



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SPECIAL EVENTS
			1 9:00 Devotions/Study Bible Verse 9:30 Exercise/Balloon Volley 10:00 Refreshments/SP Activity 1:00 Movie Matinee 2:30 Make Fruit Salad 3:00 Snack Social 18:00 Addition Math Class 19:30 Storytelling of a picture 20:00 Aroma Therapy	2 <i>HAPPY BIRTHDAY JOANN W</i> 9:00 Ball Toss 9:30 Exercise / Ball Toss 10:30 Refreshments/SP Activity 1:00 Go Fish Card Game 2:30 <i>BirthDay Celebration</i> 3:00 Arts & Crafts- Make Cards 18:00 Wheel of Fortune 19:30 Reminisce - Fun Games 20:00 Lotion Hands	3 9:00 Devotions/Study Bible Verse 9:30 Exercise/Balloon Volley 10:00 Refreshments/SP Activity 1:00 Bingo 2:30 <i>Ice Cream Social</i> 3:00 Sensory "What am I?" 18:00 Wheel of Fortune 19:30 Hot Chocolate Social 20:00 Read Story	4 9:00 Beauty Hour 10:00 Current Events 10:30 Tar Grip 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	August 2nd Happy Birthday to Joann! August 9th SMORES ON PATIO
5 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	6 9:00 Devotions/Study Bible Verse 9:30 Exercise/Balloon Volley 10:00 Refreshments/SP Activity 1:00 Bingo 2:30 Snack Social 3:00 Craft- Cars 18:00 Reminisce- Travel 19:30 Hot Chocolate Social 20:00 Read Story	7 9:00 Devotions/Sing Along 9:30 Exercise / Ball Toss 10:00 Refreshments/SP Activity 1:00 Bean Bag Toss/ <i>Music AL</i> 2:30 Snack Social 3:00 Prize Bingo 18:00 Giving Back- Inspirational 19:30 Gentle Movement w/Music 20:00 Lotion Hands	8 9:00 Devotions/Study Bible Verse 9:30 Exercise/Balloon Volley 10:00 Refreshments/SP Activity 1:00 Movie Matinee 2:30 No Bake Cookies 3:00 Snack Social 18:00 Subtraction Math Class 19:30 Storytelling of a picture 20:00 Aroma Therapy	9 9:00 Ball Toss 9:30 Exercise / Ball Toss 10:30 Refreshments/SP Activity 1:00 Sorting Activity 2:30 <i>*Make SMORES ON PATIO</i> 3:00 Social 18:00 Wheel of Fortune 19:30 Reminisce - Fun Games 20:00 Lotion Hands	10 9:00 Devotions/Study Bible Verse 9:30 Exercise/Balloon Volley 10:00 Refreshments/SP Activity 1:00 Reading Magazines 2:30 <i>FREE SALE SHOPPING-AL</i> 3:30 Sensory-Birds 18:00 Wheel of Fortune 19:30 Hot Chocolate Social 20:00 Read Story	11 9:00 Beauty Hour 10:00 Current Events 10:30 Tar Grip 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	August 10th FREE SALE SHOPPING
12 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	13 9:00 Devotions/Study Bible Verse 9:30 Exercise/Balloon Volley 10:00 Refreshments/SP Activity 1:00 Bingo 2:30 Snack Social 3:00 Craft- 18:00 Reminisce- Islands 19:30 Hot Chocolate Social 20:00 Read Story	14 9:00 Devotions/Sing Along 9:30 Exercise / Ball Toss 10:00 Refreshments/SP Activity 1:00 Bean Bag Toss 2:30 Snack Social 3:00 Prize Bingo 18:00 Giving Back- Inspirational 19:30 Gentle Movement w/Music 20:00 Lotion Hands	15 9:00 Devotions/Study Bible Verse 9:30 Exercise/Balloon Volley 10:00 Refreshments/SP Activity 1:00 Movie Matinee 2:30 Snack Social 3:00 Musical Chairs Game 18:00 Multiplication Math Class 19:30 Storytelling of a picture 20:00 Aroma Therapy	16 9:00 Devotions/Sing Along 9:30 Exercise / Ball Toss 10:00 Refreshments/SP Activity 1:00 Dominoes Game 2:30 Snack Social 3:00 Arts & Crafts-Beads 18:00 Wheel of Fortune 19:30 Reminisce - Camping 20:00 Lotion Hands	17 9:00 Devotions/Study Bible Verse 9:30 Exercise/Balloon Volley 10:00 Refreshments/ <i>Music AL</i> 1:00 Pictures Album 2:30 Snack Social 3:00 Bowling Game 18:00 Wheel of Fortune 19:30 Hot Chocolate Social 20:00 Read Story	18 9:00 Beauty Hour 10:00 Current Events 10:30 Tar Grip 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	
