


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SPECIAL EVENTS	
	 <p>This month we are celebrating <b>Grandparents Day</b> Join us as we explore the many different monthly heritages. If you have any photos or experiences that you would like to share with the residents during the month, please contact Angie by email at <a href="mailto:angie.strobbe@windsor-manor.com">angie.strobbe@windsor-manor.com</a></p>					1 Morning Daily Scoop/Devotions Daily Exercises Afternoon Relaxation/Mail Call Active Games Evening Music Corner Lotion Massages/Snacks	2 Morning Daily Scoop/Devotions Daily Exercises Afternoon Relaxation Puzzle Corner Evening Music Circle A look Back in Time/Snack	Wednesday, September 6 Lunch Outing  Saturday, Sept. 16 Friends and Family 11am-1pm  Tuesday, Sept. 19 3:30pm Music with Dennis  Wednesday, Sept. 27 10:30am Senior Center
3 Morning Daily Scoop/Devotions Daily Exercises Afternoon Brain Games Worship to Hymn Songs Evening Social Hour Snacks	4 Morning Daily Scoop/Devotions Daily Exercises/Mail Call Afternoon Relaxation Craft Corner Evening Movie Matinee Snacks	5 Morning Daily Scoop/Devotions Daily Exercises/Cooking Corner Afternoon Relaxation Table Games Evening Gentle Movement Snacks	6 Full Moon Morning Daily Scoop/Devotions Daily Exercises/ Afternoon relaxation Manicures Evening Worship of Hymn Songs Lotion Massages	7 Morning Daily Current Events Daily Exercises Afternoon Relaxation BINGO Evening Wheel of Fortune Reminiscent Hour	8 Morning Daily Scoop/Devotions Daily Exercises Afternoon Relaxation/Mail Call Active Games Evening Music Corner Lotion Massages/Snacks	9 Morning Daily Scoop Daily Exercises Afternoon Relaxation Puzzle Corner Evening Music Circle A look Back in Time/Snack		
10 Grandparents Day Morning Daily Scoop/Devotions Daily Exercises Afternoon Brain Games Worship to Hymn Songs Evening Social Hour Snacks	11 Patriot Day Morning Daily Scoop/Devotions Daily Exercises/Mail Call Afternoon Relaxation Craft Corner Evening Movie Matinee Snacks	12 Morning Daily Scoop/Devotions Daily Exercises/Cooking Corner Afternoon Relaxation Table Games Evening Gentle Movement Snacks	13 Morning Daily Scoop/Devotions Daily Exercises/ Afternoon relaxation Manicures Evening Lotion Massages Snacks	14 Morning Daily Current Events Daily Exercises Afternoon Relaxation BINGO Evening Wheel of Fortune Reminiscent Hour	15 Morning Daily Scoop/Devotions Daily Exercises Afternoon Relaxation/Mail Call Active Games Evening Music Corner Lotion Massages/Snacks	16 Morning Daily Scoop Daily Exercises Afternoon Relaxation Puzzle Corner Evening Music Circle A look Back in Time/Snack		
17 Morning Daily Scoop/Devotions Daily Exercises Afternoon Brain Games Worship to Hymn Songs Evening Social Hour Snacks	18 Morning Daily Scoop/Devotions Daily Exercises/Mail Call Afternoon Relaxation Craft Corner Evening Movie Matinee Snacks	19 Morning Daily Scoop/Devotions Daily Exercises/Cooking Corner Afternoon Relaxation Table Games Evening Favorite Poem's Snacks	20 Summer Begins Morning Daily Scoop/Devotions Daily Exercises/ Afternoon Relaxation I spy Evening Lotion Massages Snacks	21 Morning Daily Current Events Daily Exercises Afternoon Relaxation BINGO Evening Wheel of Fortune Reminiscent Hour	22 Autumn Begins Morning Daily Scoop Balloon Volleyball Afternoon Relaxation/Mail Call Active Games Evening Music Circle Lotion Massages/Snacks	23 Morning Daily Scoop Daily Exercises Afternoon Relaxation Puzzle Corner Evening Music Circle A look Back in Time/Snack		
24 Morning Daily Scoop/Devotions Daily Exercises Afternoon Brain Games Worship to Hymn Songs Evening Social Hour Snacks	25 Morning Daily Scoop/Devotions Daily Exercises/Mail Call Afternoon Relaxation Craft Corner Evening Movie Matinee Snacks	26 Morning Daily Scoop/Devotions Daily Exercises/Cooking Corner Afternoon Relaxation Table Games Evening Gentle Movement Snacks	27 Morning Daily Scoop/Devotions Daily Exercises/ Afternoon Relaxation Birthday Celebration Evening Lotion Massages Snacks	28 Morning Daily Scoop/Devotions Daily Exercises/Mail Call Afternoon Relaxation BINGO Evening Wheel of Fortune Snacks	29 Morning Daily Scoop/Devotions Daily Exercises/Mail Call Afternoon Relaxation Active Games Evening Lotion Massages	30 Morning Daily Current Events Daily Exercises Afternoon Relaxation BINGO Evening Wheel of Fortune Reminiscent Hour		

*I can do all things through  
Christ who strengthens me.*



### Happy Birthday!

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

Ruth Adolph Sept. 17

### 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 September, we will be focusing on the dimension of Physical and Social Wellness. These activities are highlighted in blue.

