



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SPECIAL EVENTS	
				1 <i>Welcome Coffee for N2</i> 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—Birthday Cards 18:00 Wheel of Fortune 19:30 Reminisce - Water Pollution 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— Spring 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 in AL Area: Phil & Caitlyn March 4th at 2:30pm</p> <p>Bill Tillman's Music March 15th at 10am</p> <p>Dave & Ellie's Music March 23rd at 2:30pm</p> <p>FAMILY EVENT Drumming Circle-AL March 30th at 2:30</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 Fax# 515-961-8907</p>	
4 <i>HAPPY B-DAY BLAINE!</i> 9:00 Beauty Hour 10:00 Bible Study on CD 10:30 Sing A Longs 1:00 Relaxation Music 2:30 B-Day Cake Social Music AL 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— Recycling 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 Addition 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 18:00 Wheel of Fortune 19:30 Reminisce - Air Pollution 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 Tar Grip Toss 1:00 Manicure Nail Care 2:30 Snack Social/Walk 3:00 Bean Bag Toss 18:00 Movie & Popcorn 19:30 Reminisce -Fish Aquarium 20:00 Lotion & Massage Hands		
11 9:00 Beauty Hour 10:00 Bible Study on CD 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— Coloring Flowers 18:00 Reminisce— Stress 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 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 Poem— FRESH AIR 19:30 Card UNO Game 20:00 Aroma Therapy	15 9:00 Devotions/Sing A longs 9:30 Exercise / Ball Toss 10:00 Refreshments/ Music AL 1:00 Dominoes Game 2:30 Snack Social/Walk 3:00 Arts- Letter in Cursive 18:00 Wheel of Fortune 19:30 Reminisce— Live Well 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 CHEESE Social 3:00 Kerplunk Game 18:00 Wheel of Fortune 19:30 Hot Chocolate Social 20:00 Read Story	17 <i>WEAR GREEN</i> 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		
18 9:00 Beauty Hour 10:00 Bible Study on CD 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 about Nature 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/Blow Bubbles 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- Your Signature 18:00 Wheel of Fortune 19:30 Make Poem-Natural Resources 20:00 Lotion Hands/Feet	23 9:00 Devotions/Study Bible Verse 9:30 Exercise/Balloon Volley 10:00 Refreshments/SP Activity 1:00 Bingo 2:30 Ice-Cream Social Music AL 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 Tar Grip 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		
25 9:00 Beauty Hour 10:00 Bible Study on CD 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 <i>9:00 Massage Therapy</i> 9:00 Devotions/Study Bible Verse 9:30 Exercise/Blow Bubbles 10:00 Refreshments/SP Activity 1:00 Kerplunk Table Game 2:30 Snack Social/Walk 3:00 Crafts-Fleece Blanket 18:00 Sing A Longs 19:30 Hot Chocolate Social 20:00 Read "Nature" 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/Walk-Rosewood 10:00 Refreshments/SP Activity 1:00 Movie Matinee/ 2:30 Snack Social/Walk 3:00 Subtraction Math Class 18:00 Crosswords/Puzzles 19:30 Card UNO Game 20:00 Aroma Therapy	29 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— Forest 18:00 Wheel of Fortune 19:30 Make Poem - Pastor 20:00 Lotion Hands/Feet	30 9:00 Devotions/Study Bible Verse 9:30 Exercise/Balloon Volley 10:00 Refreshments/ 1:00 Bingo 2:30 Drumming Circle-AL 3:00 Musical Chairs 18:00 Wheel of Fortune 19:30 Hot Chocolate Social 20:00 Read A Story	31 9:00 Beauty Hour 10:00 Current Events 10:30 Tar Grip Toss 1:00 Manicure Nail Care 2:30 Mango Pineapple Social 3:00 Puzzle Corner 18:00 Movie & Popcorn 19:30 Music Circle 20:00 Lotion & Massage Hands		
			<p><i>Happy Birthday!</i> Join us in wishing all residents, associates, family and friends a very happy birthday!</p> <p>Blaine Gates 4th Ralph Schlenker 4th</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> <p>Physical Environmental Vocational Emotional Social Spiritual Intellectual Family</p> <p>For the month of MARCH we will be focusing on the dimension of ENVIRONMENTAL Wellness. These activities are highlighted in BLUE.</p>			