

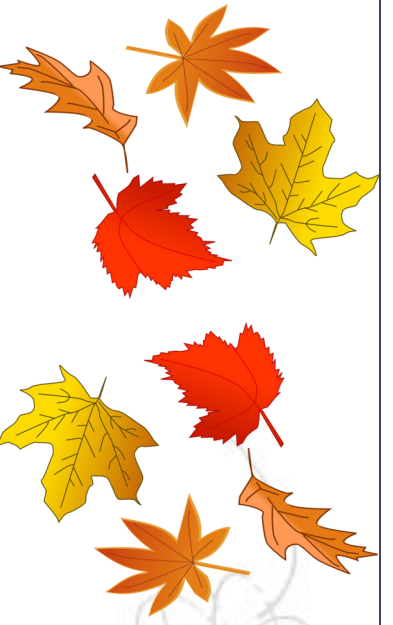




SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SPECIAL EVENTS
	1 9:00 Devotions/Study Bible Verse 9:30 Exercise/Balloon Volley 10:00 Refreshments/SP Activity 1:00 Spontaneous Activities 2:30 Snack Social/Walk 3:00 Crafts 18:00 Reminisce 19:30 Hot Chocolate Social 20:00 Read Story	2 9:00 Devotions/Sing A longs 9:30 Exercise / Ball Toss 10:00 Refreshments/SP Activity 1:00 Spontaneous Activities 2:30 Snack Social/Walk 3:00 Prize Bingo 18:00 Puzzles 19:30 Gentle Movement w/Music 20:00 Lotion Hands	3 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 Beat to the Music 18:00 Subtraction Math Class 19:30 Card "War" Game	4 9:00 Devotions/Sing A longs 9:30 Exercise / Ball Toss 10:00 Refreshments/SP Activity 1:00 Spontaneous Activities 2:30 Snack Social/Walk 3:00 Arts- Finger Painting 18:00 Wheel of Fortune 19:30 Reminisce - 20:00 Lotion Hands	5 9:00 Devotions/Study Bible Verse 9:30 Exercise/Balloon Volley 10:00 Refreshments/SP Activity 1:00 Spontaneous Activities 2:30 3:00 Sensory "What am I?" 18:00 Wheel of Fortune 19:30 Hot Chocolate Social 20:00 Read Story	6 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	Trick or Treat 10-30-18 
7 9:00 Beauty Hour 10:00 Bible Study 10:30 Sing A Longs 1:00 Relaxation 2:30 Snack Social/Walk 3:00 Walk & Talk 18:00 Dominoes Table Game 19:30 Movement to Music 20:00 Aroma Therapy	8 9:00 Devotions/Study Bible Verse 9:30 Exercise/Balloon Volley 10:00 Refreshments/SP Activity 1:00 Spontaneous Activities 2:30 Snack Social/Walk 3:00 Crafts 18:00 Reminisce 19:30 Hot Chocolate Social 20:00 Read Story	9 9:00 Devotions/Sing A longs 9:30 Exercise / Ball Toss 10:00 Refreshments/SP Activity 1:00 Spontaneous Activities 2:30 Snack Social/Walk 3:00 Prize Bingo 18:00 Puzzles 19:30 Gentle Movement w/Music 20:00 Lotion Hands	10 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 Beat to the Music 18:00 Subtraction Math Class 19:30 Card "War" Game 20:00 Aroma Therapy	11 9:00 Devotions/Sing A longs 9:30 Exercise / Ball Toss 10:00 Refreshments/SP Activity 1:00 Spontaneous Activities 2:30 Snack Social/Walk 3:00 Arts- Finger Painting 18:00 Wheel of Fortune 19:30 Reminisce - 20:00 Lotion Hands	12 9:00 Devotions/Study Bible Verse 9:30 Exercise/Balloon Volley 10:00 Refreshments/SP Activity 1:00 Spontaneous Activities 2:30 Snack Social/Walk 3:00 18:00 Wheel of Fortune 19:30 Hot Chocolate Social 20:00 Read Story	13 9:00 Beauty Hour 10:00 Current Events 10:30 Bean Bag 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	
14 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	15 9:00 Devotions/Study Bible Verse 9:30 Exercise/Balloon Volley 10:00 Refreshments/SP Activity 1:00 Spontaneous Activities 2:30 Snack Social/Walk 3:00 Crafts 18:00 Reminisce 19:30 Hot Chocolate Social 20:00 Read Story	16 9:00 Devotions/Sing A longs 9:30 Exercise / Ball Toss 10:00 Refreshments/SP Activity 1:00 Spontaneous Activities 2:30 Snack Social/Walk 3:00 Prize Bingo 18:00 Group Puzzles/Checkers 19:30 Gentle Movement w/Music 20:00 Lotion Hands	17 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 Multiplication