

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SPECIAL EVENTS		
<p>1</p> <p>Morning Daily Scoop/Devotions Daily Exercises/ Afternoon Brain Games Worship to Hymn Songs Evening Social Hour Snacks</p>	<p>2</p> <p>Morning Daily Scoop/Devotions Daily Exercises/ Afternoon Relaxation Craft Corner Evening Gentle Movement Snacks</p>	<p>3</p> <p>Morning Daily Scoop/Devotions Daily Exercises/cooking corner Afternoon Relaxation Table Games Evening Gentle Movement Snacks</p>	<p>4</p> <p>Morning Daily Scoop/Devotions Daily Exercises/Scenic wheel chair rides Afternoon Relaxation I Spy Evening Lotion Massages Snacks</p>	<p>5</p> <p>Morning Daily Current Events Daily Exercises/Bean Bag Toss Afternoon Relaxation BINGO Evening Wheel of Fortune Reminiscent Hour</p>	<p>6</p> <p>Morning Daily Scoop/Devotions Daily Exercises/Manicures Afternoon Relaxation/Mail Call Active Games Evening Music Corner Lotion Massages/Snacks</p>	<p>7</p> <p>Morning Daily Scoop/Devotions Daily Exercises/Table bowling Afternoon Relaxation Puzzle Corner Evening Music Circle A look Back in Time/Snack</p>	<p>Tuesdays 10am Cooking Corner</p> <p>Wednesday, October 11 11am Lunch Outing</p> <p>Wednesday, October 18 5pm FRIENDS and FAMILY</p> <p>Friday, October 20 3:15pm Music with Dennis</p> <p>Wednesday, October 25 11am Senior Center</p> <p>Wednesday, October 25 3:30pm Monthly Birthday Celebration</p>		
<p>8</p> <p>Morning Daily Scoop/Devotions Daily Exercises Afternoon Brain Games Worship to Hymn Songs Evening Social Hour Snacks</p>	<p>9</p> <p><i>Columbus Day</i> Morning Daily Scoop/Devotions Daily Exercises/Mail Call Afternoon Relaxation Craft Corner Evening Movie Matinee Snacks</p>	<p>10</p> <p>Morning Daily Scoop/Devotions Daily Exercises/Cooking corner Afternoon Relaxation Table Games Evening Gentle Movement Snacks</p>	<p>11</p> <p>Morning Daily Exercises LUNCH OUTING Afternoon Relaxation Movie Trivia Evening Lotion Massages Snacks</p>	<p>12</p> <p>Morning Daily Current Events Daily Exercises/Bean Bag Toss Afternoon Relaxation BINGO Evening Wheel of Fortune Reminiscent Hour</p>	<p>13</p> <p>Morning Daily Scoop/Devotions Daily Exercises/Manicures Afternoon Relaxation/Mail Call Active Games Evening Music Corner Lotion Massages/Snacks</p>	<p>14</p> <p>Morning Daily Scoop Daily Exercises/Table bowling Afternoon Relaxation Puzzle Corner Evening Music Circle A look Back in Time/Snack</p>			
<p>15</p> <p>Morning Daily Scoop/Devotions Daily Exercises Afternoon Brain Games Worship to Hymn Songs Evening Social Hour Snacks</p>	<p>16</p> <p><i>Bosses Day</i> Morning Daily Scoop/Devotions Daily Exercises/Mail Call Afternoon Relaxation Craft Corner Evening Movie Matinee Snacks</p>	<p>17</p> <p>Morning Daily Scoop/Devotions Daily Exercises/Cooking corner Afternoon Relaxation Table Games Evening Gentle Movement Snacks</p>	<p>18</p> <p>Morning Daily Scoop/Devotions Daily Exercises/Walk and wheel Afternoon relaxation Brain Games Evening Lotion Massages Snacks</p>	<p>19</p> <p>Morning Daily Current Events Daily Exercises/Bean Bag Toss Afternoon Relaxation BINGO Evening Wheel of Fortune Reminiscent Hour</p>	<p>20</p> <p>Morning Daily Scoop/Devotions Daily Exercises/Manicures Afternoon Relaxation/Mail Call Music with Dennis Evening Music Corner Lotion Massages/Snacks</p>	<p>21</p> <p>Morning Daily Scoop Daily Exercises/Table bowling Afternoon Relaxation Puzzle Corner Evening Music Circle A look Back in Time/Snack</p>			
<p>22</p> <p>Morning Daily Scoop/Devotions Daily Exercises Afternoon Brain Games Worship to Hymn Songs Evening Social Hour Snacks</p>	<p>23</p> <p>Morning Daily Scoop/Devotions Daily Exercises/Mail Call Afternoon Relaxation Craft Corner Evening Movie Matinee Snacks</p>	<p><i>United Nations Day</i> Morning Daily Scoop/Devotions Daily Exercises/Cooking corner Afternoon Relaxation Table Games Evening Gentle Movement Snacks</p>	<p>25</p> <p>Morning Daily Scoop/Devotions Daily Exercises/A look outside Afternoon Relaxation I spy Evening Lotion Massages Snacks</p>	<p>26</p> <p>Morning Daily Current Events Daily Exercises/Bean Bag Toss Afternoon Relaxation BINGO Evening Wheel of Fortune Reminiscent Hour</p>	<p>27</p> <p>Morning Daily Scoop Balloon Volleyball/Manicures Afternoon Relaxation/Mail Call Active Games Evening Music Circle Lotion Massages/Snacks</p>	<p>28</p> <p>Morning Daily Scoop Daily Exercises/Table bowling Afternoon Relaxation Puzzle Corner Evening Music Circle A look Back in Time/Snack</p>			
<p>29</p> <p>Morning Daily Scoop/Devotions Daily Exercises Afternoon Brain Games Worship to Hymn Songs Evening Social Hour Snacks</p>	<p>30</p> <p>Morning Daily Scoop/Devotions Daily Exercises/Mail Call Afternoon Relaxation Craft Corner Evening Movie Matinee Snacks</p>	<p><i>Halloween</i> Morning Daily Scoop/Devotions Daily Exercises/Cooking corner Afternoon Relaxation Table Games Evening Gentle Movement Snacks</p>	<p>This month we are celebrating</p> <p>Halloween</p> <p>Join us as we explore the many different monthly heritages. If you have any photos or experiences that you would like to share with the residents during the month, please contact Angie by email at angie.strobbe@windsor-manor.com</p>						

With God all Things
are possible



Happy Birthday!
Join us in wishing all residents, associates, family and friends a very happy birthday!

Ted L 10-25

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:

- Physical
- Environmental
- Vocational
- Emotional
- Social
- Spiritual
- Intellectual
- Family

For the month of October, we will be focusing on the dimension of **Environmental and Spiritual Wellness**. These activities are highlighted in **blue**.