



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SPECIAL EVENTS
			<i>Merry Christmas</i> 		1 <i>Eat a Red Apple Day</i> Morning Christmas Music Hand Therapy with Playdoh Afternoon Fold Laundry Evening Lotion Hands	2 Morning Christmas Music Stretch Arms Afternoon Current Event Evening Lawrence Welk Show Snack/Pop	12-6 2:00 Plus One Gal 12-13 5:30 Trinity Carolers 12-18 2:00 Barebones Trio 12-19 2:00 Music by Jeff 12-20 2:00 Cowboy Jim Lots of Carolers Merry Christmas And Happy New Year
3 Morning Christmas Music Cut Coupons Afternoon Trinity Bells Hot Coco and snack Evening Aroma Therapy Evangelical Carolers	4 Morning Christmas Music Daily Moves Afternoon Nursery Rhyme Trivia Evening Wheel of Fortune Snack with Friends 	5 Morning Christmas Music March Around Afternoon Hang Man Evening Ice Cream/ Coffee Christmas Movie	6 Morning Christmas Music Chair Exercise Afternoon Plus One Gals Evening Massage Legs Snack with Friends	7 <i>Pearl Harbor Day</i> Morning Christmas Music Jim Dewar Afternoon Bingo AHS Carolers Evening Soft Music Aroma Therapy	8 Morning Christmas Music Hand Therapy with Playdoh Afternoon Fold Laundry Evening Lotion Hands	9 Morning Christmas Music Stretch Arms Afternoon Current Event Evening Lawrence Welk Show Snack/Pop	
10 Morning Christmas Music Cut Coupons Afternoon Scent Stories Hot Coco and snack Evening Aroma Therapy Soft Music	11 Morning Christmas Music Daily Moves Afternoon Nursery Rhyme Trivia Evening Wheel of Fortune Snack with Friends	12 Morning Algona Middle School Carolers March Around Afternoon Hang Man Evening Ice Cream/ Coffee Christmas Movie	13 Morning Christmas Music Chair Exercise Afternoon Manicure/Lotion Evening Trinity Carolers Massage Legs Snack with Friends	14 Morning Bishop Garrigan Band Kick our Legs Afternoon Bingo BGHS Carolers Evening Wheel of Fortune Snack with Friends	15 Morning Christmas Music Hand Therapy with Playdoh Afternoon Fold Laundry Evening Lotion Hands	16 Morning Christmas Music Stretch Arms Afternoon Current Event Evening Lawrence Welk Show Snack/Pop	
17 Morning Christmas Music Cut Coupons Afternoon Scent Stories Hot Coco and snack Evening Aroma Therapy Soft Music	18 Morning Christmas Music Daily Moves Afternoon Barebones Trio Evening Wheel of Fortune Snack with Friends	19 Morning Christmas Music March Around Afternoon Music by Jeff Evening Ice Cream/ Coffee Christmas Movie	20 Morning Christmas Music Chair Exercise Afternoon Cowboy Jim Evening Massage Legs Snack with Friends	21 Morning Christmas Music Kick our Legs Afternoon Bingo Evening Soft Music Aroma Therapy	22 Morning Christmas Music Hand Therapy with Playdoh Afternoon Fold Laundry Evening Lotion Hands	23 Morning Christmas Music Stretch Arms Afternoon Current Event Evening Lawrence Welk Show Snack/Pop	
24 <i>Christmas Eve</i> Morning Christmas Music Cut Coupons Afternoon Scent Stories Hot Coco and snack Evening Aroma Therapy Soft Music 	25 <i>Christmas Day</i> Morning Christmas Music Daily Moves Afternoon Nursery Rhyme Trivia Evening Wheel of Fortune Snack with Friends	26 Morning Christmas Music March Around Afternoon Hang Man Evening Ice Cream/ Coffee Christmas Movie	27 Morning Christmas Music Chair Exercise Afternoon Dawn Lynn Evening Massage Legs Snack with Friends	28 Morning Christmas Music Kick our Legs Afternoon Bingo Evening Wheel of Fortune Snack with Friends 	29 Morning Christmas Music Hand Therapy with Playdoh Afternoon Fold Laundry Evening Lotion Hands	30 Morning Christmas Music Stretch Arms Afternoon Current Event Evening Lawrence Welk Show Snack/Pop	
31 <i>New Years Eve</i> Morning Christmas Music Cut Coupons Afternoon Scent Stories Hot Coco and snack Evening Aroma Therapy Soft Music			 <i>Happy Birthday!</i> Join us in wishing all residents, associates, family and friends a very happy birthday! Amber Wilson 12-18 Judy Rosenmeyer 12-31 MaCayla Iwen 12-23	<i>8 Dimensions of Wellness</i> 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 ___December___ we will be focusing on the dimension of ___Social___ Wellness. These activities are highlighted in Green.			