19 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	20 9:00 Devotions/Study Bible Verse 9:30 Exercise/Balloon Volley 10:00 Refreshments/SP Activity 1:00 Bingo 2:30 Snack Social 3:00 Craft- Collage Summer 18:00 Reminisce- Children 19:30 Hot Chocolate Social 20:00 Read Story	21 9:00 Devotions/Sing Along 9:30 Exercise / Ball Toss 10:00 Refreshment s/SP Activity 1:00 Bean Bag Toss 2:30 Snack Social 3:00 Prize Bingo 18:00 Giving Back- Inspirational 19:30 Gentle Movement w/Music 20:00 Lotion Hands	22 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 3:00 <i>* Arm Chair Travels- ITALY</i> 18:00 Division Math Class 19:30 Storytelling of a picture 20:00 Aroma Therapy	23 9:00 Devotions/Sing Along 9:30 Exercise / Ball Toss 10:00 Refreshments/SP Activity 1:00 Bingo 2:30 Snack Social 3:00 Arts & Crafts- Paint Fence 18:00 Wheel of Fortune 19:30 Reminisce - Facebook 20:00 Lotion Hands	24 9:00 Devotions/Study Bible Verse 9:30 Exercise/Balloon Volley 10:00 Refreshments/ <i>Music AL</i> 1:00 Bingo 2:30 Snack Social 3:00 Pizza Game 18:00 Wheel of Fortune 19:30 Hot Chocolate Social 20:00 Read Story	25 9:00 Beauty Hour 10:00 Current Events 10:30 Tar Grip 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	August 27th Sing A Longs with Cheryl Vice August 27th at 9am Massage with Jeanne Blum
26 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	27 <i>9:00 MASSAGE W/JEANNE</i> 9:00 Devotions/Study Bible Verse 9:30 Exercise/Balloon Volley 10:00 <i>Sing A Longs in G</i> 1:00 Bingo 2:30 Snack Social 3:00 Craft- Collage Horses 18:00 Reminisce-Family Outings 19:30 Hot Chocolate Social 20:00 Read Story	28 9:00 Devotions/Sing Along 9:30 Exercise / Ball Toss 10:00 Refreshments/SP Activity 1:00 Bean Bag Toss 2:30 Snack Social 3:00 Prize Bingo 18:00 Giving Back- Inspirational 19:30 Gentle Movement w/Music 20:00 Lotion Hands	29 9:00 Devotions/Study Bible Verse 9:30 Exercise/Balloon Volley 10:00 Refreshments/SP Activity 1:00 Movie Matinee 2:30 Snack Social 3:00 Crosswords 18:00 Math Class 19:30 Storytelling of a picture 20:00 Aroma Therapy	30 9:00 Devotions/Sing Along 9:30 Exercise / Ball Toss 10:00 Refreshments/SP Activity 1:00 Kerplunk Game 2:30 Snack Social 3:00 Arts & Crafts- Flowers 18:00 Wheel of Fortune 19:30 Reminisce - Road Trips	31 9:00 Devotions/Study Bible Verse 9:30 Exercise/Balloon Volley 10:00 Refreshments/SP Activity 1:00 Bingo 2:30 Snack Social 3:00 Pizza Game 18:00 Wheel of Fortune 19:30 Hot Chocolate Social 20:00 Read Story		Church Service on Sundays at 10:30am in AL Living Rm

Live Well ♥ Laugh Often ♥ Love Much



Happy Birthday!
 Join us in wishing all residents, associates, family and friends a very happy birthday!
 August 2nd
 Joann Wolfe

Happy Birthday!

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:

- Physical
- Environmental
- Vocational
- Emotional
- Social
- Spiritual
- Intellectual
- Family

For the month of **August** we will be focusing on the dimension of **Family** Wellness. These activities are highlighted in **blue**.

