

HYLAND CAMPUS
a capri community

PIZZA AND TRIVIA NIGHT

MARCH 13
5:30-7PM

Residents, staff and family members are invited to join us for an evening of fun!
Enjoy tasty pizza and refreshing drinks as you put your trivia knowledge to the test.

RSVP by 3/11 to the Enjoy Life Binder.
Questions? Call Brian at 608-318-6803 or email bmunster@capricommunities.com

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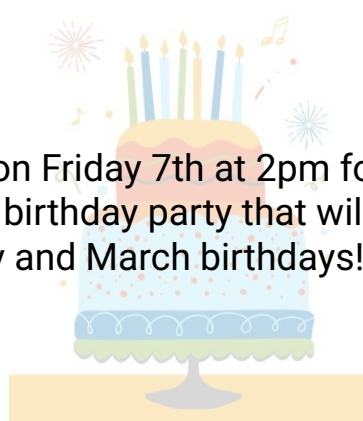
881 Liberty Blvd
Sun Prairie, WI 53590

Happy Birthday!

Joy

23rd

Join us on Friday 7th at 2pm for a monthly birthday party that will include February and March birthdays!



DON'T FORGET TO RSVP!



- 5th at 2:30- Shopping at Walmart
- 13th at 5:30- Pizza & Trivia Night
- 14th at 11:15- Lunch outing to Rodeside Grill
- 18th from 10-12- Emotional Mastery session 1 virtually in theater.
- 18th at 1- Shopping at TJ Max/ Homegoods/ 5 Below
- 20th at 1:30- Outing to Ho Chunk Madison

JOIN THE CLUB



Card Club-Join us in dining room, Monday, Wednesday, and Saturday for Euchre, Sheepshead, and other fun card games

Book Club- We will be starting up book club again in April. If you have an author or book suggestion, please let Brian know.

enjoy life

THIS MONTH'S FEATURED PROGRAMS

Exploring the New



ADVENTURE

Feelin Lucky at Ho Chunk Madison

Come test your luck at the casino. We'll be spending some time winning next month's rent and more. Don't gamble? Then it's also a fun place to people watch and socialize.

Date: Thursday 3/20 **Time:** 1:30

Positive, Meaningful, Relationships and Service



COMMUNITY

Pizza & Trivia Night

Friends, family, staff, and residents are invited for a fun night of pizza & trivia. This will be after normal supper, so if you are coming to this, don't attend the earlier supper. There will be prizes for the winning teams and this will be free to participate in. Please rsvp by 11th so we have a count.

Date: Thursday 3/13 **Time:** 5:30pm

Self-Improvement and Discovery



LEARNING

Emotional Mastery w/ Jennifer Bartolotta

Join us for session 1 of 4 in this yearlong class. We'll be attending virtually for the 1st one. Discover emotional endurance, dealing with loss, and aging. If we like, we can attend next sessions in person.

Date: Tuesday 3/18 **Time:** 10-12 in Theater

Pursuit of Overall Personal Wellness



HEALTH & WELLNESS

Balance Class

We'll be having a balance class twice a week after morning activities. Falling is a huge risk for seniors and balance class helps to prevent this from happening.

