



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SPECIAL EVENTS								
						1 <i>Canada Day</i> Morning Morning Moves Devotions Afternoon Enjoy a walk Evening Lawrence Welk Show	July 3rd 1pm Library Lady								
2 Morning Morning Moves Devotions Afternoon Read the News Paper Evening Movie and snack	3 Morning Morning Moves Devotions Afternoon Library Lady Evening Relaxing Video	4 <i>Independence Day</i> Morning Morning Moves Devotions Afternoon Go out outside Evening Massage Hands and arms	5 Morning Morning Moves Devotions Afternoon Dan's Band Evening Massage Feet and Legs	6 Morning Morning Moves Devotions Afternoon Bingo Evening Soft Music	7 Morning Morning Moves Devotions Afternoon Garden Activity Packs Evening Massage Neck and Shoulders	8 Morning Morning Moves Devotions Afternoon Puzzles and cards Evening Lawrence Welk Show	July 5th 10am Dan's Band								
9 Morning Morning Moves Devotions Afternoon Bubbles Water plants Evening Old Movie and Snack	10 Morning Morning Moves Devotions Afternoon Go for a drive Evening Relaxing Video	11 Morning Morning Moves Devotions Afternoon Piano Man Evening Massage Hands and arms	12 Morning Morning Moves Devotions Afternoon Unscramble words Colored eye day Evening Massage Feet and Legs	13 Morning Morning Moves Devotions Afternoon Memory Care family Coffee Bingo Evening Soft Music	14 Morning Morning Moves Devotions Afternoon Make your own smoothie Evening Massage Neck and Shoulders	15 Morning Morning Moves Devotions Afternoon Go for a walk Bubbles Evening Lawrence Welk Show	July 11th 2pm Piano Man								
16 Morning Morning Moves Devotions Afternoon Read a passage from the bible Evening Movie and snack	17 Morning Morning Moves Devotions Afternoon Down Memory Lane Evening Relaxing Video	18 Morning Morning Moves Devotions Afternoon Word search puzzles Evening Massage Hands and arms	19 Morning Morning Moves Devotions Afternoon Music By Jeff Evening Massage Feet and Legs	20 Morning Morning Moves Devotions Afternoon Bingo Evening Soft Music	21 Morning Morning Moves Devotions Afternoon Try Chopsticks Water plants Evening Massage Neck and Shoulders	22 Morning Morning Moves Devotions Afternoon Puzzles Cards Evening Lawrence Welk Show	July 13th 3pm Memory Care Family Coffee								
23 Morning Morning Moves Devotions Afternoon Reminisce Look at pictures Evening Old Movie and Snack	24 Morning Morning Moves Devotions Afternoon Ball Toss Evening Relaxing Video	25 Morning Morning Moves Devotions Afternoon Balloon Volley Spa Day Evening Massage Hands and arms	26 Morning Morning Moves Devotions Afternoon Plus One Gals Evening Massage Feet and Legs	27 Morning Morning Moves Devotions Afternoon Bingo Evening Soft Music	28 Morning Morning Moves Devotions Afternoon Balloon Volley Evening Massage Neck and Shoulders	29 Morning Morning Moves Devotions Afternoon Jordan Yates Bubbles Evening Lawrence Welk Show	July 17th 2pm Down Memory Lane								
30 Morning Morning Moves Devotions Afternoon Water plants Read from a book Evening Old Movie and Snack	31 Morning Morning Moves Devotions Afternoon Garden activity packet Evening Relaxing Video		 <p>Happy Birthday! Join us in wishing all residents, associates, family and friends a very happy birthday! Marguerite Dale 7-18</p>		<p>8 Dimensions of Wellness Health and wellness means having a balanced life rich in vitality and well-being. To assist our residents in achieving a healthier and happier lifestyle, Windsor Manor provides programming that focuses on 8 Dimensions of Wellness. These dimensions of wellness are:</p> <table border="0"> <tr> <td>Physical</td> <td>Environmental</td> <td>Vocational</td> <td>Emotional</td> </tr> <tr> <td>Social</td> <td>Spiritual</td> <td>Intellectual</td> <td>Family</td> </tr> </table> <p>For the month of <u>July</u>, we will be focusing on the dimension of <u>Spiritual</u> Wellness. These activities are highlighted in Blue</p>		Physical	Environmental	Vocational	Emotional	Social	Spiritual	Intellectual	Family	July 19th 2pm Music By Jeff
Physical	Environmental	Vocational	Emotional												
Social	Spiritual	Intellectual	Family												
							July 26th 2pm Plus One Gals								
							July 29th 1:30pm Jordan Yates								