



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SPECIAL EVENTS						
													
<p>2 9:00 Beauty Hour 10:00 Bible Study 10:30 Worship of Hymn Sings 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</p>	<p>3 9:00 Devotions/Study Bible Verse 9:30 Exercise/Balloon Volley 10:00 Refreshments/SP Activity 1:00 Fun w/Mila 2:30 Snack Social 3:00 Craft-Collage Bonnie 18:00 Reminisce -Spring 19:30 Hot Chocolate Social 20:00 Read Story</p>	<p>4 9:00 Devotions/Sing Along 9:30 Exercise / Ball Toss 10:00 Refreshments/SP Activity 1:00 Fun w/Mila 2:30 Let's do 'No Bake Cookies' 3:00 Giving Back- Inspirational 18:00 Prize Bingo 19:30 Gentle Movement w/Music 20:00 Lotion Hands</p>	<p>5 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 Math Class 19:30 Storytelling of a picture 20:00 Aroma Therapy</p>	<p>6 9:00 Ball Toss 9:30 DRUMMING CIRCLE-AL 10:30 Refreshments/SP Activity 1:00 Fun w/Mila 2:30 Snack Social 3:00 Arts & Crafts- Make Cards 18:00 Wheel of Fortune 19:30 Reminisce - Friendship 20:00 Lotion Hands</p>	<p>7 9:00 Devotions/Study Bible Verse 9:30 Exercise/Balloon Volley 10:00 Refreshments/SP Activity 1:00 Fun w/Mila 2:30 Snack Social 3:00 Sensory "What am I?" 18:00 Wheel of Fortune 19:30 Hot Chocolate Social 20:00 Read Story</p>	<p>8 9:00 Beauty Hour 10:00 Current Events 10:30 Parachute Game 1:00 Relaxation 2:30 Manicure Nail Care 3:00 Puzzle Corner 18:00 Movie & Popcorn 19:30 Music Circle 20:00 Lotion & Massage Hands</p>	<p>April 6th at 9:30am Drumming Circle meets at AL Dining Rm</p>						
<p>9 9:00 Beauty Hour 10:00 Bible Study 10:30 Worship of Hymn Sings 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</p>	<p>10 9:00 Devotions/Study Bible Verse 9:30 Exercise/Balloon Volley 10:00 Refreshments/SP Activity 1:00 Fun w/Mila 2:30 Snack Social 3:00 Craft-Collage Easter 18:00 Reminisce—Kindness 19:30 Hot Chocolate Social 20:00 Read Story</p>	<p>11 9:00 Devotions/Sing Along 9:30 Exercise / Ball Toss 10:00 Refreshments/SP Activity 1:00 Fun w/Mila 2:30 B-DAY PARTY SOCIAL-AL 3:00 Giving Back- Inspirational 18:00 Prize Bingo 19:30 Gentle Movement w/Music 20:00 Lotion Hands</p>	<p>12 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 Math Class 19:30 Storytelling of a picture 20:00 Aroma Therapy</p>	<p>13 9:00 Devotions/Sing Along 9:30 Exercise / Ball Toss 10:00 Refreshments/SP Activity 1:00 Fun w/Mila 2:30 Arts & Crafts-Write Notes 3:00 Put Notes in Egg Shells 18:00 Wheel of Fortune 19:30 Reminisce - Easter 20:00 Lotion Hands</p>	<p>14 9:00 Devotions/Study Bible Verse 9:30 Exercise/Balloon Volley 10:00 Refreshments/SP Activity 1:00 Fun w/Mila 2:30 Snack Social 3:00 Table w/Bookkeeper Items 18:00 Wheel of Fortune 19:30 Hot Chocolate Social 20:00 Read Story</p>	<p>15 9:00 Beauty Hour 10:00 Current Events 10:30 Parachute Game 1:00 Relaxation 2:30 Manicure Nail Care 3:00 Puzzle Corner 18:00 Movie & Popcorn 19:30 Music Circle 20:00 Lotion & Massage Hands</p>	<p>April 11th at 2:30pm Birthday Party at AL Dining Rm</p>						
