



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SPECIAL EVENTS							
						<p>1</p> <p>9:00 Beauty Hour</p> <p>10:00 Current Events</p> <p>10:30 Parachute Game</p> <p>1:00 Relaxation</p> <p>2:30 Manicure Nail Care</p> <p>3:00 Puzzle Corner</p> <p>18:00 Movie & Popcorn</p> <p>19:30 Music Circle</p> <p>20:00 Lotion & Massage Hands</p>								
<p>2</p> <p>9:00 Beauty Hour</p> <p>10:00 Bible Study</p> <p>10:30 Sing A Longs</p> <p>1:00 Relaxation</p> <p>2:30 Snack Social</p> <p>3:00 Walk & Talk</p> <p>18:00 Dominoes Table Game</p> <p>19:30 Movement to Music</p> <p>20:00 Aroma Therapy</p>	<p>3</p> <p>9:00 Devotions/Study Bible Verse</p> <p>9:30 Exercise/Balloon Volley</p> <p>10:00 Refreshments/SP Activity</p> <p>1:00 Spontaneous Activities</p> <p>2:30 Snack Social</p> <p>3:00 Crafts- American Flag</p> <p>18:00 Reminisce -Summer</p> <p>19:30 Hot Chocolate Social</p> <p>20:00 Read Story</p>	<p>4 <i>Happy July 4th</i></p> <p>9:00 Devotions/Sing Along</p> <p>9:30 Exercise / Ball Toss</p> <p>10:00 Refreshments/SP Activity</p> <p>1:00 Spontaneous Activities</p> <p>2:30 Snack Social</p> <p>3:00 Giving Back- Inspirational</p> <p>18:00 Prize Bingo</p> <p>19:30 Gentle Movement w/Music</p> <p>20:00 Lotion Hands</p>	<p>5</p> <p>9:00 Devotions/Study Bible Verse</p> <p>9:30 Exercise/Balloon Volley</p> <p>10:00 Refreshments/SP Activity</p> <p>1:00 Movie Matinee</p> <p>2:30 Snack Social</p> <p>3:00 Arm Chair Travels</p> <p>18:00 Subtraction Math Class</p> <p>19:30 Storytelling of a picture</p> <p>20:00 Aroma Therapy</p>	<p>6</p> <p>9:00 Ball Toss</p> <p>9:30 Exercise / Ball Toss</p> <p>10:30 Refreshments/SP Activity</p> <p>1:00 Music-AL Living Rm</p> <p>2:30 Snack Social</p> <p>3:00 Arts & Crafts- Make Cards</p> <p>18:00 Wheel of Fortune</p> <p>19:30 Reminisce - Fun Games</p> <p>20:00 Lotion Hands</p>	<p>7 <i>Happy Birthday Jaynee G</i></p> <p>9:00 Devotions/Study Bible Verse</p> <p>9:30 Exercise/Balloon Volley</p> <p>10:00 Refreshments/SP Activity</p> <p>1:00 Spontaneous Activities</p> <p>2:30 Birthday Celebration</p> <p>3:00 Sensory "What am I?"</p> <p>18:00 Wheel of Fortune</p> <p>19:30 Hot Chocolate Social</p> <p>20:00 Read Story</p>	<p>8</p> <p>9:00 Beauty Hour</p> <p>10:00 Current Events</p> <p>10:30 Parachute Game</p> <p>1:00 Relaxation</p> <p>2:30 Manicure Nail Care</p> <p>3:00 Puzzle Corner</p> <p>18:00 Movie & Popcorn</p> <p>19:30 Music Circle</p> <p>20:00 Lotion & Massage Hands</p>	<p>July 6th</p> <p>Jeff & Nancy's Music</p> <p>July 7th</p> <p>Happy Birthday to Miss G</p>							
<p>9</p> <p>9:00 Beauty Hour</p> <p>10:00 Bible Study</p> <p>10:30 Sing A Longs</p> <p>1:00 Relaxation</p> <p>2:30 Snack Social</p> <p>3:00 Walk & Talk</p> <p>18:00 Dominoes Table Game</p> <p>19:30 Movement to Music</p> <p>20:00 Aroma Therapy</p>	<p>10</p> <p>9:00 Devotions/Study Bible Verse</p> <p>9:30 Exercise/Balloon Volley</p> <p>10:00 Refreshments/SP Activity</p> <p>1:00 Spontaneous Activities</p> <p>2:30 Snack Social</p> <p>3:00 Craft- Cars</p> <p>18:00 Reminisce- Sea Shells</p> <p>19:30 Hot Chocolate Social</p> <p>20:00 Read Story</p>	<p>11</p> <p>9:00 Devotions/Sing Along</p> <p>9:30 Exercise / Ball Toss</p> <p>10:00 Refreshments/SP Activity</p> <p>1:00 Spontaneous Activities</p> <p>2:30 Music-AL Living Rm</p> <p>3:00 Giving Back- Inspirational</p> <p>18:00 Prize