



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SPECIAL EVENTS								
			1 9:00 Devotions/Study Bible Verse 9:30 Guided Relaxation Exercise 10:00 Refreshments/SP Activity 1:00 Movie Matinee 2:30 Snack Social 3:00 Math Class 18:00 Crosswords/Puzzles 19:30 Card "War" Game 20:00 Aroma Therapy	2 9:00 Devotions/Sing A longs 9:30 Exercise / Ball Toss 10:00 Refreshments/SP Activity 1:00 Spontaneous Activities 2:30 Snack Social 3:00 Arts- Tracing/Outlines 18:00 Wheel of Fortune-TV 19:30 Reminisce/ Clutter 20:00 Lotion Hands	3 <i>Happy Birthday Gerald!</i> 9:00 Devotions/Study Bible Verse 9:30 Guided Relaxation Exercise 10:00 Music- AL 1:00 Spontaneous Activities 2:30 B-Day Party Social 3:00 Sensory "What am I?" 18:00 Wheel of Fortune-TV 19:30 Hot Chocolate Social 20:00 Read Story	4 9:00 Beauty Hour 10:00 Current Events 10:30 Tar Grip Toss 1:00 Relaxation Music 2:30 Manicure Nail Care 3:00 Puzzle Corner 18:00 Movie & Popcorn 19:30 Music Circle 20:00 Lotion & Massage Hands	<p>November 3rd Happy Birthday, Gerald Weeks</p> <p>November 18th Families are invited for a Thanksgiving Dinner Please, RSVP your sitting At 11am or 12:30pm</p> <p>November 23rd Happy Thanksgiving</p> <p>November 24th Happy Birthday, Gracie Flynn</p> <p>Church Service on Sundays at 10:30am in AL Living Rm</p>								
5 9:00 Beauty Hour 10:00 Bible Study 10:30 Sing A Longs 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	6 9:00 Devotions/Study Bible Verse 9:30 Guided Relaxation Exercise 10:00 Refreshments/SP Activity 1:00 Spontaneous Activities 2:30 Snack Social 3:00 Crafts- Paint Birds 18:00 Reminisce- Fresh Air 19:30 Hot Chocolate Social 20:00 Read Story	7 9:00 Devotions/Sing A longs 9:30 Exercise / Ball Toss 10:00 Refreshments/SP Activity 1:00 Clean Jewelry for Residents 2:30 Snack Social 3:00 Prize Bingo 18:00 Walk & Talk 19:30 Gentle Movement w/Music 20:00 Lotion Hands	8 9:00 Devotions/Study Bible Verse 9:30 Guided Relaxation Exercise 10:00 Refreshments/SP Activity 1:00 Movie Matinee 2:30 Snack Social 3:00 Beat to the Music 18:00 Subtraction Math Class 19:30 Card "War" Game 20:00 Aroma Therapy	9 9:00 Devotions/Sing A longs 9:30 Exercise / Ball Toss 10:00 Refreshments/SP Activity 12:45 Music- AL 2:30 Snack Social 3:00 Arts- Q Tip Painting 18:00 Wheel of Fortune-TV 19:30 Reminisce/ Health Habits 20:00 Lotion Hands	10 9:00 Devotions/Study Bible Verse 9:30 Guided Relaxation Exercise 10:00 Refreshments/SP Activity 1:00 Spontaneous Activities 2:30 Snack Social 3:00 Musical Chairs 18:00 Wheel of Fortune-TV 19:30 Hot Chocolate Social 20:00 Read Story	11 9:00 Beauty Hour 10:00 Current Events 10:30 Bean Bag Toss 1:00 Relaxation Music 2:30 Manicure Nail Care 3:00 Puzzle Corner 18:00 Movie & Popcorn 19:30 Music Circle 20:00 Lotion & Massage Hands									
12 9:00 Beauty Hour 10:00 Bible Study 10:30 Sing A Longs 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	13 9:00 Devotions/Study Bible Verse 9:30 Guided Relaxation Exercise 10:00 Refreshments/SP Activity 1:00 Spontaneous Activities 2:30 Snack Social 3:00 Crafts- 18:00 Reminisce/ Recycle 19:30 Hot Chocolate Social 20:00 Read Story	14 9:00 Devotions/Sing A longs 9:30 Exercise / Ball Toss 10:00 Refreshments/SP Activity 1:00 Spontaneous Activities 2:30 Snack Social 3:00 Prize Bingo 18:00 Group Puzzles/Checkers 19:30 Gentle Movement w/Music 20:00 Lotion Hands	15 9:00 Devotions/Study Bible Verse 9:30 Guided Relaxation Exercise 10:00 Refreshments/SP Activity 1:00 Movie Matinee 2:30 Snack Social 3:00 Multiplication Math Class 18:00 Make up a Group Poem 19:30 Card "War" Game 20:00 Aroma Therapy	16 9:00 Devotions/Sing A longs 9:30 Exercise / Ball Toss 10:00 Music- AL 1:00 Spontaneous Activities 2:30 Snack Social 3:00 Arts & Crafts- 18:00 Wheel of Fortune-TV 19:30 Reminisce/ Chemicals 20:00 Lotion Feet	17 9:00 Devotions/Study Bible Verse 9:30 Guided Relaxation Exercise 10:00 Refreshments/SP Activity 1:00 Spontaneous Activities 2:30 Snack Social 3:00 Make M & M Mix 18:00 Wheel of Fortune-TV 19:30 Hot Chocolate Social 20:00 Read Story	18 9:00 Beauty Hour 10:00 Current Events 11:00 Thanksgiving Dinner 1:00 Relaxation Music 2:30 Manicure Nail Care 3:00 Puzzle Corner 18:00 Movie & Popcorn 19:30 Music Circle 20:00 Lotion & Massage Hands									
