








SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SPECIAL EVENTS
				1 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	2 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	3 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	Veterans Day Celebration November 12th 3:00pm 
4 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	5 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	6 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	7 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	8 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	9 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	10 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	
11 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	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 Crafts 18:00 Reminisce 19:30 Hot Chocolate Social 20:00 Read Story	13 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	14 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	15 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	16 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	17 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	
18 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	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 Crafts 18:00 Reminisce 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 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	21 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	22 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	23 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	24 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	
25 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	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 3:00 Crafts 18:00 Reminisce- First Teacher 19:30 Hot Chocolate Social 20:00 Read Story	27 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	28 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	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/Walk 3:00 Beat to the Music 18:00 Subtraction Math Class 19:30 Card "War" Game	30 9:00 Devotions/Bible Study 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		



Happy Birthday!

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

- Joan Wolford 11/3
- Mildred Amos 11/8
- Mildred Dennis 11/23
- Ashlee Diaz 11/5
- Jeanette Leach 11/17
- Vanessa Initsky 11/23
- Taylor Anania 11/7
- Vicki Cemore 11/23

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 November we will be focusing on the dimension of Vocational and