<p>16 EASTER SUNDAY 9:00 Beauty Hour 10:00 Read Bible Mark Ch.14-16 10:30 Worship of Hymn Sings 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</p>	<p>17 9:00 Devotions/Study Bible Verse 9:30 Exercise/Balloon Volley 10:00 Refreshments/SP Activity 1:00 Fun w/Mila 2:30 Snack Social 3:00 Craft-Collage House View 18:00 Reminisce- Flowers 19:30 Hot Chocolate Social 20:00 Read Story</p>	<p>18 9:00 Devotions/Sing Along 9:30 Exercise / Ball Toss 10:00 Refreshments/SP Activity 1:00 Fun w/Mila 2:30 Let's make Jell-O Cups 3:00 Giving Back- Inspirational 18:00 Prize Bingo 19:30 Gentle Movement w/Music 20:00 Lotion Hands</p>	<p>19 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 Math Class 19:30 Storytelling of a picture 20:00 Aroma Therapy</p>	<p>20 9:00 Devotions/Sing Along 9:30 Exercise / Ball Toss 10:00 Refreshments/SP Activity 1:00 Fun w/Mila 2:30 Snack Social 3:00 Arts- Painting Frog 18:00 Wheel of Fortune 19:30 Reminisce - Talents 20:00 Lotion Hands</p>	<p>21 9:00 Devotions/Study Bible Verse 9:30 Exercise/Balloon Volley 10:00 Refreshments/SP Activity 1:00 KAY'S MUSIC - G 2:30 Snack Social 3:00 Table w/Home Maker Items 18:00 Wheel of Fortune 19:30 Hot Chocolate Social 20:00 Read Story</p>	<p>22 9:00 Beauty Hour 10:00 Current Events 10:30 Parachute Game 1:00 Relaxation 2:30 Manicure Nail Care 3:00 Puzzle Corner 18:00 Movie & Popcorn 19:30 Music Circle 20:00 Lotion & Massage Hands</p>	<p>April 16th at 1pm Kay's Music</p>						
<p>23 9:00 Beauty Hour 10:00 Bible Study 10:30 Worship of Hymn Sings 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</p>	<p>24 8:30 MASSAGE W/JEANNE 9:00 Devotions/Study Bible Verse 9:30 Exercise/Balloon Volley 10:00 Refreshments/SP Activity 1:00 Fun w/Mila 2:30 Snack Social 3:00 Craft-Collage Farm 18:00 Reminisce- Teachers 19:30 Hot Chocolate Social 20:00 Read Story</p>	<p>25 9:00 Devotions/Sing Along 9:30 Exercise / Ball Toss 10:00 Refreshments/SP Activity 1:00 Fun w/Mila 2:30 Let's make Choc.Strawbrs 3:00 Giving Back- Inspirational 18:00 Prize Bingo 19:30 Gentle Movement w/Music 20:00 Lotion Hands</p>	<p>26 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 Math Class 19:30 Storytelling of a picture 20:00 Aroma Therapy</p>	<p>27 9:00 Devotions/Sing Along 9:30 Exercise / Ball Toss 10:00 Refreshments/SP Activity 1:00 Fun w/Mila 2:30 Arts & Crafts - 3:00 Giving Back- Inspirational 18:00 Wheel of Fortune 19:30 Reminisce -Friends 20:00 Lotion Hands</p>	<p>28 9:00 Devotions/Study Bible Verse 9:30 Exercise/Balloon Volley 10:00 Refreshments/SP Activity 1:00 Fun w/Mila 2:30 Snack Social 3:00 Bubble Pop 18:00 Wheel of Fortune 19:30 Hot Chocolate Social 20:00 Read Story</p>	<p>29 9:00 Beauty Hour 10:00 Current Events 10:30 Parachute Game 1:00 Relaxation 2:30 Manicure Nail Care 3:00 Puzzle Corner 18:00 Movie & Popcorn 19:30 Music Circle 20:00 Lotion & Massage Hands</p>	<p>April 24th at 8:30am Enjoy Massage by Jeanne Blum</p>						
<p>30 9:00 Beauty Hour 10:00 Bible Study 10:30 Worship of Hymn Sings 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</p>			 <p>Happy Birthday! Join us in wishing all residents, associates, family and friends a very happy birthday!</p> <p>Norma Heuton April 3rd Gladys Waters April 13th</p> 	<p>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"> <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 April, we will be focusing on the dimension of Spiritual Wellness. These activities are highlighted in blue.</p>	Physical	Environmental	Vocational	Emotional	Social	Spiritual	Intellectual	Family	<p>Manicures will be done on Saturdays this month at 2:30pm</p> <p>Church Service on Sundays at 10:30am at AL Dining Rm</p>
Physical	Environmental	Vocational	Emotional										
Social	Spiritual	Intellectual	Family										