19 9:00 Beauty Hour 10:00 Bible Study 10:30 Sing A Longs 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	20 9:00 Devotions/Study Bible Verse 9:30 Guided Relaxation Exercise 10:00 Refreshments/SP Activity 1:00 Spontaneous Activities 2:30 Snack Social 3:00 Crafts- Paper Bag Flowers 18:00 Reminisce/ Water pollution 19:30 Hot Chocolate Social 20:00 Read Story	21 9:00 Devotions/Sing A longs 9:30 Exercise / Ball Toss 10:00 Refreshments/SP Activity 1:00 Spontaneous Activities 2:30 Snack Social 3:00 Prize Bingo 18:00 Tactile Sensory Activity 19:30 Gentle Movement w/Music 20:00 Lotion Hands	22 9:00 Devotions/Study Bible Verse 9:30 Guided Relaxation Exercise 10:00 Refreshment s/SP Activity 1:00 Spontaneous Activities 2:30 Sing A Longs 3:00 Division Math Class 18:00 Picture Albums Time 19:30 Card "War" Game 20:00 Aroma Therapy	23 9:00 Devotions/Sing A longs 9:30 Exercise / Ball Toss 10:00 Refreshments/SP Activity 1:00 Spontaneous Activities 2:30 Make Pineapple Punch 3:00 Arts- Write in Cursive 18:00 Wheel of Fortune-TV 19:30 Organize your drawers 20:00 Lotion Hands/Feet	24 <i>Happy Birthday Gracie!</i> 9:00 Devotions/Study Bible Verse 9:30 Guided Relaxation Exercise 10:00 Refreshments/SP Activity 1:00 Spontaneous Activities 2:30 B-Day Party Social 3:30 Dominoes Game 18:00 Wheel of Fortune-TV 19:30 Hot Chocolate Social 20:00 Read Story	25 9:00 Beauty Hour 10:00 Current Events 10:30 Bean Bag Toss 1:00 Relaxation Music 2:30 Manicure Nail Care 3:00 Puzzle Corner 18:00 Movie & Popcorn 19:30 Music Circle 20:00 Lotion & Massage Hands									
26 9:00 Beauty Hour 10:00 Bible Study 10:30 Sing A Longs 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	27 9:00 MASSAGE W/JEANNE 9:00 Devotions/Study Bible Verse 9:30 Exercise/Balloon Volley 10:00 Refreshments/SP Activity 1:00 Spontaneous Activities 2:30 Snack Social 3:00 Crafts- Marbleized Paper 18:00 Reminisce- Lifestyles 19:30 Hot Chocolate Social 20:00 Read Story	28 9:00 Devotions/Sing A longs 9:30 Exercise / Ball Toss 10:00 Refreshments/SP Activity 1:00 Spontaneous Activities 2:30 Snack Social 3:00 Prize Bingo 18:00 Walk & Talk 19:30 Gentle Movement w/Music 20:00 Lotion Hands	29 9:00 Devotions/Study Bible Verse 9:30 Guided Relaxation Exercise 10:00 Refreshments/SP Activity 1:00 Movie Matinee 2:30 Snack Social 3:00 Multiplication Math Class 18:00 Make up a Group Poem 19:30 Card "War" Game 20:00 Aroma Therapy	30 9:00 Devotions/Sing A longs 9:30 Exercise / Ball Toss 10:00 Refreshments/SP Activity 1:00 Spontaneous Activities 2:30 Make Pineapple Punch 3:00 Arts- Write in Cursive 18:00 Wheel of Fortune-TV 19:30 Organize your shelves 20:00 Lotion Hands/Feet											
			<p>Happy Birthday! Join us in wishing all residents, associates, family and friends a very happy birthday!</p> <p>November 3rd Gerald Weeks November 25th Gracie Flynn</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 NOVEMBER we will be focusing on the dimension of ENVIRONMENTAL Wellness. These activities are highlighted in Green.</p>			Physical	Environmental	Vocational	Emotional	Social	Spiritual	Intellectual	Family
Physical	Environmental	Vocational	Emotional												
Social	Spiritual	Intellectual	Family												