

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SPECIAL EVENTS								
	1 Morning Arm Chair Stretch Famous Faces Spark Basket Afternoon Topic Beach Ball Toss Group Discussion Evening Evening Snacks/ Movie	2 Morning Football Toss Pairs of Things Feel Good Stories Afternoon Hall walk Sorting Activity Evening Evening Snack/ Movie	3 Morning Twister Bean Bag Toss Number BINGO Devotional Sing-a-Long Afternoon Garden Stroll Puzzles Evening Evening Snack/ Movie	4 Morning Basketball Finish the Phrase Collages Afternoon Soccer Kick Spelling Bee Evening Evening Snack/ Movie	5 Morning Pool Noodle Hockey Nursery Rhyme Trivia Dot-To-Dot Afternoon Hand Massage and Manicures Old Favorites Sing-A-Long Evening Evening Snack/ Movie	6 Morning Morning Stretches Coffee Chat Flower Arranging Afternoon Bowling Jumbo Domino Game Evening Evening Snack/ Movie	January 1st New Years Day!								
7 Morning Scent Story Cutting Coupons Church Service Afternoon Tactile Activity Opposites Evening Evening Snack/ Movie	8 Morning Arm Chair Stretch Famous Faces Spark Basket Afternoon Topic Beach Ball Toss Group Discussion Evening Evening Snacks/ Movie	9 Morning Football Toss Pairs of Things Feel Good Stories Afternoon Hall walk Sorting Activity Evening Evening Snack/ Movie	10 Morning Twister Bean Bag Toss Number BINGO Devotional Sing-a-Long Afternoon Garden Stroll Puzzles Evening Evening Snack/ Movie	11 Morning Basketball Finish the Phrase Collages Afternoon Soccer Kick Spelling Bee Evening Evening Snack/ Movie	12 Morning Pool Noodle Hockey Nursery Rhyme Trivia Dot-To-Dot Afternoon Hand Massage and Manicures Old Favorites Sing-A-Long Evening Evening Snack/ Movie	13 Morning Morning Stretches Coffee Chat Flower Arranging Afternoon Bowling Jumbo Domino Game Evening Evening Snack/ Movie	January 3rd Dementia Support Group 6pm								
14 Morning Scent Story Cutting Coupons Church Service Afternoon Tactile Activity Opposites Evening Evening Snack/ Movie	15 Morning Arm Chair Stretch Famous Faces Spark Basket Afternoon Topic Beach Ball Toss Group Discussion Evening Evening Snacks/ Movie	16 Morning Football Toss Pairs of Things Feel Good Stories Afternoon Hall walk Sorting Activity Evening Evening Snack/ Movie	17 Morning Twister Bean Bag Toss Number BINGO Devotional Sing-a-Long Afternoon Garden Stroll Puzzles Evening Evening Snack/ Movie	18 Morning Basketball Finish the Phrase Collages Afternoon Soccer Kick Spelling Bee Evening Evening Snack/ Movie	19 Morning Pool Noodle Hockey Nursery Rhyme Trivia Dot-To-Dot Afternoon Hand Massage and Manicures Old Favorites Sing-A-Long Evening Evening Snack/ Movie	20 Morning Morning Stretches Coffee Chat Flower Arranging Afternoon Bowling Jumbo Domino Game Evening Evening Snack/ Movie	January 4th Monthly Vital Clinic 2pm								
21 Morning Scent Story Cutting Coupons Church Service Afternoon Tactile Activity Opposites Evening Evening Snack/ Movie	22 Morning Arm Chair Stretch Famous Faces Spark Basket Afternoon Topic Beach Ball Toss Group Discussion Evening Evening Snacks/ Movie	23 Morning Football Toss Pairs of Things Feel Good Stories Afternoon Hall walk Sorting Activity Evening Evening Snack/ Movie	24 Morning Twister Bean Bag Toss Number BINGO Devotional Sing-a-Long Afternoon Garden Stroll Puzzles Evening Evening Snack/ Movie	25 Morning Basketball Finish the Phrase Collages Afternoon Soccer Kick Spelling Bee Evening Evening Snack/ Movie	26 Morning Pool Noodle Hockey Nursery Rhyme Trivia Dot-To-Dot Afternoon Hand Massage and Manicures Old Favorites Sing-A-Long Evening Evening Snack/ Movie	27 Morning Morning Stretches Coffee Chat Flower Arranging Afternoon Bowling Jumbo Domino Game Evening Evening Snack/ Movie	January 15th Accordion Music w/ Jerry & Myrt 1pm								
28 Morning Scent Story Cutting Coupons Church Service Afternoon Tactile Activity Opposites Evening Evening Snack/ Movie	29 Morning Arm Chair Stretch Famous Faces Spark Basket Afternoon Topic Beach Ball Toss Group Discussion Evening Evening Snacks/ Movie	30 Morning Football Toss Pairs of Things Feel Good Stories Afternoon Hall walk Sorting Activity Evening Evening Snack/ Movie	31 Morning Twister Bean Bag Toss Number BINGO Devotional Sing-a-Long Afternoon Garden Stroll Puzzles Evening Evening Snack/ Movie				January 15th Happy Birthday Caroline!								
							January 16th Hearing Unlimited 4pm								
							January 24th Donut Social								
							January 29th Sing-a-Long w/ K&L Duo 2:15pm								
			 <p>Happy Birthday!</p> <p>Caroline Phillips</p> <p>January 15th</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 May, we will be focusing on the dimension of Emotional and 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												