



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SPECIAL EVENTS								
						<p>1</p> <p>Morning: Devotions & Exercise Snack and SP Activities Afternoon: Naomi Johnson Piano Sing a long Snack and SP Activities Evening: Movie and refreshments</p>	<p>Music Event Marked In RED</p> <p>Dec 6th - 2:00</p> <p>The Briggs Sisters</p> <p>Dec 12th—2:30</p> <p>Piano with Carol Adams</p> <p>Dec 14th - 2:30</p> <p>Joe and Lori King</p> <p>Dec 19th— 6:00 pm</p> <p>1st Baptist Church Choir</p> <p>Dec 26th—2:30</p> <p>Piano with Carol Adams</p> <p><i>Seasons Greetings</i></p>								
<p>2</p> <p>Morning: Bible Study and Sing a long Snack and SP Activities Afternoon: Walk and Talk Dominoes and Table Games Evening: Relaxation and Lotion Hands</p>	<p>3</p> <p>Morning: Devotions and Exercise Snack and SP Activities Afternoon: Beading, Folding and Sorting Evening: SP Activities Relaxation and Lotion Hands</p>	<p>4</p> <p>Morning: Devotions and Exercises Snack and SP Activities Afternoon: Nail Salon Evening: Hot Chocolate Social And Music Hour</p>	<p>5</p> <p>Morning: Devotions and Exercise Snack and SP Activities Afternoon: Arts and Crafts Snack and SP Activities Evening: Card Games and Lotion Hands</p>	<p>6</p> <p>Morning: Devotions and Exercise Snack and SP Activities Afternoon: 2:00 Briggs Sisiters Music SP Activities Evening: Puzzles and Games. Story Telling</p>	<p>7</p> <p>Morning: Devotions and Exercise Snack and SP Activities Afternoon: Bingo Snack and SP Activities Evening: Reminiscing, Relaxing and Lotion Hands</p>	<p>8</p> <p>Morning: Devotions and Exercise Snack and SP Activities Afternoon: Games and Puzzles Evening: Movie and refreshments</p>									
<p>9</p> <p>Morning: Bible Study and Sing a long Snack and SP Activities Afternoon: Walk and Talk Dominoes and Table Games Evening: Relaxation and Lotion Hands</p>	<p>10</p> <p>Morning: Devotions and Exercises Snack and SP Activities Afternoon: Beading, Folding and Sorting Evening: SP Activities Relaxation and Lotion Hands</p>	<p>11</p> <p>Morning: Devotions and Exercise Snack and SP Activities Afternoon: Nail Salon Evening: Hot Chocolate Social And Music Hour</p>	<p>12</p> <p>Morning: Devotions and Exercise Snack Making Afternoon: Piano Music with Carol Adams Snack and SP Activities Evening: Card Games and Lotion Hands</p>	<p>13</p> <p>Morning: Devotions and Exercise Snack and SP Activities Afternoon: Social Hour and Games Evening: Puzzles and Games, Story Telling</p>	<p>14</p> <p>Morning: Devotions and Exercise Snack and SP Activities Afternoon: Joe and Lori King Music Snack and SP Activities Evening: Reminiscing, relaxing And Lotion Hands</p>	<p>15</p> <p>Morning: Devotions and Exercise Snack and SP Activities Afternoon: Games and Puzzles Evening: Movie and Refreshments</p>									
<p>16</p> <p>Morning: Devotions and Sing a long Snack and SP Activities Afternoon: Walk and Talk Dominoes and Table Games Evening: Relaxation and Lotion Hands</p>	<p>17</p> <p>Morning: Devotions and Exercise Snack and SP Activities Afternoon: Beading, Folding, and Sorting Evening: SP Activities Relaxation and Lotion Hands</p>	<p>18</p> <p>Morning: Devotions and Exercise Snack and SP Activities Afternoon: Nail Salon Evening: Hot Chocolate Social And Music Hour</p>	<p>19</p> <p>Morning: Devotions and Exercise , Snack and SP Activities Afternoon: Arts and Crafts Snack and SP Activities Evening: 6:00 1st Baptist Choir Christmas Music</p>	<p>20</p> <p>Morning: Devotions and Exercise Snack and SP Activities Afternoon: Social Hour Games Evening: Puzzles and G., Story Telling</p>	<p>21</p> <p>Morning: Devotions and Exercise Snack and SP Activities Afternoon: Bingo Snack and SP Activities Evening: Christmas Memories Lotion Hands</p>	<p>22</p> <p>Morning: Devotions and Exercise Snack and SP Activities Afternoon: Naomi Johnson Piano Sing a long Evening: Movie and Refreshments</p>									
<p>23</p> <p>Morning: Bible Study and Sing a long Afternoon: Walk and Talk Dominoes and Table Games Evening: Relaxation and Lotion Hands</p>	<p>24 Christmas Eve</p> <p>Morning: Devotions and Exercise Snack and SP Activities Afternoon: Beading, Folding, and Sorting Evening: SP Activities Relaxation and Lotion Hands</p>	<p>25 Merry Christmas</p> <p>Morning: Devotions and SP Activities Afternoon: Christmas Music and Sing a Long Evening: Hot Chocolate Social</p>	<p>26</p> <p>Morning: Devotions and Exercises Snack Making– Fruit Kabobs Afternoon: Piano Music with Carol Adams Evening: Card Games and Lotion Hands</p>	<p>27</p> <p>Morning: Devotions and Exercise Snack and SP Activities Afternoon: Social Hour and Games Evening: Puzzles and Games Story Telling</p>	<p>28</p> <p>Morning: Devotions and Exercise Snack and SP Activities Afternoon: Bingo Snack and SP Activities Evening: Reminiscing, Relaxing and Lotion Hands</p>	<p>29</p> <p>Morning: Devotions and Exercises Afternoon: Games and Puzzles Evening: Movie and Refreshments</p>									
<p>30</p> <p>Morning: Bible Study and Sing a long Afternoon: Walk and Talk Dominoes and Table Games Evening: Relaxation and Lotion Hands</p>	<p>31 New Years Eve</p> <p>Morning: Devotions and Exercise Snack and SP Activities Afternoon: Beading, Folding and Sorting Evening: New Years Eve Party</p>		<p>Happy Birthday</p> <p>Join us in wishing all residents, associates, family and friends a very happy birthday</p> <p>David Chenoweth 12/8 Debra Argetsinger 12/7 Gerald Hilgeman 12/10 Avian Todd 12/20 Melissa Walters 12/11 Dave Noel 12/26</p>		<p>8 Dimensions of Wellness</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 December we will be focusing on the dimension of Emotional and Family Wellness. These activities are highlighted in Purple</p>			Physical	Environmental	Vocational	Emotional	Social	Spiritual	Intellectual	Family
Physical	Environmental	Vocational	Emotional												
Social	Spiritual	Intellectual	Family												