




SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SPECIAL EVENTS								
<p>1</p> <p>9:00 <b>Beauty Hour</b></p> <p>10:00 Bible Study</p> <p>10:30 Sing A Longs</p> <p>1:00 Relaxation</p> <p>2:30 Strawberry Fruit Social</p> <p>3:00 <b>Walk &amp; Talk</b></p> <p>18:00 Dominoes Table Game</p> <p>19:30 Movement to Music</p> <p>20:00 Aroma Therapy</p>	<p>2</p> <p>9:00 Devotions/Study Bible Verse</p> <p>9:30 Exercise/Balloon Volley</p> <p>10:00 Refreshments/SP Activity</p> <p>1:00 No Bake Cookies</p> <p>2:30 Snack Social</p> <p>3:00 Crafts- American Flag</p> <p>18:00 Reminisce -Summer</p> <p>19:30 Hot Chocolate Social</p> <p>20:00 Read Story</p>	<p>3</p> <p>9:00 Giving Back- Inspirational</p> <p>9:30 Exercise / Ball Toss</p> <p>10:00 Refreshments/SP Activity</p> <p>1:00 Sorting Activity</p> <p>2:30 Snack Social</p> <p>3:00 Group Puzzles</p> <p>18:00 Prize Bingo</p> <p>19:30 Gentle Movement w/Music</p> <p>20:00 Lotion Hands</p>	<p>4 <b>Happy July 4th</b></p> <p>9:00 Bake Cookies</p> <p>9:30 Exercise/Balloon Volley</p> <p>10:00 Refreshments/SP Activity</p> <p>11:30 <b>Picnic in Courtyard</b></p> <p>1:00 Movie Matinee</p> <p>2:30 Make Salad/Snack Social</p> <p>3:00 Bean Bag Toss</p> <p>18:00 Math Class</p> <p>19:30 Storytelling of a picture</p> <p>20:00 Aroma Therapy</p>	<p>5</p> <p>9:00 Ball Toss</p> <p>9:30 Exercise / Ball Toss</p> <p>10:00 Refreshments/ <b>Music AL</b></p> <p>1:00 Dominoes Game</p> <p>2:30 Snack Social</p> <p>3:00 <b>Arts-Coloring Flowers</b></p> <p>18:00 Wheel of Fortune</p> <p>19:30 Reminisce - Tractors</p> <p>20:00 Lotion Hands</p>	<p>6</p> <p>9:00 Devotions/Study Bible Verse</p> <p>9:30 Exercise/Balloon Volley</p> <p>10:00 Refreshments/SP Activity</p> <p>1:00 Bingo</p> <p>2:30 Root Beer Floats Social</p> <p>3:00 Sensory "What am I?"</p> <p>18:00 Wheel of Fortune</p> <p>19:30 Hot Chocolate Social</p> <p>20:00 Read Story</p>	<p>7</p> <p>9:00 <b>Beauty Hour</b></p> <p>10:00 Manicure Nail Care</p> <p>10:30 Parachute Game</p> <p>1:00 Bingo</p> <p>2:30 Jell-O Social &amp; Trivia</p> <p>3:00 Puzzle Corner</p> <p>18:00 Movie &amp; Popcorn</p> <p>19:30 Music Circle</p> <p>20:00 Lotion &amp; Massage Hands</p>									
<p>8</p> <p>9:00 <b>Beauty Hour</b></p> <p>10:00 Bible Study</p> <p>10:30 Sing A Longs</p> <p>1:00 Relaxation</p> <p>2:30 Apricot Fruit Social</p> <p>3:00 <b>Walk &amp; Talk</b></p> <p>18:00 Dominoes Table Game</p> <p>19:30 Movement to Music</p> <p>20:00 Aroma Therapy</p>	<p>9</p> <p>9:00 Devotions/Study Bible Verse</p> <p>9:30 Exercise/Balloon Volley</p> <p>10:00 Refreshments/SP