Bingo</p> <p>19:30 Gentle Movement w/Music</p> <p>20:00 Lotion Hands</p>	<p>12</p> <p>9:00 Devotions/Study Bible Verse</p> <p>9:30 Exercise/Balloon Volley</p> <p>10:00 Refreshments/SP Activity</p> <p>1:00 Movie Matinee</p> <p>2:30 Snack Social</p> <p>3:00 Musical Chairs Game</p> <p>18:00 Addition Math Class</p> <p>19:30 Storytelling of a picture</p> <p>20:00 Lotion Hands</p>	<p>13</p> <p>9:00 Devotions/Sing Along</p> <p>9:30 Exercise / Ball Toss</p> <p>10:00 Refreshments/SP Activity</p> <p>1:00 Spontaneous Activities</p> <p>2:30 Snack Social</p> <p>3:00 Arts & Crafts-Trace Sheep</p> <p>18:00 Wheel of Fortune</p> <p>19:30 Reminisce - Camping</p> <p>20:00 Lotion Hands</p>	<p>14</p> <p>9:00 Devotions/Study Bible Verse</p> <p>9:30 Exercise/Balloon Volley</p> <p>10:00 Refreshments/SP Activity</p> <p>1:00 Spontaneous Activities</p> <p>2:30 Snack Social</p> <p>3:00 Bowling Game</p> <p>18:00 Wheel of Fortune</p> <p>19:30 Hot Chocolate Social</p> <p>20:00 Read Story</p>	<p>15</p> <p>9:00 Beauty Hour</p> <p>10:00 Current Events</p> <p>10:30 Parachute Game</p> <p>1:00 Relaxation</p> <p>2:30 Manicure Nail Care</p> <p>3:00 Puzzle Corner</p> <p>18:00 Movie & Popcorn</p> <p>19:30 Music Circle</p> <p>20:00 Lotion & Massage Hands</p>	<p>July 11th</p> <p>Brigg's Girls Music</p> <p>July 20th</p> <p>Family Event Games Play Day</p>							
<p>16</p> <p>9:00 Beauty Hour</p> <p>10:00 Bible Study</p> <p>10:30 Sing A Longs</p> <p>1:00 Relaxation</p> <p>2:30 Snack Social</p> <p>3:00 Walk & Talk</p> <p>18:00 Dominoes Table Game</p> <p>19:30 Movement to Music</p> <p>20:00 Aroma Therapy</p>	<p>17</p> <p>9:00 Devotions/Study Bible Verse</p> <p>9:30 Exercise/Balloon Volley</p> <p>10:00 Refreshments/SP Activity</p> <p>1:00 Spontaneous Activities</p> <p>2:30 Snack Social</p> <p>3:00 Craft-Collage Summer</p> <p>18:00 Reminisce- Music</p> <p>19:30 Hot Chocolate Social</p> <p>20:00 Read Story</p>	<p>18</p> <p>9:00 Devotions/Sing Along</p> <p>9:30 Exercise / Ball Toss</p> <p>10:00 Refreshments/SP Activity</p> <p>1:00 Spontaneous Activities</p> <p>2:30 Snack Social</p> <p>3:00 Giving Back- Inspirational</p> <p>18:00 Prize Bingo</p> <p>19:30 Gentle Movement w/Music</p> <p>20:00 Lotion Hands</p>	<p>19</p> <p>9:00 Devotions/Study Bible Verse</p> <p>9:30 Exercise/Balloon Volley</p> <p>10:00 Refreshment s/SP Activity</p> <p>1:00 Movie Matinee</p> <p>2:30 Snack Social</p> <p>3:00 Arm Chair Travels</p> <p>18:00 Multiplication Math Class</p> <p>19:30 Storytelling of a picture</p> <p>20:00 Aroma Therapy</p>	<p>20</p> <p>9:00 Devotions/Sing Along</p> <p>9:30 Exercise / Ball Toss</p> <p>10:00 Refreshments/SP Activity</p> <p>1:00 Spontaneous Activities</p> <p>2:30 Snack Social</p> <p>3:00 Arts- Coloring Ocean</p> <p>18:00 Wheel of Fortune</p> <p>19:30 Reminisce - Facebook</p> <p>20:00 Lotion Hands</p>	<p>21</p> <p>9:00 Devotions/Study Bible Verse</p> <p>9:30 Exercise/Balloon Volley</p> <p>10:00 Birthday Celebration</p> <p>1:00 Music- in Gardens</p> <p>2:30 Snack Social</p> <p>3:00 Pizza Game</p> <p>18:00 Wheel of Fortune</p> <p>19:30 Hot Chocolate Social</p> <p>20:00 Read Story</p>	<p>22 <i>Happy Birthday LaDonna M</i></p> <p>9:00 Beauty Hour</p> <p>10:00 Current Events</p> <p>10:30 Parachute Game</p> <p>1:00 Relaxation</p> <p>2:30 Manicure Nail Care</p> <p>3:00 Puzzle Corner</p> <p>18:00 Movie & Popcorn</p> <p>19:30 Music Circle</p> <p>20:00 Lotion & Massage Hands</p>	<p>July 21st</p> <p>Kay & Jerry's Music</p>							
