


NOVEMBER 2017



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SPECIAL EVENTS								
			1 Morning March around the garden Dan's Band 10:00 Afternoon Make a Candy Corn Snack mix Evening Read to them	2 Morning Kick your legs up Tongue Twisters Afternoon Bingo Evening Aroma Therapy Soft Music	3 Morning Walk around the garden and sing Crossword Puzzles Afternoon Tongue Twisters Evening Massage your Legs	4 Morning Stretch your Legs Read a Passage from the Bible Afternoon Cards and Puzzles Evening Lawrence Welk Show	11-2 10am Dan's Band 11-15 2pm Dawn Lynn Music 11-20 2pm Down Memory Lane 11-27 10am Plus One Gal 11-29 2pm Music By Jeff								
5 Morning Sing Songs Stretch out Arms Afternoon Walk outside and enjoy the weather Evening Aroma Therapy Coffee with Friends	6 Morning Dance around Afternoon Unscramble Words Coffee with Friends Evening Soft Music Evening Snack	7 Morning Kick our legs Current Events Afternoon Play a game Evening Relaxing Music Aroma Therapy	8 Morning March Around Garden Afternoon Craft Time Evening Read a evening story	9 Morning Walk around the Garden Listen to Music Afternoon Bingo Evening Aroma Therapy Soft Music	10 Morning Stretch your Arms Sing Songs Afternoon No Bake Cookie Evening Evening Snack Massage Feet	11 <i>Veterans Day</i> Morning Wiggle you Fingers and move your Hands about Afternoon Current Event about Veterans Day Evening Lawrence Welk Show									
12 Morning Devotions Morning Moves Afternoon Puzzles Evening Sing songs Relaxing music	13 Morning Stretch Arms and Legs Afternoon Word Search Coffee and Snack Evening Aroma Therapy	14 Morning March Around Sing Afternoon Play A Board Game Evening Relaxing Movie Read to them	15 Morning Word Pictures Afternoon Reminisce Dawn Lynn Music Evening Snack and Coffee	16 Morning Wiggle fingers and move your hands about Afternoon Bingo Evening Massage Neck	17 Morning Listen to Music March around Afternoon Make a Thanksgiving Craft Evening Aroma Therapy	18 Morning Devotions Morning Moves Afternoon Cards Evening Lawrence Welk Show									
19 Morning Read a Passage from the Bible Afternoon Puzzles Evening Massage legs Relaxing Video	20 Morning Sing Songs Stretch out our body Afternoon Down Memory Lane Evening Relaxing Music	21 Morning Wiggle finger and toes Afternoon Family Stories Evening Massage feet and Legs	22 Morning Chicken Souls read a story Afternoon Reminisce Evening Relaxing Movie	23 <i>Thanksgiving</i> Morning March around Garden Coffee with Friends Afternoon Talk about family Evening Massage hands Aroma Therapy	24 Morning Devotions Morning Moves Afternoon Bingo Evening Soft Music Read to them	25 Morning Bounce a Ball around Sing Songs Afternoon Puzzles and Cards Walk outside Evening Coffee and Snack									
26 Morning Walk around the Garden Afternoon Cards/Puzzles Evening Massage Hands Soft Music	27 Morning Plus One Gal Dance around Afternoon Hand/Nail Day Evening Aroma Therapy	28 Morning Devotions Morning Moves Afternoon Joke Day Evening Coffee with Friends	29 Morning Stretch out Arms Afternoon Music By Jeff Evening Relaxing Movie Evening Snack	30 Morning March around Garden Coffee with Friends Afternoon Bingo Evening Read to them Aroma Therapy											
			 <p>Happy Birthday! Join us in wishing all residents, associates, family and friends a very happy birthday! Claire Hoover Stacy Dodds</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 ___October___, we will be focusing on the dimension of <u>Family</u> Wellness. These activities are highlighted in Brown.</p>		Physical	Environmental	Vocational	Emotional	Social	Spiritual	Intellectual	Family	
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