Activity</p> <p>1:00 No Bake Cookies</p> <p>2:30 Snack Social</p> <p>3:00 Crafts- Make Cards</p> <p>18:00 Reminisce</p> <p>19:30 Hot Chocolate Social</p> <p>20:00 Read Story</p>	<p>10</p> <p>9:00 Giving Back- Inspirational</p> <p>9:30 Exercise / Ball Toss</p> <p>10:00 Refreshments/SP Activity</p> <p>1:00 Sorting Activity</p> <p>2:30 Snack Social</p> <p>3:00 Group Puzzles</p> <p>18:00 Prize Bingo</p> <p>19:30 Gentle Movement w/Music</p> <p>20:00 Lotion Hands</p>	<p>11</p> <p>9:00 Bake Cookies</p> <p>9:30 Exercise/Balloon Volley</p> <p>10:00 Refreshments/SP Activity</p> <p>1:00 Movie Matinee</p> <p>2:30 Make Salad/Snack Social</p> <p>3:00 Bean Bag Toss</p> <p>18:00 Subtraction Math Class</p> <p>19:30 Storytelling of a picture</p> <p>20:00 Aroma Therapy</p>	<p>12</p> <p>9:00 Ball Toss</p> <p>9:30 Exercise / Ball Toss</p> <p>10:30 Refreshments/SP Activity</p> <p>1:00 Dominoes Game</p> <p>2:30 Snack Social</p> <p>3:00 <b>Arts &amp; Crafts- Make Cards</b></p> <p>18:00 Wheel of Fortune</p> <p>19:30 Reminisce - Fun Games</p> <p>20:00 Lotion Hands</p>	<p>13</p> <p>9:00 Devotions/Study Bible Verse</p> <p>9:30 Exercise/Balloon Volley</p> <p>10:00 Refreshments/SP Activity</p> <p>1:00 Bingo</p> <p>2:30 Root Beer Floats Social</p> <p>3:00 <b>Zoo Show in G</b></p> <p>18:00 Wheel of Fortune</p> <p>19:30 Hot Chocolate Social</p> <p>20:00 Read Story</p>	<p>14</p> <p>9:00 <b>Beauty Hour</b></p> <p>10:00 Manicure Nail Care</p> <p>10:30 Parachute Game</p> <p>1:00 Bingo</p> <p>2:30 Jell-O Social &amp; Trivia</p> <p>3:00 Puzzle Corner</p> <p>18:00 Movie &amp; Popcorn</p> <p>19:30 Music Circle</p> <p>20:00 Lotion &amp; Massage Hands</p>	<p>July 4th</p> <p>Independence Day</p> <p>Watch Fireworks!</p>								
<p>15</p> <p>9:00 <b>Beauty Hour</b></p> <p>10:00 Bible Study</p> <p>10:30 Sing A Longs</p> <p>1:00 Relaxation</p> <p>2:30 Cookies Snack Social</p> <p>3:00 <b>Walk &amp; Talk</b></p> <p>18:00 Dominoes Table Game</p> <p>19:30 Movement to Music</p> <p>20:00 Aroma Therapy</p>	<p>16</p> <p>9:00 Devotions/Study Bible Verse</p> <p>9:30 Exercise/Balloon Volley</p> <p>10:00 Refreshments/SP Activity</p> <p>1:00 No Bake Cookies</p> <p>2:30 Snack Social</p> <p>3:00 Craft- Cars</p> <p>18:00 Reminisce- <b>Sea Shells</b></p> <p>19:30 Hot Chocolate Social</p> <p>20:00 Read Story</p>	<p>17</p> <p>9:00 Giving Back- Inspirational</p> <p>9:30 Exercise / Ball Toss</p> <p>10:00 Refreshments/SP Activity</p> <p>1:00 Sorting Activity</p> <p>2:30 Snack Social</p> <p>3:00 Beat to the Music</p> <p>18:00 Prize Bingo</p> <p>19:30 Gentle Movement w/Music</p> <p>20:00 