








SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SPECIAL EVENTS							
		1 9:00 Devotions/Sing Along 9:30 Exercise / Ball Toss 10:00 Music- AL 1:00 Spontaneous Activities 2:30 Snack Social 3:00 Giving Back- Inspirational 18:00 Prize Bingo 19:30 Gentle Movement w/Music 20:00 Lotion Hands	2 HAPPY BIRTHDAY JOANN W 9:00 Devotions/Study Bible Verse 9:30 Exercise/Balloon Volley 10:00 Refreshments/SP Activity 1:00 Movie Matinee 2:30 BirthDay Celebration 3:00 Arm Chair Travels 18:00 Addition Math Class 19:30 Storytelling of a picture 20:00 Aroma Therapy	3 9:00 Ball Toss 9:30 Exercise / Ball Toss 10:30 Refreshments/SP Activity 1:00 Spontaneous Activities 2:30 Snack Social 3:00 Arts & Crafts- Make Cards 18:00 Wheel of Fortune 19:30 Reminisce - Fun Games 20:00 Lotion Hands	4 9:00 Devotions/Study Bible Verse 9:30 Exercise/Balloon Volley 10:00 Refreshments/SP Activity 1:00 Spontaneous Activities 2:30 BirthDay Celebration 3:00 Sensory "What am I?" 18:00 Wheel of Fortune 19:30 Hot Chocolate Social 20:00 Read Story	5 HAPPY BIRTHDAY HAROLD W 9:00 Beauty Hour 10:00 Current Events 10:30 Tar Grip Toss 1:00 Relaxation Music 2:30 Manicure Nail Care 3:00 Puzzle Corner 18:00 Movie & Popcorn 19:30 Music Circle 20:00 Lotion & Massage Hands	August 2nd Happy Birthday to Joann! August 5th Happy Birthday to Harold!							
6 9:00 Beauty Hour 10:00 Bible Study 10:30 Sing A Longs 1:00 Relaxation 2:30 Snack Social 3:00 Walk & Talk 18:00 Dominoes Table Game 19:30 Movement to Music 20:00 Aroma Therapy	7 9:00 Devotions/Study Bible Verse 9:30 Exercise/Balloon Volley 10:00 Refreshments/SP Activity 1:00 Spontaneous Activities 2:30 Snack Social 3:00 Craft- Cars 18:00 Reminisce- Travel 19:30 Hot Chocolate Social 20:00 Read Story	8 9:00 Devotions/Sing Along 9:30 Exercise / Ball Toss 10:00 Refreshments/SP Activity 1:00 Spontaneous Activities 2:30 Snack Social 3:00 Giving Back- Inspirational 18:00 Prize Bingo 19:30 Gentle Movement w/Music 20:00 Lotion Hands	9 9:00 Devotions/Study Bible Verse 9:30 Exercise/Balloon Volley 10:00 Refreshments/SP Activity 1:00 Movie Matinee 2:30 Snack Social 3:00 Arm Chair Travels 18:00 Subtraction Math Class 19:30 Storytelling of a picture 20:00 Aroma Therapy	10 9:00 Ball Toss 9:30 Exercise / Ball Toss 10:30 Refreshments/SP Activity 1:00 Spontaneous Activities 2:30 Snack Social 3:00 Arts & Crafts- Buttons 18:00 Wheel of Fortune 19:30 Reminisce - Fun Games 20:00 Lotion Hands	11 9:00 Devotions/Study Bible Verse 9:30 Exercise/Balloon Volley 10:00 Refreshments/SP Activity 1:00 Spontaneous Activities 2:30 Music- AL 3:30 Sensory-Birds 18:00 Wheel of Fortune 19:30 Hot Chocolate Social 20:00 Read Story	12 9:00 Beauty Hour 10:00 Current Events 10:30 Tar Grip Toss 1:00 Relaxation Music 2:30 Manicure Nail Care 3:00 Puzzle Corner 18:00 Movie & Popcorn 19:30 Music Circle 20:00 Lotion & Massage Hands	August 11th at 2:30pm Phil & Caitlan's Music							
13 9:00 Beauty Hour 10:00 Bible Study 10:30 Sing A Longs 1:00 Relaxation 2:30 Snack Social 3:00 Walk & Talk 18:00 Dominoes Table Game 19:30 Movement to Music 20:00 Aroma Therapy	14 9:00 Devotions/Study Bible Verse 9:30 Exercise/Balloon Volley 10:00 Refreshments/SP Activity 1:00 Spontaneous Activities 2:30 Snack Social 3:00 Craft- Cars 18:00 Reminisce- Islands 19:30 Hot Chocolate Social 20:00 Read Story	15 9:00 Devotions/Sing Along 9:30 Exercise / Ball Toss 10:00 Refreshments/SP Activity 1:00 Spontaneous Activities 2:30 Snack Social 3:00 Giving Back- Inspirational 18:00 Prize Bingo 19:30 Gentle Movement w/Music 20:00 Lotion Hands	16 9:00 Devotions/Study Bible Verse 9:30 Exercise/Balloon Volley 10:00 Refreshments/SP Activity 1:00 Movie Matinee 2:30 Snack Social 3:00 Musical Chairs Game 18:00 Multiplication Math Class 19:30 Storytelling of a picture 20:00 Aroma Therapy	17 9:00 Devotions/Sing Along 9:30 Exercise / Ball Toss 10:00 Refreshments/SP Activity 1:00 Spontaneous Activities 2:30 Snack Social 3:00 Arts & Crafts-Beads 18:00 Wheel of Fortune 19:30 Reminisce - Camping 20:00 Lotion Hands	18 9:00 Devotions/Study Bible Verse 9:30 Exercise/Balloon Volley 10:00 Refreshments/SP Activity 1:00 Movie Time 2:30 Snack Social 3:00 Bowling Game 18:00 Wheel of Fortune 19:30 Hot Chocolate Social 20:00 Read Story	19 9:00 Beauty Hour 10:00 Current Events 10:30 Tar Grip Toss 1:00 Relaxation Music 2:30 Manicure Nail Care 3:00 Puzzle Corner 18:00 Movie & Popcorn 19:30 Music Circle 20:00 Lotion & Massage Hands	August 22nd at 10am Sing a longs with Cheryl Vice 							
