



**Check out our Resident Spotlight featuring Cheryl S.**

Cheryl has lived in our Independent Living Community for 1 year now. She loves staying active within the community and has made lots of friends! In her younger years Cheryl was a Social Worker and worked with foster children. She loves being outdoors, going Up North with her family to their cabin and having cookouts. Cheryl is always up for a fun adventure! If you see her bright, smiling face around our community stop and say, Hi!

**DON'T FORGET TO RSVP!**



- \*"Life a little Lighter Group" 3/6 at 1:00
- \*Blood Pressure Checks\* 3/7 at 1:30 in pub
- \*Casino Day\* 3/7 at 1:30
- \*Axe Throwing\* 3/11 at 1:00
- \*Bunco\* 3/13 at 3:00
- \*AOK Performance Outing\* 3/14
- \*St. Patty's Party\* 3/17 \$2.00
- \*Outing to Potawatomi\* 3/18



**Happy Birthday!**

- 3/3 Dolly K. #143
- 3/6 Helen R. #301
- 3/7 Nancy W. #319
- 3/12 Darlene L. #335
- 3/18 Tom C. #239
- 3/19 David K. Cottage
- 3/19 Margaret L. #240
- 3/21 Mary M. #342
- 3/23 Betty R. #214
- 3/23 Bobbie M. Cottage
- 3/31 Ike S. #112

**JOIN THE CLUB**



**If you'd like more information or you're interested in joining one of our clubs, please talk with the individuals listed below.**

- "What are you reading book club"-Betty R. #214
- "Stitching Together"-Bonnie #230, Carol K. #249, Dee K. #232
- "Walking Club"-Pat H. #149
- "Welcoming Committee"-Carol K. #249

# enjoy life

## THIS MONTH'S FEATURED PROGRAMS

Exploring the New



ADVENTURE

**Axe Throwing Outing**  
Time to test out your lumberjack skills! We will be going to Menomonee Falls Axe Throwing to enjoy a fun afternoon with friends! Come and try something new!

**Date:** Tuesday, March 11 **Time:** 1:00

Sign-up in the enjoy life binder. \$27 per person

Positive, Meaningful, Relationships and Service



COMMUNITY

**Casino Day**  
Feelin lucky? We will be turning our community room into a casino. Black jack, horse races, roulette, you name it we have it! Snacks and drinks will be provided!

**Date:** Friday, March 7 **Time:** 1:30

Sign-up in the enjoy life binder.

Self-Improvement and Discovery



LEARNING

**Paczki Day & History of Mardi Gras**  
Come on down to the community room and enjoy your Paczki you purchased with a little history lesson. We will be learning all about how Mardi Gras came about!

**Date:** Tuesday, March 4 **Time:** 9:00

Pursuit of Overall Personal Wellness



HEALTH & WELLNESS

**"Life a Little Lighter Weight Loss Group"**  
Are you looking to shed a few pounds in 2025 or maybe even just eat a little healthier? We are forming a new group for residents to help them with weight loss. Stop by the pub if interested!

