



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SPECIAL EVENTS		
<p>1</p> <p>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</p>	<p>2</p> <p>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- Thank you Cards 18:00 Reminisce- Appreciation 19:30 Hot Chocolate Social 20:00 Read Story</p>	<p>3</p> <p>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 Patio- 19:30 Gentle Movement w/Music 20:00 Lotion Hands</p>	<p>4</p> <p>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</p>	<p>5</p> <p>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 - Aquarium 20:00 Lotion Hands</p>	<p>6</p> <p>9:00 Devotions/Study Bible Verse 9:30 Guided Relaxation Exercise 10:00 Refreshments/SP Activity 1:00 Spontaneous Activities 2:30 Music/AL 3:00 Sensory "What am I?" 18:00 Wheel of Fortune-TV 19:30 Hot Chocolate Social 20:00 Read Story</p>	<p>7</p> <p>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>	<p>CHOOSE HAPPINESS</p> <p>October 6th-2:30pm Hank Bauer's Guitar Music</p> <p>October 12th Birthday Party</p> <p>October 19th-4:30pm Family is welcome for Homemade Cinnamon Roll and Chili Dinner</p> <p>October 20th-2:30pm Dave & Ellie's Music</p> <p>Church Service on Sundays at 10:30am in AL Living Rm</p>		
<p>8</p> <p>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</p>	<p>9</p> <p>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- Make Labels-Walkers 18:00 Reminisce- Optimistic Person 19:30 Hot Chocolate Social 20:00 Read Story</p>	<p>10</p> <p>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</p>	<p>11</p> <p>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</p>	<p>12</p> <p>Happy Birthday Rita Larson!</p> <p>9:00 Devotions/Sing A longs 9:30 Exercise / Ball Toss 10:00 Refreshments/SP Activity 1:00 Spontaneous Activities 2:30 B-Day Party 3:00 Arts- Q Tip Painting 18:00 Wheel of Fortune-TV 19:30 Reminisce - Nature 20:00 Lotion Hands</p>	<p>13</p> <p>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</p>	<p>14</p> <p>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</p>			
<p>15</p> <p>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</p>	<p>16</p> <p>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- Happy Faces 18:00 Reminisce- Local History 19:30 Hot Chocolate Social 20:00 Read Story</p>	<p>17</p> <p>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</p>	<p>18</p> <p>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</p>	<p>19</p> <p>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 & Crafts- Pets Collage 4:30 Family Event 18:00 Wheel of Fortune-TV 19:30 Reminisce - Emotions</p>	<p>20</p> <p>9:00 Devotions/Study Bible Verse 9:30 Guided Relaxation Exercise 10:00 Refreshments/SP Activity 1:00 Spontaneous Activities 2:30 Music/AL 3:00 Make M & M Mix 18:00 Wheel of Fortune-TV 19:30 Hot Chocolate Social 20:00 Read Story</p>	<p>21</p> <p>9:00 Beauty Hour 10:00 Current Events 10:30 Bean Gag 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>			
<p>22</p> <p>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</p>	<p>23</p> <p>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- Happiness 19:30 Hot Chocolate Social 20:00 Read Story</p>	<p>24</p> <p>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</p>	<p>25</p> <p>9:00 Devotions/Study Bible Verse 9:30 Guided Relaxation Exercise 10:00 Refreshment s/SP Activity 1:30 Flute Music in Gardens 2:30 Snack Social 3:00 Division Math Class 18:00 Picture Albums Time 19:30 Card "War" Game 20:00 Aroma Therapy</p>	<p>26</p> <p>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 Reminisce - Facebook 20:00 Lotion Hands/Feet</p>	<p>27</p> <p>9:00 Devotions/Study Bible Verse 9:30 Guided Relaxation Exercise 10:00 Refreshments/SP Activity 1:00 Spontaneous Activities 2:30 Storytelling Activity 3:30 Dominoes Game 18:00 Wheel of Fortune-TV 19:30 Hot Chocolate Social 20:00 Read Story</p>	<p>28</p> <p>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</p>			
<p>29</p> <p>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</p>	<p>30</p> <p>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- Setting Priorities 19:30 Hot Chocolate Social 20:00 Read Story</p>	<p>31</p> <p>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</p>							



One of the best feelings
in the world
is knowing
that
someone
is happy
because of you



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

October 12th Rita Larson
October 27th Jenny Knust, ED



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 **Emotional** Wellness. These activities are highlighted in **Blue**.



Oct. 27th
Happy Birthday
to Jenny Knust,
Executive Director at