



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SPECIAL EVENTS
					<p>1 9:00 Devotions/Study Bible Verse 9:30 Exercise/Balloon Volley 10:00 Refreshments/SP Activity 1:00 Spontaneous Activities 2:30 <b>Music/AL- Dave &amp; Ellie</b> 3:00 Sensory "What am I?" 18:00 Wheel of Fortune 19:30 Hot Chocolate Social 20:00 Read Story</p>	<p>2 <b>9:00 Beauty Hour</b> 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 &amp; Popcorn 19:30 Music Circle 20:00 Lotion &amp; Massage Hands</p>	  <p><b>Sept 5th</b> Decorate &amp; Talk about Day on the Beach</p>
<p>3 9:00 Beauty Hour 10:00 Bible Study 10:30 Sing A Longs 1:00 Relaxation 2:30 Snack Social 3:00 Walk &amp; Talk 18:00 Dominoes Table Game 19:30 Movement to Music 20:00 Aroma Therapy</p>	<p>4 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- Make Labels 18:00 Reminisce-<b>Local Museums</b> 19:30 Hot Chocolate Social 20:00 Read Story</p>	<p>5 <i>At The Beach Day</i> 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 <b>Sand &amp; Sea Shells</b> 19:30 Gentle Movement w/Music 20:00 Lotion Hands</p>	<p>6 9:00 Devotions/Study Bible Verse 9:30 Exercise/Balloon Volley 10:00 Refreshments/SP Activity 1:00 Movie Matinee 2:30 Snack Social 3:00 <b>Beat to the Music</b> 18:00 Subtraction Math Class 19:30 Card "War" Game 20:00 Aroma Therapy</p>	<p>7 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- <b>Finger Painting</b> 18:00 Wheel of Fortune 19:30 <b>Reminisce - Computers</b> 20:00 Lotion Hands</p>	<p>8 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 <b>Bird Watching on Patio</b> 18:00 Wheel of Fortune 19:30 Hot Chocolate Social 20:00 Read Story</p>	<p>9 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 &amp; Popcorn 19:30 Music Circle 20:00 Lotion &amp; Massage Hands</p>	
<p>10 9:00 Beauty Hour 10:00 Bible Study 10:30 Sing A Longs 1:00 Relaxation 2:30 Snack Social 3:00 Walk &amp; Talk 18:00 Dominoes Table Game 19:30 Movement to Music 20:00 Aroma Therapy</p>	<p>11 <b>Donuts &amp; New T-Shirts</b> 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- Picture Collage 18:00 Reminisce- <b>Local History</b> 19:30 Hot Chocolate Social 20:00 Read Story</p>	<p>12 <b>Pizza &amp; Ice- Cream</b> 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>13 <b>AL Week</b> 9:00 Devotions/Study Bible Verse 9:30 Exercise/Balloon Volley 10:00 <b>Music/AL- Jeff &amp; Nancy</b> 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>14 <b>AL Week</b> 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 <b>Arts &amp; Crafts-Make Cards</b> 18:00 Wheel of Fortune 19:30 Reminisce - Camping 20:00 Lotion Hands</p>	<p>15 <b>AL Week</b> 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 Make M &amp; M Mix 18:00 Wheel of Fortune 19:30 Hot Chocolate Social 20:00 Read Story</p>	<p>16 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 &amp; Popcorn 19:30 Music Circle 20:00 Lotion &amp; Massage Hands</p>	<p>Assisted Living Week Enjoy Special Activities</p> <p><b>Sept 19th</b> Tactile Station: Look for new things to explore</p>
<p>17 9:00 Beauty Hour 10:00 Bible Study 10:30 Sing A Longs 1:00 Relaxation 2:30 Snack Social 3:00 Walk &amp; Talk 18:00 Dominoes Table Game 19:30 Movement to Music 20:00 Aroma Therapy</p>	<p>18 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- Stenciling Coloring 18:00 Reminisce- <b>Success Story</b> 19:30 Hot Chocolate Social 20:00 Read Story</p>	<p>19 <i>Tactile Station</i> 9:00 Devotions/Sing A longs 9:30 Exercise / Ball Toss 10:00 Refreshments/SP Activity 1:00 Spontaneous Activities 2:30 Fruit Social 3:00 Prize Bingo 18:00 <b>Tactile Sensory Activity</b> 19:30 Gentle Movement w/Music 20:00 Lotion Hands</p>	<p>20 9:00 Devotions/Study Bible Verse 9:30 Exercise/Balloon Volley 10:00 Refreshment s/SP Activity 1:00 Movie Matinee 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>21 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- <b>Write in Cursive</b> 18:00 Wheel of Fortune 19:30 <b>Reminisce - Facebook</b> 20:00 Lotion Hands/Feet</p>	<p>22 <i>Hawaii Day Travels</i> 9:00 Devotions/Study Bible Verse 9:30 Exercise/Balloon Volley 10:00 Refreshments/SP Activity 1:00 Spontaneous Activities 2:30 <b>Suzi Q- AL</b> 3:30 Dominoes Game 18:00 Wheel of Fortune 19:30 Hot Chocolate Social 20:00 Read Story</p>	<p>23 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 &amp; Popcorn 19:30 Music Circle 20:00 Lotion &amp; Massage Hands</p>	<p><b>Sept 22nd</b> Hawaii Day Travels w/Suzi Q at 2:30pm</p>
<p>24 9:00 Beauty Hour 10:00 Bible Study 10:30 Sing A Longs 1:00 Relaxation 2:30 Snack Social 3:00 Walk &amp; Talk 18:00 Dominoes Table Game 19:30 Movement to Music 20:00 Aroma Therapy</p>	<p>25 <b>9:00 MASSAGE W/JEANNE</b> 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-<b>Collage School Day</b> 18:00 Reminisce- First Teacher 19:30 Hot Chocolate Social 20:00 Read Story</p>	<p>26 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-<b>Smell Flowers</b> 19:30 Gentle Movement w/Music 20:00 Lotion Hands</p>	<p>27 9:00 Devotions/Study Bible Verse 9:30 Exercise/Balloon Volley 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>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 Arts- <b>Tracing/Outlines</b> 18:00 Wheel of Fortune 19:30 <b>Reminisce - Cell Phones</b></p>	<p>29 9:00 Devotions/Study Bible Verse 9:30 Exercise/Balloon Volley 10:00 Refreshments/SP Activity 1:00 <b>Music/AL- Briggs Girls</b> 2:30 Make No Bake Cookies 3:00 Snack Social 18:00 Wheel of Fortune 19:30 Hot Chocolate Social 20:00 Read Story</p>	<p>30 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 &amp; Popcorn 19:30 Music Circle 20:00 Lotion &amp; Massage Hands</p>	<p><b>September 25th at 9am</b> Massage with Jeanne Blum</p> <p><b>Church Service</b> on Sundays at 10:30am in AL Living Rm</p>



What do you serve but not eat?



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

September 21st  
Oliver Houston

*Happy Birthday!*

### 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 **Intellectual** Wellness. These activities are highlighted in **Green**.