Math Class 18:00 Make up a Group Poem 19:30 Card "War" Game 20:00 Aroma Therapy	18 9:00 Devotions/Sing A longs 9:30 Exercise / Ball Toss 10:00 Refreshments/SP Activity 1:00 Spontaneous Activities 2:30 Snack Social/Walk 3:00 Arts & Crafts-Make Cards 18:00 Wheel of Fortune 19:30 Reminisce - Camping 20:00 Lotion Hands	19 9:00 Devotions/Study Bible Verse 9:30 Exercise/Balloon Volley 10:00 Refreshments/SP Activity 1:00 Spontaneous Activities 2:30 Snack Social/Walk 3:00 Make M & M Mix 18:00 Wheel of Fortune 19:30 Hot Chocolate Social 20:00 Read Story	20 9:00 Beauty Hour 10:00 Current Events 10:30 Bean Gag 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	
21 9:00 Beauty Hour 10:00 Bible Study 10:30 Sing A Longs 1:00 Relaxation 2:30 Snack Social/Walk 3:00 Walk & Talk 18:00 Dominoes Table Game 19:30 Movement to Music 20:00 Aroma Therapy	22 9:00 Devotions/Study Bible Verse 9:30 Exercise/Balloon Volley 10:00 Refreshments/SP Activity 1:00 Spontaneous Activities 2:30 Snack Social/Walk 3:00 Crafts 18:00 Reminisce 19:30 Hot Chocolate Social 20:00 Read Story	23 9:00 Devotions/Sing A longs 9:30 Exercise / Ball Toss 10:00 Refreshments/SP Activity 1:00 Spontaneous Activities 2:30 Snack Social/Walk 3:00 Prize Bingo 18:00 Tactile Sensory Activity 19:30 Gentle Movement w/Music 20:00 Lotion Hands	24 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 Card "War" Game 20:00 Aroma Therapy	25 9:00 Devotions/Sing A longs 9:30 Exercise / Ball Toss 10:00 Refreshments/SP Activity 1:00 Spontaneous Activities 2:30 Snack Social/Walk 3:00 Arts- Write in Cursive 18:00 Wheel of Fortune 19:30 Reminisce - 20:00 Lotion Hands/Feet	26 9:00 Devotions/Study Bible Verse 9:30 Exercise/Balloon Volley 10:00 Refreshments/SP Activity 1:00 Spontaneous Activities 2:30 Snack Social/Walk 3:30 Dominoes Game 18:00 Wheel of Fortune 19:30 Hot Chocolate Social 20:00 Read Story	27 9:00 Beauty Hour 10:00 Current Events 10:30 Bean Bag 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	
28 9:00 Beauty Hour 10:00 Bible Study 10:30 Sing A Longs 1:00 Relaxation 2:30 Snack Social/Walk 3:00 Walk & Talk 18:00 Dominoes Table Game 19:30 Movement to Music 20:00 Aroma Therapy	29 9:00 Devotions/Study Bible Verse 9:30 Exercise/Balloon Volley 10:00 Refreshments/SP Activity 1:00 Spontaneous Activities 2:30 Snack Social/Walk 3:00 Crafts 18:00 Reminisce- First Teacher 19:30 Hot Chocolate Social 20:00 Read Story	30 9:00 Devotions/Sing A longs 9:30 Exercise / Ball Toss 10:00 Refreshments/SP Activity 1:00 Spontaneous Activities 2:30 Snack Social /Walk 3:00 Prize Bingo 18:00 Puzzles 19:30 Gentle Movement w/Music 20:00 Lotion Hands	31 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 "War" Game 20:00 Aroma Therapy				



Church Service
on Sundays at 10:30am
in AL Living Rm



Happy Birthday!
Join us in wishing all residents, associates, family and friends a very happy birthday!

Shirley Tindle 10/7
Marilyn Scharbarth 10/24
Melissa Baker, RN 10/28

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 **October** we will be focusing on the dimension of **Spiritual** Wellness. These activities are highlighted in **Green**.

