
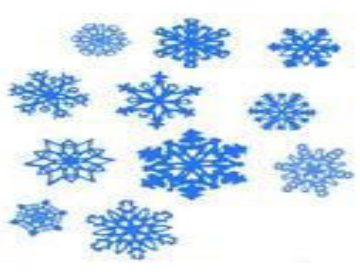








| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SPECIAL EVENTS | | | | | | |
|---|---|---|--|--|--|--|--|-----------|--------|-----------|--------------|--------|--------------------------|
| <p>2018 HAPPY NEW YEAR</p> | <p>1 9:00 Devotions/Study Bible Verse 9:30 Exercise/Balloon Volley 10:00 Refreshments/SP Activity 1:00 Go Fish Card Game 2:30 Snack Social/Walk 3:00 Crafts- Make Penguin 18:00 Reminisce- Animals 19:30 Hot Chocolate Social 20:00 Read Story</p> | <p>2 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 19:30 Gentle Movement w/Music 20:00 Lotion Hands</p> | <p>3 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 Math Class 18:00 UNO Card Game 19:30 Card "War" Game 20:00 Aroma Therapy</p> | <p>4 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-Sign Birthday Cards 18:00 Wheel of Fortune 19:30 Reminisce - SNOWFLAKES 20:00 Lotion Hands</p> | <p>5 9:00 Devotions/Study Bible Verse 9:30 Exercise/Balloon Volley 10:00 Refreshments/SP Activity 1:00 Bingo 2:30 Snack Social/Walk 3:00 Decorate Your Door 18:00 Wheel of Fortune 19:30 Hot Chocolate Social 20:00 Read Story</p> | <p>6 9:00 Beauty Hour 10:00 Current Events 10:30 Tar Grip Toss 1:00 Relaxation Music 2:30 Birthday Party/Social 3:00 Puzzle Corner 18:00 Movie & Popcorn 19:30 Music Circle 20:00 Lotion & Massage Hands</p> | <p>HAPPY NEW YEAR!</p> <p>BEST WISHES! GOOD HEALTH!</p> | | | | | | |
| <p>7 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>8 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- Fleece Blanket 18:00 Reminisce- Animals 19:30 Hot Chocolate Social 20:00 Read Story</p> | <p>9 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>10 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 Math Cards 18:00 Dice Game 19:30 Card "War" Game 20:00 Aroma Therapy</p> | <p>11 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 Birds 18:00 Wheel of Fortune 19:30 Reminisce - SLEDDING 20:00 Lotion Hands</p> | <p>12 9:00 Devotions/Study Bible Verse 9:30 Exercise/Balloon Volley 10:00 Refreshments/ SP Activity 1:00 Bingo 2:30 Snack Social/Walk 3:00 Beat to the Music 18:00 Wheel of Fortune 19:30 Hot Chocolate Social 20:00 Read Story</p> | <p>13 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>JAN.6TH AT 2:30PM BIRTHDAY PARTY</p> | | | | | | |
| <p>14 9:00 Beauty Hour 10:00 Bible Study 10:30 Sing A Longs 1:00 Relaxation/ Music AL 2:30 Snack Social 3:00 Walk & Talk 18:00 Dominoes Table Game 19:30 Movement to Music 20:00 Aroma Therapy</p> | <p>15 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>16 9:00 Devotions/Sing A longs 9:30 Exercise / Ball Toss 10:00 Refreshments/ 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>17 9:00 Devotions/Study Bible Verse 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 UNO Game 20:00 Aroma Therapy</p> | <p>18 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-Design Picture Frame 18:00 Wheel of Fortune 19:30 Reminisce -Winter Weather 20:00 Lotion Hands</p> | <p>19 9:00 Devotions/Study Bible Verse 9:30 Exercise/Balloon Volley 10:00 Refreshments/SP Activity 1:00 Bingo 2:30 Snack Social/Walk/ Music AL 3:00 Kerplunk Game 18:00 Wheel of Fortune 19:30 Hot Chocolate Social 20:00 Read Story</p> | <p>20 9:00 Beauty Hour 10:00 Current Events 10:30 Bean Gag Toss 1:00 Relaxation Music 2:00 Youth Sing/ Table Games 3:00 Manicure Nail Care 18:00 Movie & Popcorn 19:30 Music Circle 20:00 Lotion & Massage Hands</p> | <p>JAN.20TH AT 2:00PM YOUTH SING</p> <p>JAN.23RD AT 2:30PM MARSHMALLOW FIGHT</p> | | | | | | |
| <p>21 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>22 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- Snow Globe 18:00 Read Poems 19:30 Hot Chocolate Social 20:00 Read Story</p> | <p>23 9:00 Devotions/Sing A longs 9:30 Exercise / Ball Toss 10:00 Refreshments/SP Activity 1:00 Spontaneous Activities 2:30 Marshmallow Fight :) 3:00 Prize Bingo 18:00 Tactile Sensory Activity 19:30 Gentle Movement w/Music 20:00 Lotion Hands</p> | <p>24 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 19:30 Card "War" Game 20:00 Aroma Therapy</p> | <p>25 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- Design Winter Tree 18:00 Wheel of Fortune 19:30 Make Poem - Ice Cream 20:00 Lotion Hands/Feet</p> | <p>26 9:00 Devotions/Study Bible Verse 9:30 Exercise/Balloon Volley 10:00 Refreshments/ Music AL 1:00 Bingo 2:30 Frost/Decorate Cookies 3:00 Musical Chairs 18:00 Wheel of Fortune 19:30 Hot Chocolate Social 20:00 Read A Story</p> | <p>27 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>JAN.29TH AT 9:00AM MASSAGE THERAPY</p> | | | | | | |
| <p>28 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>29 9:00 Massage Therapy 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 Crafts-Fleece Blanket 18:00 Sing A Longs Carols 19:30 Hot Chocolate Social 20:00 Read Christmas Story</p> | <p>30 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>31 9:00 Devotions/Study Bible Verse 9:30 Exercise/Balloon Volley 10:00 Refreshments/SP Activity 1:00 Movie Matinee/ 2:30 Snack Social/Walk 3:00 Math Class 18:00 Crosswords/Puzzles 19:30 Card UNO Game 20:00 Aroma Therapy</p> |  |  |  | <p>Church Service on Sundays at 10:30am in AL Living Rm</p> <p>Windsor Manor Assisted Living 608 S. 15th Street Indianola, IA 50125</p> <p>Ph#515-961-8900</p> | | | | | | |
|  |  |  | <p>Happy Birthday! Join us in wishing all residents, associates, family and friends a very happy birthday!</p> <p>Jan. 6th Sue Pedersen Jan. 18th Mary Hilgemann</p> <p><i>Happy Birthday!</i></p> | <p>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:</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 JANUARY we will be focusing on the dimension of Wellness. These activities are highlighted in BLUE.</p> | Physical | Environmental | Vocational | Emotional | Social | Spiritual | Intellectual | Family | <p>Fax# 515-961-8907</p> |
| Physical | Environmental | Vocational | Emotional | | | | | | | | | | |
| Social | Spiritual | Intellectual | Family | | | | | | | | | | |