9:30 Full Body 10:00 S t r e t c h 10:30 Balance</div>	<div>26</div> <div>9:30 Cardio Drum 10:30 Seated Yoga</div>	<div>27</div>
<div>28</div>	<div>29</div> <div>9:30 Full Body 10:00 S t r e t c h 10:30 Balance</div>	<div>30</div> <div>New! 10:30 Tai Chi</div>	<div>31</div> <div>NO CLASS</div>	<div>Fitness Calendar</div> <div>January 2❄24</div>		

Full Body – This class can help alleviate the aches and pains of the aging body from head to toe. Leveraging multiple training types and methods, the content of class will change weekly to include a variety of movements from stretching, aerobics, strength, and balance. *Class duration: 30 minutes.*

Stretch – loosen muscles in a Tai Chi style flow-movement. Work out your aches, pains, and strengthen your balance all in one! *Class duration: 15-20 minutes.*

Balance – Seated and some standing (behind a chair) full body exercises to help increase muscle strength, balance, stability and fall prevention. Resting between movements included in class time. *Class duration: 30 minutes.*

Seated Dance – Elevate your heart rate and work up a little sweat to lively music. If you enjoy Seated Full Body and would like a little more from your workout, this class is for you! *Class duration: 30 minutes. Instructor: Diane.*

Cardio Drumming – How it works: a large exercise ball resting in a bucket sits in front of you seated in a chair. Grab a drumstick in each hand, feel the beat of lively music and follow the instructor to move your body and maintain a healthy heart. No prior “drumming” experience required. *Class duration: 30 minutes. Seated or standing.*

REGENCY FITNESS CALENDAR



January 2024



REGENCY SENIOR COMMUNITIES
13750 W NATIONAL AVE I (262) 789-1699
LIFE ENRICHMENT: (262) 330-5158

NEW

All Fitness classes take place in the Lodge Fitness Center on the 2nd floor. Except for Wednesday Seated Dance, which takes place in the Lodge Lower Atrium.

Tai Chi – Start out the new year by getting in tune with your body and balance. Join Occupational Therapist Mary Van Derven for **Tai Chi on Tuesday's**. Movements will be adjusted for your abilities.
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Duration: 30-45 minutes.

Seated Yoga – Light stretching, yoga movements and breathing techniques will be used to stretch the entire body and reduce mental tension. *Class duration: 30 minutes with breaks.*