




SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SPECIAL EVENTS
		1 Morning Morning Moves Devotions Afternoon Sort Beads Evening Massage Hands and arms	2 Morning Morning Moves Devotions Afternoon Make an Ice Cream Sandwich Evening Massage Feet and Legs	3 Morning Morning Moves Devotions Afternoon Bingo Evening Soft Music	4 Morning Morning Moves Devotions Afternoon Blowing Bubbles Outside Evening Massage Neck and Shoulders	5 Morning Morning Moves Devotions Afternoon Chicken Soup for the Soul Evening Lawrence Welk Show	8-16 2pm Music By Jeff 8-21 2pm Down Memory Lane 8-30 2:30pm Plus One Gals
6 Morning Morning Moves Devotions Afternoon Enjoy the weather outside Evening Movie and snack	7 Morning Morning Moves Devotions Afternoon Make trail mix Walk around Outside Evening Relaxing Video	8 Morning Morning Moves Devotions Afternoon Hand/Nail Day Evening Massage Hands and arms	9 Morning Morning Moves Devotions Afternoon Chicken Soup for the Soul Evening Massage Feet and Legs	10 Morning Morning Moves Devotions Afternoon Bingo Evening Soft Music	11 Morning Morning Moves Devotions Afternoon Craft Evening Massage Neck and Shoulders	12 Morning Morning Moves Devotions Afternoon Read out of the Bible Evening Go outside Lawrence Welk Show	
13 Morning Morning Moves Devotions Afternoon Cards Puzzles Evening Old Movie and Snack	14 Morning Morning Moves Devotions Afternoon Water Plants Walk outside Evening Relaxing Video	15 Morning Morning Moves Devotions Afternoon Make A Flag Evening Massage Hands and arms	16 Morning Morning Moves Devotions Afternoon Music By Jeff Evening Massage Feet and Legs	17 Morning Morning Moves Devotions Afternoon Bingo Evening Soft Music	18 Morning Morning Moves Devotions Afternoon Hand and Nail Day Evening Massage Neck and Shoulders	19 Morning Morning Moves Devotions Afternoon Bubbles Water the Plants Evening Lawrence Welk Show	
20 Morning Morning Moves Devotions Afternoon Bean Bag Toss Go outside Evening Movie and snack	21 Morning Morning Moves Devotions Afternoon Down Memory Lane Evening Relaxing Video	22 Morning Morning Moves Devotions Afternoon Squeeze Ball Sing-A-long Evening Massage Hands and arms	23 Morning Morning Moves Devotions Afternoon Spa Day Evening Massage Feet and Legs	24 Morning Morning Moves Devotions Afternoon Bingo Evening Soft Music	25 Morning Morning Moves Devotions Afternoon Take a Stroll Evening Massage Neck and Shoulders	26 Morning Morning Moves Devotions Afternoon Puzzles Cards Evening Lawrence Welk Show	
27 Morning Morning Moves Devotions Afternoon Reminisce Look at pictures Evening Old Movie and Snack	28 Morning Morning Moves Devotions Afternoon Ball Toss Evening Relaxing Video	29 Morning Morning Moves Devotions Afternoon Balloon Volley Evening Massage Hands and arms	30 Morning Morning Moves Devotions Afternoon Plus One Gals Evening Massage Feet and Legs	31 Morning Morning Moves Devotions Afternoon Bingo Evening Soft Music			
			 <p><i>Happy Birthday!</i> Join us in wishing all residents, associates, family and friends a very happy birthday! Cassie Harmon 8-12</p>	<p><i>8 Dimensions of Wellness</i> 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 _____, we will be focusing on the dimension of ___Vocational___ Wellness. These activities are highlighted in Blue.</p>			

