



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SPECIAL EVENTS								
						1 <b>Morning</b> Move to the Music <b>Current Events</b> <b>Afternoon</b> Sing Along Puzzle Corner <b>Evening</b> Lawrence Welk Snack	Tuesday, July 4th Independence Day								
2 <b>Morning</b> Sunday Morning Music Daily Exercises <b>Afternoon</b> Bowling Popcorn <b>Evening</b> Evening Movie Snack	3 <b>Morning</b> Hand Exercises Balloon Catch <b>Afternoon</b> Manicures Refreshments <b>Evening</b> Evening Movie Snack	4 INDEPENDENCE DAY <b>Morning</b> Arm Stretches Patriotic necklaces <b>Afternoon</b> Finish the Line Popcorn and Soda <b>Evening</b> Evening Movie Snack	5 <b>Morning</b> Pool Noodle Stretch Patriotic Sing-A-Long <b>Afternoon</b> Chocolate Ice Cream Day Music on Porch <b>Evening</b> Evening Movie Snack	6 <b>Morning</b> Balloon Volley Fishing Game <b>Afternoon</b> Porch Music Refreshments <b>Evening</b> Evening Movie Snack	7 <b>Morning</b> Morning Walk <b>Puzzles</b> <b>Afternoon</b> High Roller Dice Game Strawberry Sundae Day <b>Evening</b> Evening Movie Snack	8 <b>Morning</b> Move to the Music <b>Current Events</b> <b>Afternoon</b> Sing Along Puzzle Corner <b>Evening</b> Lawrence Welk Snack		July 7th Lucky 7 Day							
9 <b>Morning</b> Sunday Morning Music Daily Exercises <b>Afternoon</b> Sugar Cookie Day Cookies and Milk <b>Evening</b> Evening Movie Snack	10 <b>Morning</b> Hand Exercises Teddy Bear Picnic <b>Afternoon</b> Manicures Refreshments <b>Evening</b> Evening Movie Snack	11 <b>Morning</b> Arm Stretches BINGO <b>Afternoon</b> Blueberry Muffin Day Finish the Line <b>Evening</b> Evening Movie Snack	12 <b>Morning</b> Pool Noodle Stretch Pairing and Sorting Activity <b>Afternoon</b> Porch Music Root Beer Float <b>Evening</b> Evening Movie Snack	13 <b>Morning</b> Balloon Volley What's in the Bag <b>Afternoon</b> Porch Music Refreshments <b>Evening</b> Evening Movie Snack	14 <b>Morning</b> Morning Walk <b>Puzzles</b> <b>Afternoon</b> High Roller Dice Game Refreshments <b>Evening</b> Evening Movie Snack	15 <b>Morning</b> Move to the Music <b>Current Events</b> <b>Afternoon</b> Sing Along Puzzle Corner <b>Evening</b> Lawrence Welk Snack	July 14th Cow Appreciation Day  Monday, July 17th Music with Jerry and Myrt								
16 Father's Day <b>Morning</b> Sunday Morning Music Daily Exercises <b>Afternoon</b> Bowling Popcorn <b>Evening</b> Evening Movie Snack	17 <b>Morning</b> Hand Exercises Balloon Catch <b>Afternoon</b> Music with Jerry and Myrt @ 1pm Refreshments <b>Evening</b> Evening Movie Snack	18 <b>Morning</b> Arm Stretches BINGO <b>Afternoon</b> Finish the Line Popcorn and Soda <b>Evening</b> Evening Movie Snack	19 <b>Morning</b> Pool Noodle Stretch Summer Fun <b>Afternoon</b> Summer Music on Porch Ice cream <b>Evening</b> Evening Movie Snack	20 <b>Morning</b> Balloon Volley Spelling Bee <b>Afternoon</b> Porch Music Refreshments <b>Evening</b> Evening Movie Snack	21 <b>Morning</b> Morning Walk <b>Puzzles</b> <b>Afternoon</b> High Roller Dice Game Refreshments <b>Evening</b> Evening Movie Snack	22 <b>Morning</b> Move to the Music <b>Current Events</b> <b>Afternoon</b> Sing Along Puzzle Corner <b>Evening</b> Lawrence Welk Snack		July 21st Black and White Day Wear Black and White today  July 22nd Happy Birthday Evelyn Sparks							
23 <b>Morning</b> Sunday Morning Music Daily Exercises <b>Afternoon</b> Bowling Popcorn <b>Evening</b> Evening Movie Snack	24 <b>Morning</b> Hand Exercises Balloon Catch <b>Afternoon</b> Music with The K&L Duo @ 2:30pm Refreshments <b>Evening</b> Evening Movie Snack	25 <b>Morning</b> Arm Stretches BINGO <b>Afternoon</b> Finish the Line Popcorn and Soda <b>Evening</b> Evening Movie Snack	26 <b>Morning</b> Pool Noodle Stretch Rhyming Words <b>Afternoon</b> Summer Music on Porch Ice cream <b>Evening</b> Evening Movie Snack	27 <b>Morning</b> Balloon Volley Summer Sensory Kit <b>Afternoon</b> Porch Music Refreshments <b>Evening</b> Evening Movie Snack	28 <b>Morning</b> Morning Walk <b>Puzzles</b> <b>Afternoon</b> High Roller Dice Game Refreshments <b>Evening</b> Evening Movie Snack	29 <b>Morning</b> Move to the Music <b>Current Events</b> <b>Afternoon</b> Sing Along Puzzle Corner <b>Evening</b> Lawrence Welk Snack	Monday, July 24th Music with The K&L Duo								
30 <b>Morning</b> Sunday Morning Music Daily Exercises <b>Afternoon</b> Bowling Popcorn <b>Evening</b> Evening Movie Snack	31 <b>Morning</b> Hand Exercises Balloon Catch <b>Afternoon</b> Manicures Refreshments <b>Evening</b> Evening Movie Snack		 <p><b>Happy Birthday!</b> Join us in wishing all residents, associates, family and friends a very happy birthday! Evelyn Sparks July 22nd</p>		<p><b>8 Dimensions of Wellness</b> 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 June, we will be focusing on the dimension of Vocational and Intellectual Wellness. These activities are highlighted in blue.</p>			Physical	Environmental	Vocational	Emotional	Social	Spiritual	Intellectual	Family
Physical	Environmental	Vocational	Emotional												
Social	Spiritual	Intellectual	Family												