



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SPECIAL EVENTS							
 <p>9:00 Welcome Coffee-Gardens 9:30 Trivia Birds 10:00 Refreshments/SP Activity 1:00 Fun w/Mila 2:30 Snack Social 3:00 Craft-Collage Flowers Pics 18:00 Reminisce -Spring 19:30 Hot Chocolate Social 20:00 Read Story</p>	<p>1 9:00 Welcome Coffee-Gardens 9:30 Trivia Birds 10:00 Refreshments/SP Activity 1:00 Fun w/Mila 2:30 Snack Social 3:00 Craft-Collage Flowers Pics 18:00 Reminisce -Spring 19:30 Hot Chocolate Social 20:00 Read Story</p>	<p>2 9:00 Devotions/Sing Along 9:30 Exercise / Ball Toss 10:00 Refreshments/SP Activity 1:00 Fun w/Mila 2:30 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>3 9:00 Devotions/Study Bible Verse 9:30 Exercise/Balloon Volley 10:00 Suzi Q Show-AL Living Rm 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>4 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-Write Alphabet 18:00 Wheel of Fortune 19:30 Ante Up Game 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 Fun w/Mila 2:30 Snack Social 3:00 Game Eleven 18:00 Wheel of Fortune 19:30 Hot Chocolate Social 20:00 Read Story</p>	<p>6 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>7 9:00 Beauty Hour 10:00 Bible Study 10:30 Church-AL Dining Rm 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>8 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-Butterflies 18:00 Reminisce -Spring 19:30 Hot Chocolate Social 20:00 Read Story</p>	<p>9 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>10 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>11 9:00 Ball Toss 9:30 Exercise / Ball Toss 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 - Outings 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 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>13 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>Mother's Day Holiday May 14th</p>							
<p>14 HAPPY MOTHER'S DAY! 9:00 Beauty Hour 10:00 Bible Study 10:30 Church-AL Dining Rm 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>15 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-Ladybugs 18:00 Reminisce-Smiles 19:30 Hot Chocolate Social 20:00 Read Story</p>	<p>16 9:00 Devotions/Sing Along 9:30 Exercise / Ball Toss 10:00 Refreshments/SP Activity 1:00 Fun w/Mila 2:30 Make M&M Chex Mix 3:00 Giving Back- Inspirational 18:00 Prize Bingo 19:30 Gentle Movement w/Music 20:00 Lotion Hands</p>	<p>17 9:00 Devotions/Study Bible Verse 9:30 Exercise/Balloon Volley 10:00 Refreshments/SP Activity 11:00 Grill Out-Family Event 1:00 Movie Matinee 2:30 Snack Social 3:00 Arm Chair Travels 18:00 Math Class 19:30 Storytelling of a picture</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 Snack Social 3:00 Arts & Crafts-Trace Rose 18:00 Wheel of Fortune 19:30 Reminisce Army Soldiers 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 Music - Gardens 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>20 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>Family Grill Out Day May 17th</p>							
<p>21 9:00 Beauty Hour 10:00 Read Bible Mark Ch.14-16 10:30 Church-AL Dining Rm 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>22 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- Friendship 19:30 Hot Chocolate Social 20:00 Read Story</p>	<p>23 9:00 Devotions/Sing Along 9:30 Exercise / Ball Toss 10:00 Refreshments/SP Activity 1:00 Fun w/Mila 2:00 Music-AL Living Rm 3:00 Giving Back- Inspirational 18:00 Prize Bingo 19:30 Gentle Movement w/Music 20:00 Lotion Hands</p>	<p>24 <i>Happy Birthday to Phil Schooler</i> 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 17:30 Choir Singing-AL DiningRm 19:30 Storytelling of a picture 20:00 Aroma Therapy</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 Snack Social 3:00 Arts- Painting Sunshine 18:00 Wheel of Fortune 19:30 Reminisce - Memorial Day</p>	<p>26 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-AL Dining Rm 3:00 Table w/Home Maker Items 18:00 Wheel of Fortune 19:30 Hot Chocolate Social</p>	<p>27 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>Jeff & Nancy's Music May 23rd Choir Singing May 24th</p>							
<p>28 9:00 Beauty Hour 10:00 Bible Study 10:30 Church-AL Dining Rm 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>29 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 Animals 18:00 Reminisce- Builders 19:30 Hot Chocolate Social 20:00 Read Story</p>	<p>30 9:00 Devotions/Sing Along 9:30 Exercise / Ball Toss 10:00 Refreshments/SP Activity 1:00 Fun w/Mila 2:30 Make Choc. Strawberries 3:00 Giving Back- Inspirational 18:00 Prize Bingo 19:30 Gentle Movement w/Music 20:00 Lotion Hands</p>	<p>31 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>Happy Birthday! Join us in wishing all residents, associates, family and friends a very happy birthday! May 24th Phil Schooler</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 May we will be focusing on the dimension of Physical 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											