Lotion Hands</p>	<p>18</p> <p>9:00 Bake Cookies</p> <p>9:30 Exercise/Balloon Volley</p> <p>10:00 Refreshments/SP Activity</p> <p>1:00 Movie Matinee</p> <p>2:30 Make Salad/Snack Social</p> <p>3:00 Musical Chairs Game</p> <p>18:00 Addition Math Class</p> <p>19:30 Storytelling of a picture</p> <p>20:00 Aroma Therapy</p>	<p>19</p> <p>9:00 Devotions/Sing Along</p> <p>9:30 Exercise / Ball Toss</p> <p>10:00 Refreshments/SP Activity</p> <p>1:00 Dominoes Game</p> <p>2:30 Snack Social</p> <p>3:00 <b>Arts-Coloring Sky</b></p> <p>18:00 Wheel of Fortune</p> <p>19:30 Reminisce - Camping</p> <p>20:00 Lotion Hands</p>	<p>20</p> <p>9:00 Devotions/Study Bible Verse</p> <p>9:30 Exercise/Balloon Volley</p> <p>10:00 Refreshments/SP Activity</p> <p>1:00 Bingo</p> <p>2:30 Snack Social / <b>Suzi Q AL</b></p> <p>3:00 Bowling Game</p> <p>18:00 Wheel of Fortune</p> <p>19:30 Hot Chocolate Social</p> <p>20:00 Read Story</p>	<p>21</p> <p>9:00 <b>Beauty Hour</b></p> <p>10:00 Manicure Nail Care</p> <p>10:30 Parachute Game</p> <p>1:00 Bingo</p> <p>2:30 Jell-O Social &amp; Trivia</p> <p>3:00 Puzzle Corner</p> <p>18:00 Movie &amp; Popcorn</p> <p>19:30 Music Circle</p> <p>20:00 Lotion &amp; Massage Hands</p>	<p>July 13th</p> <p>Zoo Show at 3:00pm</p>								
<p>22</p> <p>9:00 <b>Beauty Hour</b></p> <p>10:00 Bible Study</p> <p>10:30 Sing A Longs</p> <p>1:00 Relaxation</p> <p>2:30 Pickles &amp; Crackers Social</p> <p>3:00 <b>Walk &amp; Talk</b></p> <p>18:00 Dominoes Table Game</p> <p>19:30 Movement to Music</p> <p>20:00 Aroma Therapy</p>	<p>23</p> <p>9:00 Devotions/Study Bible Verse</p> <p>9:30 Exercise/Balloon Volley</p> <p>10:00 Refreshments/SP Activity</p> <p>1:00 No Bake Cookies</p> <p>2:30 Snack Social</p> <p>3:00 <b>Craft-Collage Summer</b></p> <p>18:00 Reminisce- Music</p> <p>19:30 Hot Chocolate Social</p> <p>20:00 Read Story</p>	<p>24</p> <p>9:00 Giving Back- Inspirational</p> <p>9:30 Exercise / Ball Toss</p> <p>10:00 Refreshments/SP Activity</p> <p>1:00 Sorting Activity</p> <p>2:30 Snack Social</p> <p>3:00 Go Fish Game</p> <p>18:00 Prize Bingo</p> <p>19:30 Gentle Movement w/Music</p> <p>20:00 Lotion Hands</p>	<p>25 <b>Bahamas Island in G.</b></p> <p>9:00 Decorate for Island Travel</p> <p>9:30 Bubbles Outside</p> <p>10:00 <b>Hot Tea &amp; Chocolates</b></p> <p>1:00 Movie Matinee</p> <p>2:30 Make Pineapple Drink</p> <p>3:00 <b>Arm Chair Travels</b></p> <p>18:00 Multiplication Math Class</p> <p>19:30 Storytelling of a picture</p> <p>20:00 Aroma Therapy</p>	<p>26</p> <p>9:00 Devotions/Sing Along</p> <p>9:30 Exercise / Ball Toss</p> <p>10:00 