

1400 West Sonata Drive
414.281.2450



MARDI GRAS

Tuesday, March 4
3:30 - CCR

Experience the Magic of New Orleans Right Here!

Get ready to celebrate the spirit of Mardi Gras with music, dancing, delicious treats and fun activities! We're bringing the excitement of New Orleans to our community with a festive afternoon you won't want to miss.

Sign up in the Enjoy Life binder




DON'T FORGET TO RSVP!



- Mardi Gras Celebration, 03/04 @3:30pm
- Ash Wednesday Fish Fry, 03/05 @11:00am
- Hot Breakfast, 03/12 @9:30am
- St. Patty's Day Lunch, 03/17 @1:30pm
- Irish Dancers, 03/17 @3:00pm
- Lunch outing, 03/18 @11:00am
- Around the World-Hawaii, 03/19 @4:30pm
- March Madness: Basketball Exercise, 03/24 @4:00pm

Happy Birthday!

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- | | |
|---------------------------|-------------------------|
| Ann W. #4131 - 03/01 | Susan K. #133 - 03/05 |
| Ken K. #139 - 03/07 | Glenn R. #329 - 03/07 |
| Carol R. #225 - 03/08 | Karl A. #140 - 03/09 |
| Madonna L. #317 - 03/14 | Darlene F. #214 - 03/16 |
| Lorna S. #4151 - 03/21 | Gloria Z. #437 - 03/22 |
| Robert W. #202 - 03/25 | Katie B. #4137 - 03/26 |
| Elizabeth M. #322 - 03/27 | Ronald T. #4161 - 03/28 |
| Monica P. #335 - 03/29 | |
- Staff Birthdays
- Rose -03/05
- Armando - 03/17
- Kaitlin - 03/17

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. Have an idea on a new group to add? Talk with your Lifestyle Enrichment team!

-Garden Club: Ken #139

enjoy life

THIS MONTH'S FEATURED PROGRAMS

Exploring the New



ADVENTURE

Traditional Irish Dancers

Join us in the community room for an unforgettable experience! Watch the talented Irish dancers perform while sipping on a delightful drink flight inspired by Irish flavors. Don't miss this festive celebration!

Date: Monday, 3/17 **Time:** 3:00

Positive, Meaningful, Relationships and Service



COMMUNITY

Employee Appreciation Month

March is Employee Appreciation Month! Starting on the 10th through the 31st take a moment to show your gratitude by stopping by the front office to write a heartfelt "thank you" card for a staff member. Want to go the extra mile? Record a thoughtful video message to make their day even more special!

Self-Improvement and Discovery



LEARNING

Remembering the Luck of the Irish

We will listen, look, feel, taste, and smell our way through memories of St. Patrick's Day and the luck of the Irish!

Date: Friday, 3/7 **Time:** 2:00

Sign-up in the enjoy life binder.

Pursuit of Overall Personal Wellness



HEALTH & WELLNESS

March Madness: Basketball Exercise

It's March Madness time--the annual college basketball tournament, so it's a great time to try this workout. The seated workout with the video instructor starts with plenty of warmups and lateral motions.

