



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SPECIAL EVENTS								
				1 <i>Happy Birthday Mary</i> Morning Balloon Volley Birthday Fun Afternoon Porch Music Refreshments Evening Evening Movie Snack	2 Morning Morning Walk Puzzles Afternoon High Roller Dice Game Refreshments Evening Evening Movie Snack	3 Morning Move to the Music Current Events Afternoon Sing Along Puzzle Corner Evening Lawrence Welk Snack	Thursday, June 1st Mary Cooper's Birth- day Sunday, June 5th Dorothy Olson's Birthday								
4 <i>Happy Birthday Dorothy!</i> Morning Sunday Morning Music Birthday Fun Afternoon Bowling Popcorn Evening Evening Movie Snack	5 Morning Hand Exercises Balloon Catch Afternoon Manicures Refreshments Evening Evening Movie Snack	6 Morning Arm Stretches BINGO Afternoon Finish the Line Popcorn and Soda Evening Evening Movie Snack	7 Morning Pool Noodle Stretch Fishing Game Afternoon Chocolate Ice Cream Day Music on Porch Evening Evening Movie Snack	8 Morning Balloon Volley Water Bottle Wind Spinners Afternoon Porch Music Refreshments Evening Evening Movie Snack	9 Morning Morning Walk Puzzles Afternoon High Roller Dice Game Banana Split Day Evening Evening Movie Snack	10 Morning Move to the Music Current Events Afternoon Sing Along Puzzle Corner Evening Lawrence Welk Snack	Wednesday, June 14th Flag Day Sunday, June 18th Father's Day								
11 Morning Sunday Morning Music Daily Exercises Afternoon Bowling Popcorn Evening Evening Movie Snack	12 Morning Hand Exercises Balloon Catch Afternoon Fishing Game Refreshments Evening Evening Movie Snack	13 Morning Arm Stretches BINGO Afternoon Finish the Line Popcorn and Soda Evening Evening Movie Snack	14 <i>Flag Day</i> Morning Pool Noodle Stretch American Flag Art Afternoon Patriotic Music Root Beer Float Evening Evening Movie Snack	15 Morning Balloon Volley Ocean in a Bottle Afternoon Porch Music Refreshments Evening Evening Movie Snack	16 Morning Morning Walk Puzzles Afternoon High Roller Dice Game Refreshments Evening Evening Movie Snack	17 Morning Move to the Music Current Events Afternoon Sing Along Puzzle Corner Evening Lawrence Welk Snack	Monday, June 19th Music with Jerry and Myrt								
18 <i>Father's Day</i> Morning Sunday Morning Music Daily Exercises Afternoon Bowling Popcorn Evening Evening Movie Snack	19 Morning Hand Exercises Balloon Catch Afternoon Music with Jerry and Myrt @ 1pm Refreshments Evening Evening Movie Snack	20 Morning Arm Stretches BINGO Afternoon Finish the Line Popcorn and Soda Evening Evening Movie Snack	21 <i>T-Shirt Day</i> Morning Pool Noodle Stretch Summer Fun Afternoon Summer Music on Porch Ice cream Evening Evening Movie Snack	22 Morning Balloon Volley Under the Sea BINGO Afternoon Porch Music Refreshments Evening Evening Movie Snack	23 Morning Morning Walk Puzzles Afternoon High Roller Dice Game Refreshments Evening Evening Movie Snack	24 Morning Move to the Music Current Events Afternoon Sing Along Puzzle Corner Evening Lawrence Welk Snack	Wednesday, June 21st T-Shirt Day Wednesday, June 21st Summer Begins								
25 Morning Sunday Morning Music Daily Exercises Afternoon Bowling Popcorn Evening Evening Movie Snack	26 Morning Hand Exercises Balloon Catch Afternoon Music with The K&L Duo @ 2:30pm Refreshments Evening Evening Movie Snack	27 Morning Arm Stretches BINGO Afternoon Finish the Line Popcorn and Soda Evening Evening Movie Snack	28 Morning Pool Noodle Stretch Camping Fun Afternoon Summer Music on Porch Ice cream Evening Evening Movie Snack	29 Morning Balloon Volley Laundry Sensory Kit Afternoon Porch Music Refreshments Evening Evening Movie Snack	30 Morning Morning Walk Puzzles Afternoon High Roller Dice Game Refreshments Evening Evening Movie Snack		Monday, June 26th Music with The K&L Duo								
			 <p>Happy Birthday! Join us in wishing all residents, associates, family and friends a very happy birthday!</p> <p>6/1 Mary Cooper 6/4 Dorothy Olson</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 June, we will be focusing on the dimension of Environmental and Spiritual Wellness. These activities are highlighted in blue.</p>		Physical	Environmental	Vocational	Emotional	Social	Spiritual	Intellectual	Family	
Physical	Environmental	Vocational	Emotional												
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