



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SPECIAL EVENTS								
		<p>1</p> <p>Morning Daily Scoop/Devotions Daily Exercises/cooking corner</p> <p>Afternoon Relaxation Table Games</p> <p>Evening Gentle Movement Snacks</p>	<p>2</p> <p>Morning Daily Scoop/Devotions Daily Exercises</p> <p>Afternoon Relaxation I Spy</p> <p>Evening Lotion Massages Snacks</p>	<p>3</p> <p>Morning Daily Current Events Daily Exercises</p> <p>Afternoon Relaxation BINGO</p> <p>Evening Wheel of Fortune Reminiscent Hour</p>	<p>4</p> <p>Morning Daily Scoop/Devotions Daily Exercises/Manicures</p> <p>Afternoon Relaxation/Mail Call Active Games</p> <p>Evening Music Corner Lotion Massages/Snacks</p>	<p>5</p> <p><i>World Day of Prayer</i></p> <p>Morning Daily Scoop/Devotions Daily Exercises</p> <p>Afternoon Relaxation Puzzle Corner</p> <p>Evening Music Circle A look Back in Time/Snack</p>	<p>Tuesdays 10am Cooking Corner</p> <p>Wednesday 11am Lunch Outing</p>								
<p>6</p> <p>Morning Daily Scoop/Devotions Daily Exercises</p> <p>Afternoon Brain Games Worship to Hymn Songs</p> <p>Evening Social Hour Snacks</p>	<p>7</p> <p>Morning Daily Scoop/Devotions Daily Exercises/Mail Call</p> <p>Afternoon Relaxation Craft Corner</p> <p>Evening Movie Matinee Snacks</p>	<p>8</p> <p>Morning Daily Scoop/Devotions Daily Exercises/Cooking corner</p> <p>Afternoon Relaxation Table Games</p> <p>Evening Gentle Movement Snacks</p>	<p>9</p> <p>Morning Daily Exercises LUNCH OUTING</p> <p>Afternoon relaxation Movie Trivia</p> <p>Evening Lotion Massages Snacks</p>	<p>10</p> <p>Morning Daily Current Events Daily Exercises</p> <p>Afternoon Relaxation BINGO</p> <p>Evening Wheel of Fortune Reminiscent Hour</p>	<p>11</p> <p>Morning Daily Scoop/Devotions Daily Exercises/Manicures</p> <p>Afternoon Relaxation/Mail Call Active Games</p> <p>Evening Music Corner Lotion Massages/Snacks</p>	<p>12</p> <p>Morning Daily Scoop Daily Exercises</p> <p>Afternoon Relaxation Puzzle Corner</p> <p>Evening Music Circle A look Back in Time/Snack</p>	<p>Friday, August 11 5pm FRIENDS and FAMILY</p>								
<p>13</p> <p>Morning Daily Scoop/Devotions Daily Exercises</p> <p>Afternoon Brain Games Worship to Hymn Songs</p> <p>Evening Social Hour Snacks</p>	<p>14</p> <p>Morning Daily Scoop/Devotions Daily Exercises/Mail Call</p> <p>Afternoon Relaxation Craft Corner</p> <p>Evening Movie Matinee Snacks</p>	<p>15</p> <p>Morning Daily Scoop/Devotions Daily Exercises/Cooking corner</p> <p>Afternoon Relaxation Table Games</p> <p>Evening Gentle Movement Snacks</p>	<p>16</p> <p>Morning Daily Scoop/Devotions Daily Exercises</p> <p>Afternoon relaxation Brain Games</p> <p>Evening Lotion Massages Snacks</p>	<p>17</p> <p>Morning Daily Current Events Daily Exercises</p> <p>Afternoon Relaxation BINGO</p> <p>Evening Wheel of Fortune Reminiscent Hour</p>	<p>18</p> <p>Morning Daily Scoop/Devotions Daily Exercises/Manicures</p> <p>Afternoon Relaxation/Mail Call Active Games</p> <p>Evening Music Corner Lotion Massages/Snacks</p>	<p>19</p> <p>Morning Daily Scoop Daily Exercises</p> <p>Afternoon Relaxation Puzzle Corner</p> <p>Evening Music Circle A look Back in Time/Snack</p>	<p>Tuesday, March 22 3:15pm Music with Dennis</p>								
<p>20</p> <p>Morning Daily Scoop/Devotions Daily Exercises</p> <p>Afternoon Brain Games Worship to Hymn Songs</p> <p>Evening Social Hour Snacks</p>	<p>21</p> <p>Morning Daily Scoop/Devotions Daily Exercises/Mail Call</p> <p>Afternoon Relaxation Craft Corner</p> <p>Evening Movie Matinee Snacks</p>	<p>22</p> <p>Morning Daily Scoop/Devotions Daily Exercises/Cooking corner</p> <p>Afternoon Relaxation Table Games</p> <p>Evening Gentle Movement Snacks</p>	<p>23</p> <p>Morning Daily Scoop/Devotions Daily Exercises</p> <p>Afternoon Relaxation I spy</p> <p>Evening Lotion Massages Snacks</p>	<p>24</p> <p>Morning Daily Current Events Daily Exercises</p> <p>Afternoon Relaxation BINGO</p> <p>Evening Wheel of Fortune Reminiscent Hour</p>	<p>25</p> <p>Morning Daily Scoop Balloon Volleyball/Manicures</p> <p>Afternoon Relaxation/Mail Call Active Games</p> <p>Evening Music Circle Lotion Massages/Snacks</p>	<p>26</p> <p>Morning Daily Scoop Daily Exercises</p> <p>Afternoon Relaxation Puzzle Corner</p> <p>Evening Music Circle A look Back in Time/Snack</p>	<p>Wednesday, August 23 11am Senior Center</p>								
<p>27</p> <p>Morning Daily Scoop/Devotions Daily Exercises</p> <p>Afternoon Brain Games Worship to Hymn Songs</p> <p>Evening Social Hour Snacks</p>	<p>28</p> <p>Morning Daily Scoop/Devotions Daily Exercises/Mail Call</p> <p>Afternoon Relaxation Craft Corner</p> <p>Evening Movie Matinee Snacks</p>	<p>29</p> <p>Morning Daily Scoop/Devotions Daily Exercises/Cooking corner</p> <p>Afternoon Relaxation Table Games</p> <p>Evening Gentle Movement Snacks</p>	<p>30</p> <p>Morning Daily Scoop/Devotions Daily Exercises</p> <p>Afternoon Relaxation Birthday Celebration</p> <p>Evening Lotion Massages Snacks</p>	<p>31</p> <p>Morning Daily Scoop/Devotions Daily Exercises</p> <p>Afternoon Relaxation Birthday Celebration</p> <p>Evening Wheel of Fortune Reminiscent Hour</p>			<p>Wednesday, August 30 3:30pm Monthly Birthday Celebration</p>								
<p><i>Faith IS NOT KNOWING WHAT THE FUTURE HOLDS, BUT KNOWING who holds the future.</i></p>			 <p>Happy Birthday! Join us in wishing all residents, associates, family and friends a very happy birthday!</p> <p>Robert 8-13 James 8-17</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 August, we will be focusing on the dimension of Emotional and 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												