Date: Monday, 3/24 **Time:** 4:00

INDEPENDENT LIVING

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>March cont'd</p> <p>Employee Appreciation Cards/ Recording</p> <p>30</p>	<p>Employee Appreciation Cards/ Recording</p> <p>1:00 Resident Run Bingo [CCR]</p> <p>31</p>	 <p>WILSON COMMONS a capri community</p>	<p>1400 W. Sonata Dr. Milwaukee, WI 53221 (414) 281-2450</p>	<p>Location Keys</p> <p>Brier Room BR Chapel CH Chopin Community Room CCR Craft Room CR Dining Room DR Exercise Room E Library LIB Outing O Outside of Polonaise OP</p>	<p>Program Key</p> <p>Bold-enjoy life Special Feature Programs <u>Underline</u>-Program Requires Sign-Up \$-Cost for Program</p>	<p>3:30 Catholic Mass [CH]</p> <p>1</p>
<p>2</p>	<p>11:00 Resident Ambassador Meeting [BR] 1:00 Resident Run Bingo [CCR]</p> <p>3</p>	<p>10:00 Rummikub [LIB] 10:30 Fox Exercise [E] 2:15 Beginners Crochet with Ken/ Fiber Arts [CR] 3:30 Advanced Crochet w/ Fiber Arts [CR] 3:30 Mardi Gras Celebration [CCR] 6-8pm Milwaukee Crochet Group -Resident Run [CR]</p> <p>4</p>	<p>10:00 Ash Wednesday [CH] 11:00 Fish Fry \$15 [CCR] 1:00 Book Mobile [CCR] 2:00 Non-Denomination Service(Lutheran) [CH] 3:00 Rosary Group [CH] 4:30 BYOB Happy Hour- Resident Run [CCR]</p> <p>5</p>	<p>9:00 Pick N Save Outing [O] 10:00 Pick N Save Outing [O] 10:00 Rummikub [LIB] 11-4 Sheepshead [CCR] 11-3pm Sheepshead Class [CCR]</p> <p>6</p>	<p>11:00 Bingo [CCR] 1:00 Remembering the Luck of the Irish [CCR] 2:00 Poker [LIB] 3:30 Spanish Games [CCR]</p> <p>7</p>	<p>3:30 Catholic Mass [CH]</p> <p>8</p>
<p>Daylight Saving Time Begins 11:00 Resident Run Sunday Brunch [CCR]</p> <p>9</p>	<p>Employee Appreciation Cards/ Recording</p> <p>12:00 Common Heart Vital Screening [BR] 1:00 Resident Run Bingo [CCR] 3:00 Creativity & Crafts [CCR]</p> <p>10</p>	<p>Employee Appreciation Cards/ Recording</p> <p>9:30 Town Hall [CCR] 10:00 Activity Meeting [BR] 10:00 Rummikub [LIB] 10:30 Fox Exercise [E] 2:15 Beginners Crochet with Ken/ Fiber Arts [CR] 3:30 Advanced Crochet w/ Fiber Arts [CR] 6-8pm Milwaukee Crochet Group -Resident Run [CR]</p> <p>11</p>	<p>Employee Appreciation Cards/ Recording</p> <p>9:30 Hot Breakfast \$10 [CCR] 2:00 Non-Denomination Service(Lutheran) [CH] 3:00 Dominos [CCR] 3:00 Rosary Group [CH]</p> <p>12</p>	<p>Employee Appreciation Cards/ Recording</p> <p>9:00 Pick N Save Outing [O] 10:00 Pick N Save Outing [O] 10:00 Rummikub [LIB] 11-4 Sheepshead [CCR] 11-3pm Sheepshead Class [CCR]</p> <p>13</p>	<p>Employee Appreciation Cards/ Recording</p> <p>11:00 Bingo [CCR] 2:00 Pi Day [DR] 2:00 Poker [LIB] 2-8pm Private Event [CCR]</p> <p>14</p>	<p>Employee Appreciation Cards/ Recording</p> <p>3:30 Catholic Mass [CH]</p> <p>15</p>
<p>Employee Appreciation Cards/ Recording</p> <p>16</p>	<p>Employee Appreciation Cards/ Recording</p> <p>St. Patrick's Day 1:30 St. Patty's Day Lunch \$15 [CCR] 3:00 Creative Writing [BR] 3:00 Irish Dancers [CCR]</p> <p>17</p>	<p>Employee Appreciation Cards/ Recording</p> <p>10:00 Rummikub [LIB] 10:30 Fox Exercise [CCR] 11:00 Lunch Outing 2:15 Beginners Crochet with Ken/ Fiber Arts [CR] 3:30 Advanced Crochet w/ Fiber Arts [CR] 6-8pm Milwaukee Crochet Group -Resident Run [CR]</p> <p>18</p>	<p>Employee Appreciation Cards/ Recording</p> <p>2:00 Non-Denomination Service(Lutheran) [CH] 3:00 Rosary Group [CH] 4:30 Around the World \$15- Hawaii [CCR]</p> <p>19</p>	<p>Employee Appreciation Cards/ Recording</p> <p>9:00 Pick N Save Outing [O] 10:00 Pick N Save Outing [O] 10:00 Rummikub [LIB] 11-4 Sheepshead [CCR] 11-3pm Sheepshead Class [CCR] 1:00 Culinary Meeting [BR] 2:30 Craft with Susie - \$5 [CR]</p> <p>20</p>	<p>Employee Appreciation Cards/ Recording</p> <p>11:00 Bingo [CCR] 12:30 Diamond Art Class- Resident Run [CCR] 2:00 Poker [LIB] 3:30 Spanish Games [CCR]</p> <p>21</p>	<p>Employee Appreciation Cards/ Recording</p> <p>3:30 Catholic Mass [CH]</p> <p>22</p>
<p>Employee Appreciation Cards/ Recording</p> <p>23</p>	<p>Employee Appreciation Cards/ Recording</p> <p>1:00 Resident Run Bingo [CCR] 4:00 March Madness: Basketball Exercise [CCR]</p> <p>24</p>	<p>Employee Appreciation Cards/ Recording</p> <p>10:00 Rummikub [LIB] 10:30 Fox Exercise [CCR] 2:00 Baking with Charles [CCR] 2:15 Beginners Crochet with Ken/ Fiber Arts [CR] 3:30 Advanced Crochet w/ Fiber Arts [CR] 6-8pm Milwaukee Crochet Group -Resident Run [CR]</p> <p>25</p>	<p>Employee Appreciation Cards/ Recording</p> <p>Potawatomi Trip 9-1 2:00 Non-Denomination Service(Lutheran) [CH] 2:30 Birthday Party/ Happy Hour [CCR] 3:00 Dominos [CCR] 3:00 Rosary Group [CH]</p> <p>26</p>	<p>Employee Appreciation Cards/ Recording</p> <p>9:00 Pick N Save Outing [O] 10:00 Pick N Save Outing [O] 10:00 Rummikub [LIB] 11-4 Sheepshead [CCR] 11-3pm Sheepshead Class [CCR]</p> <p>27</p>	<p>Employee Appreciation Cards/ Recording</p> <p>11:00 Bingo [CCR] 2:00 Piggly Wiggly Mobile Market [OP] 2:00 Poker [LIB] 3:30 Spanish Games [CCR] 6:30 Movie Night [CCR]</p> <p>28</p>	<p>Employee Appreciation Cards/ Recording</p> <p>3:30 Catholic Mass [CH]</p> <p>29</p>