<p>23</p> <p>9:00 Beauty Hour</p> <p>10:00 Bible Study</p> <p>10:30 Sing A Longs</p> <p>1:00 Relaxation</p> <p>2:30 Snack Social</p> <p>3:00 Walk & Talk</p> <p>18:00 Dominoes Table Game</p> <p>19:30 Movement to Music</p> <p>20:00 Aroma Therapy</p>	<p>24</p> <p>9:00 Devotions/Study Bible Verse</p> <p>9:30 Exercise/Balloon Volley</p> <p>10:00 Refreshments/SP Activity</p> <p>1:00 Spontaneous Activities</p> <p>2:30 Snack Social</p> <p>3:00 Craft-Collage Horses</p> <p>18:00 Reminisce- Fishing</p> <p>19:30 Hot Chocolate Social</p> <p>20:00 Read Story</p>	<p>25</p> <p>9:00 Devotions/Sing Along</p> <p>9:30 Exercise / Ball Toss</p> <p>10:00 Refreshments/SP Activity</p> <p>1:00 Spontaneous Activities</p> <p>2:30 Snack Social</p> <p>3:00 Giving Back- Inspirational</p> <p>18:00 Prize Bingo</p> <p>19:30 Gentle Movement w/Music</p> <p>20:00 Lotion Hands</p>	<p>26</p> <p>9:00 Devotions/Study Bible Verse</p> <p>9:30 Exercise/Balloon Volley</p> <p>10:00 Refreshments/SP Activity</p> <p>1:00 Movie Matinee</p> <p>2:30 Snack Social</p> <p>3:00 Aquarium Trivia</p> <p>18:00 Division Math Class</p> <p>19:30 Storytelling of a picture</p> <p>20:00 Aroma Therapy</p>	<p>27</p> <p>9:00 Devotions/Sing Along</p> <p>9:30 Exercise / Ball Toss</p> <p>10:00 Refreshments/SP Activity</p> <p>1:00 Spontaneous Activities</p> <p>2:30 Snack Social</p> <p>3:00 Arts- Paint Sunrise</p> <p>18:00 Wheel of Fortune</p> <p>19:30 Reminisce - Road Trips</p>	<p>28</p> <p>9:00 Devotions/Study Bible Verse</p> <p>9:30 Exercise/Balloon Volley</p> <p>10:00 Refreshments/SP Activity</p> <p>1:00 Spontaneous Activities</p> <p>2:30 Snack Social</p> <p>3:00 Bean Bag Toss Game</p> <p>18:00 Wheel of Fortune</p> <p>19:30 Hot Chocolate Social</p>	<p>29</p> <p>9:00 Beauty Hour</p> <p>10:00 Current Events</p> <p>10:30 Parachute Game</p> <p>1:00 Relaxation</p> <p>2:30 Manicure Nail Care</p> <p>3:00 Puzzle Corner</p> <p>18:00 Movie & Popcorn</p> <p>19:30 Music Circle</p>	<p>July 21st</p> <p>LaDonna's Birthday Celebration</p>							
<p>30</p> <p>9:00 Beauty Hour</p> <p>10:00 Bible Study</p> <p>10:30 Sing A Longs</p> <p>1:00 Relaxation</p> <p>2:30 Snack Social</p> <p>3:00 Walk & Talk</p> <p>18:00 Dominoes Table Game</p> <p>19:30 Movement to Music</p>	<p>31 9:00 MASSAGE W/JEANNE</p> <p>9:00 Devotions/Study Bible Verse</p> <p>9:30 Exercise/Balloon Volley</p> <p>10:00 Refreshments/SP Activity</p> <p>1:00 Spontaneous Activities</p> <p>2:30 Snack Social</p> <p>3:00 Craft-Collage Fruits</p> <p>18:00 Reminisce- Healthy Foods</p> <p>19:30 Hot Chocolate Social</p> <p>20:00 Read Story</p>		<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>July 14th Delmer Kalbus</p> <p>June 27th Maxine Lee</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 style="width: 100%; border: none;"> <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 JULY we will be focusing on the dimension of Vocational Wellness. These activities are highlighted in blue.</p>		Physical	Environmental	Vocational	Emotional	Social	Spiritual	Intellectual	Family	<p>Church Service on Sundays at 10:30am in AL Living Rm</p> <p>July 31st Massage Therapy</p>
Physical	Environmental	Vocational	Emotional											
Social	Spiritual	Intellectual	Family											