

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SPECIAL EVENTS								
			1 Morning Twister Bean Bag Toss Number BINGO Devotional Sing-a-Long Afternoon Garden Stroll Puzzles Evening Evening Snack/ Movie	2 Morning Basketball Finish the Phrase Collages Afternoon Soccer Kick Spelling Bee Evening Evening Snack/ Movie	3 Morning Pool Noodle Hockey Nursery Rhyme Trivia Dot-To-Dot Afternoon Hand Massage and Manicures Old Favorites Sing-A-Long Evening Evening Snack/ Movie	4 Morning Morning Stretches Coffee Chat Flower Arranging Afternoon Bowling Jumbo Domino Game Evening Evening Snack/ Movie	November 3rd Happy Birthday Blondeen								
5 Morning Scent Story Cutting Coupons Church Service Afternoon Tactile Activity Opposites Evening Evening Snack/ Movie	6 Morning Arm Chair Stretch Famous Faces Spark Basket Afternoon Topic Beach Ball Toss Group Discussion Evening Evening Snacks/ Movie	7 Morning Football Toss Pairs of Things Feel Good Stories Afternoon Hall walk Sorting Activity Evening Evening Snack/ Movie	8 Morning Twister Bean Bag Toss Number BINGO Devotional Sing-a-Long Afternoon Garden Stroll Puzzles Evening Evening Snack/ Movie	9 Morning Basketball Finish the Phrase Collages Afternoon Soccer Kick Spelling Bee Evening Evening Snack/ Movie	10 Morning Pool Noodle Hockey Nursery Rhyme Trivia Dot-To-Dot Afternoon Hand Massage and Manicures Old Favorites Sing-A-Long Evening Evening Snack/ Movie	11 Morning Morning Stretches Coffee Chat Flower Arranging Afternoon Bowling Jumbo Domino Game Evening Evening Snack/ Movie	Sunday November 5th Daylight Saving Time Fall Back 1 hour								
12 Morning Scent Story Cutting Coupons Church Service Afternoon Tactile Activity Opposites Evening Evening Snack/ Movie	13 Morning Arm Chair Stretch Famous Faces Spark Basket Afternoon Topic Beach Ball Toss Group Discussion Evening Evening Snacks/ Movie	14 Morning Football Toss Pairs of Things Feel Good Stories Afternoon Hall walk Sorting Activity Evening Evening Snack/ Movie	15 Morning Twister Bean Bag Toss Number BINGO Devotional Sing-a-Long Afternoon Garden Stroll Puzzles Evening Evening Snack/ Movie	16 Morning Basketball Finish the Phrase Collages Afternoon Soccer Kick Spelling Bee Evening Evening Snack/ Movie	17 Morning Pool Noodle Hockey Nursery Rhyme Trivia Dot-To-Dot Afternoon Hand Massage and Manicures Old Favorites Sing-A-Long Evening Evening Snack/ Movie	18 Morning Morning Stretches Coffee Chat Flower Arranging Afternoon Bowling Jumbo Domino Game Evening Evening Snack/ Movie	November 11th Veterans Day								
19 Morning Scent Story Cutting Coupons Church Service Afternoon Tactile Activity Opposites Evening Evening Snack/ Movie	20 Morning Arm Chair Stretch Famous Faces Spark Basket Afternoon Topic Beach Ball Toss Group Discussion Evening Evening Snacks/ Movie	21 Morning Football Toss Pairs of Things Feel Good Stories Afternoon Hall walk Sorting Activity Evening Evening Snack/ Movie	22 Morning Twister Bean Bag Toss Number BINGO Devotional Sing-a-Long Afternoon Garden Stroll Puzzles Evening Evening Snack/ Movie	23 Morning Basketball Finish the Phrase Collages Afternoon Soccer Kick Spelling Bee Evening Evening Snack/ Movie	24 Morning Pool Noodle Hockey Nursery Rhyme Trivia Dot-To-Dot Afternoon Hand Massage and Manicures Old Favorites Sing-A-Long Evening Evening Snack/ Movie	25 Morning Morning Stretches Coffee Chat Flower Arranging Afternoon Bowling Jumbo Domino Game Evening Evening Snack/ Movie	November 20th Music with Jerry and Myrt								
26 Morning Scent Story Cutting Coupons Church Service Afternoon Tactile Activity Opposites Evening Evening Snack/ Movie	27 Morning Arm Chair Stretch Famous Faces Spark Basket Afternoon Topic Beach Ball Toss Group Discussion Evening Evening Snacks/ Movie	28 Morning Football Toss Pairs of Things Feel Good Stories Afternoon Hall walk Sorting Activity Evening Evening Snack/ Movie	29 Morning Twister Bean Bag Toss Number BINGO Devotional Sing-a-Long Afternoon Garden Stroll Puzzles Evening Evening Snack/ Movie	30 Morning Basketball Finish the Phrase Collages Afternoon Soccer Kick Spelling Bee Evening Evening Snack/ Movie			November 21st Hearing Unlimited								
							November 23rd Thanksgiving Day								
							November 27th Music with K&L Duo								
			 <p><i>Happy Birthday!</i> Blondeen Kolbo November 3rd!</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 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 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												