Refreshments/SP Activity</p> <p>1:00 Dominoes Game</p> <p>2:30 Snack Social <b>Music AL</b></p> <p>3:00 <b>Arts- Coloring Ocean</b></p> <p>18:00 Wheel of Fortune</p> <p>19:30 Reminisce - Facebook</p> <p>20:00 Lotion Hands</p>	<p>27</p> <p>9:00 Devotions/Study Bible Verse</p> <p>9:30 Exercise/Balloon Volley</p> <p>10:00 Refreshments/SP Activity</p> <p>1:00 Bingo</p> <p>2:30 Root Beer Floats Social</p> <p>3:00 Pizza Game</p> <p>18:00 Wheel of Fortune</p> <p>19:30 Hot Chocolate Social</p> <p>20:00 Read Story</p>	<p>28</p> <p>9:00 <b>Beauty Hour</b></p> <p>10:00 Manicure Nail Care</p> <p>10:30 Parachute Game</p> <p>1:00 Bingo</p> <p>2:30 Jell-O Social &amp; Trivia</p> <p>3:00 Puzzle Corner</p> <p>18:00 Movie &amp; Popcorn</p> <p>19:30 Music Circle</p> <p>20:00 Lotion &amp; Massage Hands</p>	<p>July 20th</p> <p>Suzi Q Show in AL</p> <p>at 2:30pm</p>								
<p>29</p> <p>9:00 <b>Beauty Hour</b></p> <p>10:00 Bible Study</p> <p>10:30 Sing A Longs</p> <p>1:00 Relaxation</p> <p>2:30 Blueberry Fruit Social</p> <p>3:00 <b>Walk &amp; Talk</b></p> <p>18:00 Dominoes Table Game</p> <p>19:30 Movement to Music</p> <p>20:00 Aroma Therapy</p>	<p>30 <b>9:00 MASSAGE W/JEANNE</b></p> <p>9:00 Devotions/Study Bible Verse</p> <p>9:30 Exercise/Balloon Volley</p> <p>10:00 Refreshments/SP Activity</p> <p>1:00 No Bake Cookies</p> <p>2:30 Snack Social</p> <p>3:00 Craft-Collage Horses</p> <p>18:00 Reminisce- <b>Fishing</b></p> <p>19:30 Hot Chocolate Social</p> <p>20:00 Read Story</p>	<p>31</p> <p>9:00 Giving Back- Inspirational</p> <p>9:30 Exercise / Ball Toss</p> <p>10:00 Refreshments/SP Activity</p> <p>1:00 Sorting Activity</p> <p>2:30 Snack Social</p> <p>3:00 Group Puzzles</p> <p>18:00 Prize Bingo</p> <p>19:30 Gentle Movement w/Music</p> <p>20:00 Lotion Hands</p>					<p>July 25th</p> <p>Arm Chair Travels:</p> <p>Bahamas Island Theme</p>								
			<p><b>Happy Birthday!</b></p> <p>Join us in wishing all residents, associates, family and friends a very happy birthday!</p> <p>July 14th Delmer Kalbus</p> <p>June 27th Maxine Lee</p> 		<p><b>8 Dimensions of Wellness</b></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 <b>JULY</b> we will be focusing on the dimension of <b>Vocational</b> Wellness. These activities are highlighted in <b>blue</b>.</p>		Physical	Environmental	Vocational	Emotional	Social	Spiritual	Intellectual	Family	<p>July 30th</p> <p>Massage Therapy at 9:00am</p> <p>Church Service on <b>Sundays</b> at 10:30am in AL Living Rm</p> 
Physical	Environmental	Vocational	Emotional												
Social	Spiritual	Intellectual	Family												