**Date:** Thursday, March 6 **Time:** 1:00

Sign-up in the enjoy life binder.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>March cont'd</b></p> <p><b>30</b></p> <p>5:55 Walking Club [2] 6:00 Horse Racing [C]</p>	<p><b>31</b></p> <p>10:00 Food Committee Meeting [P] 10:00 Manicure Monday [P] 11:00 Tai Chi-Exercise for Life with Jan [M] 1:30 Bingo [C] 2:30 Happy Hour &amp; Trivia [P] 5:55 Walking Club [2] 6:00 CLR Dice Game [L]</p>	<p><b>THE GABLES</b> OF GERMANTOWN a capri community</p>	<p><b>Himmel Haus</b> N109 W17075 Ava Circle Germantown, WI 53022 (262) 345-1025</p>	<p><b>Program Key</b> <b>Bold-enjoy life Special</b> Feature Programs</p> <p><b>Phone Numbers</b> Kelly: 262-345-1010 Stacey: 262-345-1011 Salon: 262-345-1009</p>	<p><b>Location Keys</b></p> <p>2nd Floor C Community Room FL Front Lobby L Library M Media Room P Pub</p>	<p>5:55 Walking Club [2]</p> <p><b>1</b></p>
<p>2:00 Ice Cream Social-\$2 [C] 5:55 Walking Club [2] 6:00 Horse Racing [C]</p> <p><b>2</b></p>	<p><b>Toe Nail Trimmers</b></p> <p><b>3</b></p> <p>10:00 Manicure Monday [P] 11:00 Tai Chi-Exercise for Life with Jan [M] 1:30 Bingo [C] 5:55 Walking Club [2] 6:00 CLR Dice Game [L]</p>	<p>9:00 Paczki Day &amp; History of Mardi Gras [C] 9:30 Schwan's [FL] 2:00 Horse Racing [C] 2:00 Sheepshead [L] 5:55 Walking Club [2] 6:00 Rosary [M] 6:30 Dominoes [L]</p> <p><b>4</b></p>	<p>9:30 Bank Five Nine 9:30 St. Boniface [M] 11:00 Thai Chi [M] 1:30 Bingo [C] 2:00 Moving for Better Mobility [M] 3:00 St. Pattys Day Craft [P] 5:55 Walking Club [2] 6:00 CLR Dice Game [L]</p> <p><b>5</b></p>	<p>10:30 Nondenominational Bible Study [P] 1:00 "Life a Little Lighter" Group [P] 1:00 Sheepshead 1:30 Shop-Wal-Mart [FL] 2:00 Wii Bowling [M] 3:00 Stitching Together [L] 5:55 Walking Club [2] 6:00 Horse Racing [C]</p> <p><b>6</b></p>	<p>1:00 Moving for Better Mobility [M] 1:30 Blood Pressure Checks [P] 1:30 Casino Party! [C] 2:00 Sheepshead [L] 5:55 Walking Club [2] 6:00 CLR Dice Game [C]</p> <p><b>7</b></p>	<p>5:55 Walking Club [2]</p> <p><b>8</b></p>
<p><b>Daylight Saving Time Begins</b></p> <p>5:55 Walking Club [2] 6:00 Horse Racing [C]</p> <p><b>9</b></p>	<p>10:00 Manicure Monday [P] 11:00 Tai Chi-Exercise for Life with Jan [M] 1:30 Bingo [C] 2:30 Happy Hour &amp; Trivia [P] 5:55 Walking Club [2] 6:00 CLR Dice Game [L]</p> <p><b>10</b></p>	<p>9:30 Resident Committee Meeting-New Members Welcome! [P] 10:00 Grace Lutheran [M] 1:00 Falls Escape Axe Throwing \$27 [FL] 2:00 Horse Racing [C] 2:00 Sheepshead [L] 5:55 Walking Club [2] 6:00 Rosary [M] 6:30 Dominoes [L]</p> <p><b>11</b></p>	<p>9:30 Bank Five Nine 11:00 Thai Chi [M] 1:30 Bingo [C] 2:00 Moving for Better Mobility [M] 5:55 Walking Club [2] 6:00 CLR Dice Game [L]</p> <p><b>12</b></p>	<p>10:30 Nondenominational Bible Study [P] 1:00 Sheepshead 1:30 Shop-Pic n Save [FL] 2:00 Wii Bowling [M] 3:00 Bunco-Bring a prize [C] 5:55 Walking Club [2] 6:00 Horse Racing [C]</p> <p><b>13</b></p>	<p>12:15 AOK Performance at North Middle School [FL] 1:00 Moving for Better Mobility [M] 2:00 Sheepshead [L] 5:55 Walking Club [2] 6:00 CLR Dice Game [C]</p> <p><b>14</b></p>	<p>5:55 Walking Club [2]</p> <p><b>15</b></p>
<p>5:55 Walking Club [2] 6:00 Horse Racing [C]</p> <p><b>16</b></p>	<p><b>St. Patrick's Day</b></p> <p><b>17</b></p> <p>10:00 Bingo [C] 10:00 Manicure Monday [P] 11:00 Tai Chi-Exercise for Life with Jan [M] 2:00 St. Patty's Party-\$2.00 [C] 5:55 Walking Club [2] 6:00 CLR Dice Game [L]</p>	<p>9:30 Schwan's [FL] 11:00 Outing to Potawatomi Casino [FL] 2:00 Horse Racing [C] 2:00 Sheepshead [L] 5:55 Walking Club [2] 6:00 Rosary [M] 6:30 Dominoes [L]</p> <p><b>18</b></p>	<p>9:30 Bank Five Nine 11:00 Thai Chi [M] 1:30 Bingo [C] 2:00 Moving for Better Mobility [M] 5:55 Walking Club [2] 6:00 CLR Dice Game [L]</p> <p><b>19</b></p>	<p>10:30 Nondenominational Bible Study [P] 1:00 Sheepshead 1:00 Sing-A-Long With Kenny [M] 1:30 Shop-Aldi's [FL] 2:00 Wii Bowling [M] 3:00 Stitching Together [L] 5:55 Walking Club [2] 6:00 Horse Racing [C]</p> <p><b>20</b></p>	<p>1:00 Moving for Better Mobility [M] 2:00 Sheepshead [L] 5:55 Walking Club [2] 6:00 CLR Dice Game [C]</p> <p><b>21</b></p>	<p>5:55 Walking Club [2]</p> <p><b>22</b></p>
<p>5:55 Walking Club [2] 6:00 Horse Racing [C]</p> <p><b>23</b></p>	<p>10:00 Manicure Monday [P] 11:00 Tai Chi-Exercise for Life with Jan [M] 1:00 Book Club [L] 1:30 Bingo [C] 2:30 Happy Hour &amp; Trivia [P] 5:55 Walking Club [2] 6:00 CLR Dice Game [L]</p> <p><b>24</b></p>	<p>10:00 Grace Lutheran [M] 2:00 Horse Racing [C] 2:00 Sheepshead [L] 2:30 Birthday/Welcome Party [C] 5:55 Walking Club [2] 6:00 Rosary [M] 6:30 Dominoes [L]</p> <p><b>25</b></p>	<p>9:30 Bank Five Nine 9:30 St. Boniface [M] 11:00 Thai Chi [M] 1:30 Bingo [C] 2:00 Moving for Better Mobility [M] 5:55 Walking Club [2] 6:00 CLR Dice Game [L]</p> <p><b>26</b></p>	<p>10:30 Nondenominational Bible Study [P] 1:00 Sheepshead 1:30 Shop-Piggly Wiggly [FL] 2:00 Wii Bowling [M] 5:55 Walking Club [2] 6:00 Horse Racing [C]</p> <p><b>27</b></p>	<p>1:00 Moving for Better Mobility [M] 2:00 Sheepshead [L] 3:00 Wine &amp; Cheese \$5.00 [C] 5:55 Walking Club [2] 6:00 CLR Dice Game [C]</p> <p><b>28</b></p>	<p>5:55 Walking Club [2]</p> <p><b>29</b></p>