



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SPECIAL EVENTS								
						<p>1 <i>Decorate for Christmas!</i></p> <p>9:00 Devotions/Study Bible Verse 9:30 Exercise/Balloon Volley 10:00 Refreshments/SP Activity 1:00 Bingo 2:30 <i>Decorate for Holidays</i> 3:00 Decorate Your Door 18:00 Wheel of Fortune 19:30 Hot Chocolate Social 20:00 Read Story</p>	<p>2</p> <p>9:00 Beauty Hour 10:00 Current Events 10:30 Tar Grip Toss 1:00 <i>Lori's Music in G</i> 2:30 Manicure Nail Care 3:00 Puzzle Corner 18:00 Movie & Popcorn 19:30 Music Circle 20:00 Lotion & Massage Hands</p>	<p>Decorate for Holidays</p> <p>Music on Saturdays in Gardens</p> <p>Let's Cook Together On Fridays</p> <p>December 13th at 9:00am Massage Therapy</p> <p>December 21st Families are Invited for Christmas Party</p>							
<p>3</p> <p>9:00 Beauty Hour 10:00 Bible Study 10:30 Sing A Longs 1:00 Relaxation 2:30 Snack Social/Walk 3:00 Walk & Talk 18:00 Dominoes Table Game 19:30 Movement to Music 20:00 Aroma Therapy</p>	<p>4</p> <p>9:00 Devotions/Study Bible Verse 9:30 Exercise/Balloon Volley 10:00 Refreshments/SP Activity 1:00 Go Fish Card Game 2:30 Snack Social/Walk 3:00 Crafts- Make Cards 18:00 Reminisce- Animals 19:30 Hot Chocolate Social 20:00 Read Story</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/Walk 3:00 Prize Bingo 18:00 Sensory "Who Am I?" 19:30 Gentle Movement w/Music 20:00 Lotion Hands</p>	<p>6</p> <p>9:00 Devotions/Study Bible Verse 9:30 Exercise/Balloon Volley 10:00 Refreshments/ 1:00 Movie Matinee 2:30 Snack Social/Walk 3:00 Beat to the Music 18:00 Subtraction Math Class 19:30 Card "War" Game 20:00 Aroma Therapy</p>	<p>7</p> <p>9:00 Devotions/Sing A longs 9:30 Exercise / Ball Toss 10:00 Refreshments/SP Activity 1:00 Dominoes Game 2:30 Snack Social/Walk 3:00 Arts- Q Tip Painting 18:00 Wheel of Fortune 19:30 Reminisce - Mary & Joseph 20:00 Lotion Hands</p>	<p>8</p> <p>9:00 Devotions/Study Bible Verse 9:30 Exercise/Balloon Volley 10:00 Refreshments/ Music-AL 1:00 Bingo 2:30 Snack Social/Walk 3:00 Manicure Nail Care 18:00 Wheel of Fortune 19:30 Hot Chocolate Social 20:00 Read Story</p>	<p>9</p> <p>9:00 Beauty Hour 10:00 Current Events 10:30 Bean Bag Toss 1:00 <i>Brigg's Music in G</i> 2:30 <i>Carolers in G</i> 3:00 Puzzle Corner 18:00 Movie & Popcorn 19:30 Music Circle 20:00 Lotion & Massage Hands</p>									
<p>10 <i>Happy Birthday to Mary H!</i></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>11</p> <p>9:00 Devotions/Study Bible Verse 9:30 Exercise/Balloon Volley 10:00 Refreshments/SP Activity 1:00 Go Fish Card Game 2:30 Snack Social/Walk 3:00 Crafts- Picture Collage 18:00 Reminisce- Snow Days 19:30 Hot Chocolate Social 20:00 Read Story</p>	<p>12</p> <p>9:00 Devotions/Sing A longs 9:30 Exercise / Ball Toss 10:00 Refreshments/Music-AL 1:00 Spontaneous Activities 2:30 Snack Social/Walk 3:00 Prize Bingo 18:00 Group Puzzles/Checkers 19:30 Gentle Movement w/Music 20:00 Lotion Hands</p>	<p>13</p> <p>9:00 Massage Therapy 9:30 Devotions/Sing A Longs 10:00 Refreshments/SP Activity 1:00 Movie Matinee 2:30 Snack Social/Walk 3:00 Multiplication Math Class 18:00 Make up a Group Poem 19:30 Card "War" Game 20:00 Aroma Therapy</p>	<p>14</p> <p>9:00 Devotions/Sing A longs 9:30 Exercise / Ball Toss 10:00 Refreshments/SP Activity 1:00 Jenny's Flute Music-G 2:30 Snack Social/Walk 3:00 Arts-Sign Cards 18:00 Wheel of Fortune 19:30 Reminisce -Winter Weather 20:00 Lotion Hands</p>	<p>15</p> <p>9:00 Devotions/Study Bible Verse 9:30 Exercise/Balloon Volley 10:00 Refreshments/SP Activity 1:00 