20 9:00 Beauty Hour 10:00 Bible Study 10:30 Sing A Longs 1:00 Relaxation 2:30 Snack Social 3:00 Walk & Talk 18:00 Dominoes Table Game 19:30 Movement to Music 20:00 Aroma Therapy	21 9:00 Devotions/Study Bible Verse 9:30 Exercise/Balloon Volley 10:00 Refreshments/SP Activity 1:00 Spontaneous Activities 2:30 Snack Social 3:00 Craft-Collage Summer 18:00 Reminisce- Children 19:30 Hot Chocolate Social 20:00 Read Story	22 9:00 Devotions/Sing Along 9:30 Exercise / Ball Toss 10:00 Music- AL 1:00 Spontaneous Activities 2:30 Snack Social 3:00 Giving Back- Inspirational 18:00 Prize Bingo 19:30 Gentle Movement w/Music 20:00 Lotion Hands	23 9:00 Devotions/Study Bible Verse 9:30 Exercise/Balloon Volley 10:00 Refreshment s/SP Activity 1:00 Movie Matinee 2:30 Snack Social 3:00 Arm Chair Travels 18:00 Division Math Class 19:30 Storytelling of a picture 20:00 Aroma Therapy	24 9:00 Devotions/Sing Along 9:30 Exercise / Ball Toss 10:00 Refreshments/SP Activity 1:00 Spontaneous Activities 2:30 Snack Social 3:00 Arts & Crafts- Paint Fence 4:30 Grill Out- Patio 18:00 Wheel of Fortune 19:30 Reminisce - Facebook	25 9:00 Devotions/Study Bible Verse 9:30 Exercise/Balloon Volley 10:00 Refreshments/SP Activity 1:00 Spontaneous Activities 2:30 Snack Social 3:00 Pizza Game 18:00 Wheel of Fortune 19:30 Hot Chocolate Social 20:00 Read Story	26 9:00 Beauty Hour 10:00 Current Events 10:30 Tar Grip Toss 1:00 Relaxation Music 2:30 Manicure Nail Care 3:00 Puzzle Corner 18:00 Movie & Popcorn 19:30 Music Circle 20:00 Lotion & Massage Hands	July 24th at 4:30pm Grill Out Invite your family 6:00pm Family Council							
27 9:00 Beauty Hour 10:00 Bible Study 10:30 Sing A Longs 1:00 Relaxation 2:30 Snack Social 3:00 Walk & Talk 18:00 Dominoes Table Game 19:30 Movement to Music 20:00 Aroma Therapy	28 9:00 MASSAGE W/JEANNE 9:00 Devotions/Study Bible Verse 9:30 Exercise/Balloon Volley 10:00 Refreshments/SP Activity 1:00 Spontaneous Activities 2:30 Snack Social 3:00 Craft-Collage Horses 18:00 Reminisce- FamilyOutings 19:30 Hot Chocolate Social 20:00 Read Story	29 9:00 Devotions/Sing Along 9:30 Exercise / Ball Toss 10:00 Refreshments/SP Activity 1:00 Spontaneous Activities 2:30 Snack Social 3:00 Giving Back- Inspirational 18:00 Prize Bingo 19:30 Gentle Movement w/Music 20:00 Lotion Hands	30 9:00 Devotions/Study Bible Verse 9:30 Exercise/Balloon Volley 10:00 Refreshments/SP Activity 1:00 Movie Matinee 2:30 Snack Social 3:00 Crosswords 18:00 Math Class 19:30 Storytelling of a picture 20:00 Aroma Therapy	31 9:00 Devotions/Sing Along 9:30 Exercise / Ball Toss 10:00 Refreshments/SP Activity 1:00 Spontaneous Activities 2:30 Snack Social 3:00 Arts & Crafts- Flowers 18:00 Wheel of Fortune 19:30 Reminisce - Road Trips	<div style="text-align: center;"> <p>The love of a</p> <h1>FAMILY</h1> <p>is life's greatest blessing</p> </div>		August 28th at 9am Massage with Jeanne Blum Church Service on Sundays at 10:30am in AL Living Rm							
			 <p style="text-align: center;">Happy Birthday!</p> <p style="text-align: center;">Join us in wishing all residents, associates, family and friends a very happy birthday!</p> <p style="text-align: center;">August 2nd Joann Wolfe August 5th Harold Waters</p> <p style="text-align: center;">Happy Birthday!</p>	<p style="text-align: center;">8 Dimensions of Wellness</p> <p>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" style="width: 100%; text-align: center;"> <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 August we will be focusing on the dimension of Family Wellness. These activities are highlighted in blue.</p>		Physical	Environmental	Vocational	Emotional	Social	Spiritual	Intellectual	Family	
Physical	Environmental	Vocational	Emotional											
Social	Spiritual	Intellectual	Family											