




SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SPECIAL EVENTS
1 Morning Sing and Say Our Prayers Walk around the Garden Afternoon Trace Letters Drink Coffee Evening Massage Legs	2 Morning March around the Garden Afternoon Work on the Monthly Board Evening Relaxing Music	3 Morning Wave our Arms around and March Afternoon Hand/Nail Day Evening Coffee with friend	4 Morning Move our legs around Afternoon 2pm Barb Foote Evening Massage arms and hands	5 Morning Dance around Sing Music Afternoon Bingo Evening Make a no bake Cookie Eat and Watch Movie	6 Morning Read from the Chicken Soup for the Soul Afternoon Walk around Evening Cut Out letters Read a Story to them	7 Morning Stretch your Legs Read a Passage from the Bible Afternoon Cards and Puzzles Evening Lawrence Welk Show	
8 Morning Sing Songs Stretch out Arms Afternoon Walk outside and enjoy the weather Evening Aroma Therapy Coffee with Friends	9 Morning Stroll outside with friends Afternoon Work on the monthly board Evening Soft Music	10 Morning March around the Garden Afternoon Play a game Evening Relaxing Music Aroma Therapy	11 Morning Devotions Morning Moves Afternoon Music By Jeff Cowboy Jim Evening Relaxing Music	12 Morning Walk around the Garden Listen to Music Afternoon Bingo Evening Aroma Therapy Soft Music	13 Morning Stretch your Arms Sing Songs Afternoon Make Chex Mix Evening Evening Snack Massage Feet	14 Morning Wiggle you Fingers and move your Hands about Afternoon Color a door hanging Evening Lawrence Welk Show	
15 Morning Devotions Morning Moves Afternoon Blow Bubbles Evening Sing songs Relaxing music	16 Morning Stretch Arms and Legs Afternoon Down Memory Lane Trace Leaves Evening Aroma Therapy	17 Morning Read a Chapter From a Book Afternoon Play A Board Game Evening Relaxing Movie Read to them	18 Morning Stroll Outside with friends Afternoon Reminisce Look at Pictures Evening Snack and Coffee	19 Morning Wiggle fingers and move your hands about Afternoon Bingo Evening Massage Neck	20 Morning Listen to Music March around Afternoon Cut out Letters Cut out door hangings Evening Aroma Therapy	21 Morning Devotions Morning Moves Afternoon Hang Up Door Hangings Work On Letters For their Doors Evening Lawrence Welk Show	
22 Morning Read a Passage from the Bible Afternoon Puzzles Evening Massage legs Relaxing Video	23 Morning Sing Songs Walk around outside Afternoon Barebones Trio Evening Relaxing Music	24 Morning Wiggle finger and toes Afternoon Look at the trees turning colors Evening Massage feet and Legs	25 Morning Read a passage from the Bible Afternoon Reminisce Evening Relaxing Movie	26 Morning March around Garden Coffee with Friends Afternoon Bingo Evening Massage hands Aroma Therapy	27 Morning Devotions Morning Moves Afternoon Carve Pumpkins Evening Soft Music	28 Morning Bounce a Ball around Sing Songs Afternoon Puzzles and Cards Walk outside Evening Coffee and Snack	
29 Morning Walk around the Garden Afternoon Work On monthly Board Evening Massage Hands Soft Music	30 Morning Listen to Music Dance around Afternoon Cut out letters Plus one Gal Evening Aroma Therapy	31 Morning Devotions Morning Moves Afternoon Make a snack Evening Coffee with Friends					
			 <p>Happy Birthday! Join us in wishing all residents, associates, family and friends a very happy birthday!</p> <p>Dee Randall Carol Gridley Verla Wegener Amanda Sabin Jill Smith</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> <p>Physical Environmental Vocational Emotional Social Spiritual Intellectual Family</p> <p>For the month of ___October___, we will be focusing on the dimension of ___Emotional___ Wellness. These activities are highlighted in Blue.</p>			