Date: Monday & Fridays **Time:** 11:00am

March 2025

Feelin Lucky

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>March cont'd</p> <p>Church Services on Ch 983 & church anytime on Ch 125</p> <p>8:00 Catholic 10:00 Lutheran 11:00 Methodist</p>	<p>30</p> <p>10:15 Exercise (Slow M & M) [T] 10:45 Jeopardy 11:00 Balance Exercises 1:00 Card Games</p>	<p>31</p> <p>HYLAND CAMPUS a capri community</p>	<p>Location Keys Dining Room D Theater T</p>			<p>1</p> <p>9:00 Scavenger Hunt 9:30 Trinity Irish Dance Group- at Crossings 10:15 Resident Led Exercise 1:00 Card Games</p>	
<p>Church Services on Ch 983 & church anytime on Ch 125</p> <p>8:00 Catholic 10:00 Lutheran 11:00 Methodist</p>	<p>2</p> <p>10:15 Exercise (Slow M & M) [T] 10:45 Jeopardy 11:00 Balance Exercises 1:00 Card Games 2:30 3-9 Card Game</p>	<p>3</p> <p>10:15 Exercise [T] 10:45 March is/ Famous in March 2:30 Mardi Gras Bingo [D]</p>	<p>4</p> <p>10:15 Exercise [T] 10:45 March is/ Famous in March 2:30 Mardi Gras Bingo [D]</p>	<p>5</p> <p>9:30 Lutheran Church Service [T] 10:15 Exercise (Bin-GO) [T] 10:45 Boggle 12:45 Food Committee Meeting 1:00 Card Games 2:30 Shopping at Walmart</p>	<p>6</p> <p>10:15 Exercise (M & M) [T] 10:45 Guess Who? 2:00 Craft- St. Patrick's</p>	<p>7</p> <p>10:15 Exercise (Weights) [T] 10:45 This week in History & TED Talks 11:00 Balance Exercises 2:00 Monthly Birthday Social (Feb & March)</p>	<p>8</p> <p>10:15 Resident Led Exercise 1:00 Card Games</p>
<p>Church Services on Ch 983 & church anytime on Ch 125</p> <p>Daylight Saving Time Begins</p> <p>8:00 Catholic 10:00 Lutheran 11:00 Methodist 1:00 Movie Matinee</p>	<p>9</p> <p>10:15 Exercise (Slow M & M) [T] 10:45 Crossword 11:00 Balance Exercises 1:00 Card Games 2:00 Music by David HB Drake 3:00 Devotional Group [T]</p>	<p>10</p> <p>10:15 Exercise (Slow M & M) [T] 10:45 Crossword 11:00 Balance Exercises 1:00 Card Games 2:00 Music by David HB Drake 3:00 Devotional Group [T]</p>	<p>11</p> <p>10:15 Exercise [T] 10:45 Volleyball 1:00 Card Kits with Shirley 2:30 Bingo [D]</p>	<p>12</p> <p>10:15 Exercise 10:45 Family Feud 1:00 Card Games</p>	<p>13</p> <p>10:15 Exercise (M & M) [T] 10:45 Library Kit 2:00 Cooking Club-Frosted Fudge Cookies 5:30 Family, Resident, & Staff Pizza & Trivia Night!!</p>	<p>14</p> <p>10:15 Exercise (Weights) [T] 10:45 This week in History & TED Talks 11:00 Balance Exercises 11:15 <u>Lunch Outing- Rodeside Grill-Fish Fry</u> 2:00 Shamrock Shakes and Chat</p>	<p>15</p> <p>9:00 Scavenger Hunt 10:15 Resident Led Exercise 1:00 Card Games</p>
<p>Church Services on Ch 983 & church anytime on Ch 125</p> <p>8:00 Catholic 10:00 Lutheran 11:00 Methodist</p>	<p>16</p> <p>St. Patrick's Day 10:15 Exercise (St Pat's Fun) [T] 10:45 Jeopardy 11:00 Balance Exercises 1:00 Card Games 2:30 Pokeno</p>	<p>17</p> <p>10:15 Exercise (St Pat's Fun) [T] 10:45 Jeopardy 11:00 Balance Exercises 1:00 Card Games 2:30 Pokeno</p>	<p>18</p> <p>10:00 Emotional Mastery presentation (virtual) part 1 [T] 1:00 <u>Shopping-TJ Max/ Homegoods/ 5 Below</u></p>	<p>19</p> <p>10:15 Exercise (City Tour) [T] 10:45 Scattegories 1:00 Card Games 2:15 Community Bingo</p>	<p>20</p> <p>10:15 Exercise (M & M) [T] 10:45 Spring Scramble 1:00 Methodist Service 1:30 Lucky Outing to Ho Chunk Madison</p>	<p>21</p> <p>10:15 Exercise (Weights) [T] 10:45 This week in History & TED Talks 11:00 Balance Exercises 2:00 Music by David Austen</p>	<p>22</p> <p>10:15 Resident Led Exercise 1:00 Card Games</p>
<p>Church Services on Ch 983 & church anytime on Ch 125</p> <p>Joy's B-Day</p> <p>8:00 Catholic 10:00 Lutheran 11:00 Methodist 1:00 Movie Matinee</p>	<p>23</p> <p>Brian off all week 10:15 Exercise (Slow M & M) [T] 10:45 Crossword 1:00 Card Games 2-3 Fingernail Care [T] 3:00 Hymn Sing Along</p>	<p>24</p> <p>10:15 Exercise (Slow M & M) [T] 10:45 Crossword 1:00 Card Games 2-3 Fingernail Care [T] 3:00 Hymn Sing Along</p>	<p>25</p> <p>9:30 Catholic Mass [T] 10:15 Exercise [T] 10:45 Bocce Ball 1:30 Resident Council Meeting 2:30 Bingo [D]</p>	<p>26</p> <p>10:15 Exercise 1:00 Card Games</p>	<p>27</p> <p>10:15 Exercise (M & M) [T] 2:00 Scrabble</p>	<p>28</p> <p>10:15 Exercise (Weights) [T] 10:45 This week in History & TED Talks 2:00 Pokeno</p>	<p>29</p> <p>9:00 Scavenger Hunt 10:15 Resident Led Exercise 1:00 Card Games</p>