Bingo 2:30 Make M & M Mix 3:00 Snack Social/Walk 18:00 Wheel of Fortune 19:30 Hot Chocolate Social 20:00 Read Story</p>	<p>16</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>17</p> <p>9:00 Beauty Hour 10:00 Bible Study 10:30 Sing A Longs 1:00 Relaxation 2:30 Snack Social/Walk 3:00 Walk & Talk 18:00 Dominoes Table Game 19:30 Movement to Music 20:00 Aroma Therapy</p>	<p>18</p> <p>9:00 Devotions/Study Bible Verse 9:30 Exercise/Balloon Volley 10:00 Refreshments/SP Activity 1:00 Go Fish Card Game 2:30 Snack Social/Walk 3:00 Crafts- Stenciling Coloring 18:00 Read Poems/ Choir-AL 19:30 Hot Chocolate Social 20:00 Read Story</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/Walk 3:00 Prize Bingo 18:00 Tactile Sensory Activity 19:30 Gentle Movement w/Music 20:00 Lotion Hands</p>	<p>20</p> <p>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/Walk 3:00 Division Math Class 18:00 Picture Albums Time 19:00 Choir Singing-G 20:00 Aroma Therapy</p>	<p>21</p> <p>9:00 Devotions/Sing A longs 9:30 Exercise / Ball Toss 10:00 Refreshments/SP Activity 12:30 Christmas Party-AL 2:30 Snack Social/Walk 3:00 Arts- Design Ornaments 18:00 Wheel of Fortune 19:30 Reminisce -Christmas Gifts 20:00 Lotion Hands/Feet</p>	<p>22</p> <p>9:00 Devotions/Study Bible Verse 9:30 Exercise/Balloon Volley 10:00 Refreshments/SP Activity 1:00 Bingo 2:30 Frost/Decorate Cookies 3:00 Snack Social/Walk 18:00 Wheel of Fortune 19:30 Hot Chocolate Social 20:00 Read A Story</p>	<p>23</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>24</p> <p>9:00 Beauty Hour 10:00 Bible Study 10:30 Sing A Longs 1:00 Relaxation 2:30 Snack Social/Walk 3:00 Walk & Talk 18:00 Dominoes Table Game 19:30 Movement to Music 20:00 Aroma Therapy</p>	<p>25 Merry Christmas!</p> <p>9:00 Devotions/Study Bible Verse 9:30 Exercise/Blow Bubbles 10:00 Refreshments/SP Activity 1:00 Bingo 2:30 Snack Social/Walk 3:00 Take Pictures by the Tree 18:00 Sing A Longs Carols 19:30 Hot Chocolate Social 20:00 Read Christmas Story</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 Snack Social /Walk 3:00 Prize Bingo 18:00 Group Puzzles/Checkers 19:30 Gentle Movement w/Music 20:00 Lotion Hands</p>	<p>27</p> <p>9:00 Devotions/Study Bible Verse 9:30 Exercise/Balloon Volley 10:00 Refreshments/SP Activity 1:00 Movie Matinee/ Music-AL 2:30 Snack Social/Walk 3:00 Math Class 18:00 Crosswords/Puzzles 19:30 Card "War" Game 20:00 Aroma Therapy</p>	<p>28 Men's Lunch-AL @ 11:30am</p> <p>9:00 Devotions/Sing A longs 9:30 Exercise / Ball Toss 10:00 Refreshments/SP Activity 1:00 Dominoes Game 2:30 Snack Social/Walk 3:00 Arts- Plan for 2018 Year 18:00 Wheel of Fortune 19:30 Reminisce - 2017 Year</p>	<p>29</p> <p>9:00 Devotions/Study Bible Verse 9:30 Exercise/Balloon Volley 10:00 Refreshments/SP Activity 1:00 Bingo 2:30 Make Pineapple Punch 3:00 Snack Social/Walk 18:00 Wheel of Fortune 19:30 Hot Chocolate Social 20:00 Read Story</p>	<p>30</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><i>Happy Birthday!</i> Join us in wishing all residents, associates, family and friends a very happy birthday!</p> <p><u>Dec. 10th Mary Hilgemann</u></p> <p><i>Happy Birthday!</i></p>		<p>8 Dimensions of Wellness</p> <p>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 December we will be focusing on the dimension of Family Wellness. These activities are highlighted in BLUE.</p>		Physical		Environmental	Vocational	Emotional	Social	Spiritual	Intellectual	Family
Physical	Environmental	Vocational	Emotional												
Social	Spiritual	Intellectual	Family												