







SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SPECIAL EVENTS							
	<i>Happy Valentine's Day</i>		1 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—Valentine's Cards 18:00 Wheel of Fortune 19:30 Reminisce - Love Agape 20:00 Lotion Hands	2 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	3 9:00 Beauty Hour 10:00 Current Events 10:30 Tar Grip Toss 1:00 Manicure Nail Care 2:30 Snack Social/Walk 3:00 Puzzle Corner 18:00 Movie & Popcorn 19:30 Coloring Pages 20:00 Lotion & Massage Hands	<p>Music Times in AL: Sing A Longs Feb.1st @ 10am</p> <p>Suzi Q Show Feb.9th @ 2:30pm</p>								
4 9:00 Beauty Hour 10:00 Bible Study 10:30 Sing A Longs 1:00 Relaxation Music 2:30 Snack Social/Walk 3:00 Walk & Talk 18:00 Dominoes Table Game 19:30 Movement to Music 20:00 Aroma Therapy	5 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— Music 19:30 Hot Chocolate Social 20:00 Read Story	6 9:00 Devotions/Sing A longs 9:30 Exercise / Ball Toss 10:00 Refreshments/SP Activity 1:00 Bowling Game 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	7 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	8 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 Tree 18:00 Wheel of Fortune 19:30 Reminisce - Chocolates 20:00 Lotion Hands	9 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	10 9:00 Beauty Hour 10:00 Current Events 10:30 Bean Bag Toss 1:00 Manicure Nail Care 2:30 Snack Social/Walk 3:00 Puzzle Corner 18:00 Movie & Popcorn 19:30 Reminisce -Fish Aquarium 20:00 Lotion & Massage Hands	<p>Feb. 14th @ 1:00pm Jenna's Singing</p> <p>Feb.15th @ 5:30pm Family Council</p>							
11 9:00 Beauty Hour 10:00 Bible Study 10:30 Sing A Longs 1:00 Relaxation Music 2:30 Snack Social 3:00 Walk & Talk 18:00 Dominoes Table Game 19:30 Movement to Music 20:00 Aroma Therapy	12 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—Design Jewelry Box 18:00 Reminisce— 1st site love 19:30 Hot Chocolate Social 20:00 Read Story	13 9:00 Devotions/Sing A longs 9:30 Exercise / Ball Toss 10:00 Refreshments/ 1:00 Crafts- Make Bracelets 2:30 Snack Social/Walk 3:00 Prize Bingo 18:00 Group Puzzles/Checkers 19:30 Gentle Movement w/Music 20:00 Lotion Hands	14 Happy Valentine's Day! 9:00 Devotions/Study Bible Verse 9:30 Devotions/Sing A Longs 10:00 Refreshments/SP Activity 1:00 Movie Matinee 2:30 Hot Tea & Chocolates Social 3:00 Multiplication Math Class 18:00 Make Poem— God's Love 19:30 Card UNO Game 20:00 Aroma Therapy	15 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— 18:00 Wheel of Fortune 19:30 Reminisce—Weddings 20:00 Lotion Hands	16 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 Kerplunk Game 18:00 Wheel of Fortune 19:30 Hot Chocolate Social 20:00 Read Story	17 9:00 Beauty Hour 10:00 Current Events 10:30 Bean Gag Toss 1:00 Manicure Nail Care 2:30 Snack Social/Walk 3:00 Puzzle Corner 18:00 Movie & Popcorn 19:30 Coloring Pages 20:00 Lotion & Massage Hands	<p>Feb.20th @ 10am Switchback Concert</p> <p>Feb.27th @ 1:00pm Jeff & Nancy's Music</p>							
18 9:00 Beauty Hour 10:00 Bible Study 10:30 Sing A Longs 1:00 Relaxation Music 2:30 Snack Social/Walk 3:00 Walk & Talk 18:00 Dominoes Table Game 19:30 Movement to Music 20:00 Aroma Therapy	19 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—Design Picture Frame 18:00 Read Poems 19:30 Hot Chocolate Social 20:00 Read Story	20 9:00 Devotions/Sing A longs 9:30 Exercise / Ball Toss 10:00 Refreshments/SP Activity 1:00 Marshmallow Fight :) 2:30 Snack Social/Walk 3:00 Prize Bingo 18:00 Tactile Sensory Activity 19:30 Gentle Movement w/Music 20:00 Lotion Hands	21 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 Music Circle 20:00 Aroma Therapy	22 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 Jewelry Box 18:00 Wheel of Fortune 19:30 Make Poem - Love Hearts 20:00 Lotion Hands/Feet	23 9:00 Devotions/Study Bible Verse 9:30 Exercise/Balloon Volley 10:00 Refreshments/ Music AL 1:00 Bingo 2:30 Decorate Your Ice-Cream 3:00 Musical Chairs 18:00 Wheel of Fortune 19:30 Hot Chocolate Social 20:00 Read A Story	24 9:00 Beauty Hour 10:00 Current Events 10:30 Bean Bag Toss 1:00 Manicure Nail Care 2:30 Snack Social/Walk 3:00 Puzzle Corner 18:00 Movie & Popcorn 19:30 Music Circle 20:00 Lotion & Massage Hands	<p>FEB.26TH AT 9:00AM MASSAGE THERAPY</p>							
25 9:00 Beauty Hour 10:00 Bible Study 10:30 Sing A Longs 1:00 Relaxation Music 2:30 Snack Social/Walk 3:00 Walk & Talk 18:00 Dominoes Table Game 19:30 Movement to Music 20:00 Aroma Therapy	26 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 19:30 Hot Chocolate Social 20:00 Read Love Story	27 9:00 Devotions/Sing A longs 9:30 Exercise / Ball Toss 10:00 Refreshments/SP Activity 1:00 Make Flower Bouquet 2:30 Snack Social /Walk 3:00 Prize Bingo 18:00 Group Puzzles/Checkers 19:30 Gentle Movement w/Music 20:00 Lotion Hands	28 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>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>Fax# 515-961-8907</p>							
			<p><i>Happy Birthday!</i> Join us in wishing all residents, associates, family and friends a very happy birthday!</p> <p>Lenna Keeth Feb.5th Barbara Mendenhall Feb.12th Tiffany Devore Feb.13th Judy Mitchell Feb. 27th</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 FEBRUARY we will be focusing on the dimension of EMOTIONAL Wellness. These activities are highlighted in BLUE.</p>		Physical	Environmental	Vocational	Emotional	Social	Spiritual	Intellectual	Family
Physical	Environmental	Vocational	Emotional											
Social	Spiritual	Intellectual	Family											