



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SPECIAL EVENTS																
		<p>1</p> <p><b>Morning:</b> Devotions and Exercises Snack and SP Activities <b>Afternoon:</b> Nail Salon <b>Evening:</b> Hot Chocolate Social And Music Hour</p>	<p>2</p> <p><b>Morning:</b> Devotions and Exercise Snack and SP Activities <b>Afternoon:</b> Piano music with Carol Adams Snack and SP Activities <b>Evening:</b> Card Games and Lotion Hands</p>	<p>3</p> <p><b>Morning:</b> Devotions and Exercise Snack and SP Activities <b>Afternoon:</b> SP Activities <b>Evening:</b> Puzzles and Games. Story Telling</p>	<p>4</p> <p><b>Morning:</b> Devotions ; Exercise Snack and SP Activities <b>Afternoon:</b> Bingo <b>2:30 Susie Q Show in AL</b> <b>Evening:</b> Reminiscing, Relaxing and Lotion Hands</p>	<p>5</p> <p><b>Morning:</b> Devotions &amp; Exercise Snack and SP Activities <b>Afternoon:</b> Naomi Johnson Piano Sing a long Snack and SP Activities <b>Evening:</b> Movie and refreshments</p>																	
<p>6</p> <p><b>Morning:</b> Bible Study and Sing a long Snack and SP Activities <b>Afternoon:</b> Walk and Talk Dominoes and Table Games <b>Evening:</b> Relaxation and Lotion Hands</p>	<p>7</p> <p><b>Morning:</b> Devotions and Exercise Snack and SP Activities <b>Afternoon:</b> Beading, Folding and Sorting <b>Evening:</b> SP Activities Relaxation and Lotion Hands</p>	<p>8</p> <p><b>Morning:</b> Devotions and Exercises Snack and SP Activities <b>Afternoon:</b> Nail Salon <b>Evening:</b> Hot Chocolate Social And Music Hour</p>	<p>9</p> <p><b>Morning:</b> Devotions and Exercise Snack and SP Activities <b>Afternoon:</b> Arts and Crafts Snack and SP Activities <b>Evening:</b> Card Games and Lotion Hands</p>	<p>10</p> <p><b>Morning:</b> Devotions and Exercise Snack and SP Activities <b>Afternoon:</b> Social Hour and Games <b>Evening:</b> Puzzles and Games. Story Telling</p>	<p>11</p> <p><b>Morning:</b> Devotions and Exercise Snack and SP Activities <b>Afternoon:</b> Bingo Snack and SP Activities <b>Evening:</b> Reminiscing, Relaxing and Lotion Hands</p>	<p>12</p> <p><b>Morning:</b> Devotions and Exercise Snack and SP Activities <b>Afternoon:</b> Games and Puzzles <b>Evening:</b> Movie and refreshments</p>																	
<p>13</p> <p><b>Morning:</b> Bible Study and Sing a long Snack and SP Activities <b>Afternoon:</b> Walk and Talk Dominoes and Table Games <b>Evening:</b> Relaxation and Lotion Hands</p>	<p>14</p> <p><b>Morning:</b> Devotions and Exercises Snack and SP Activities <b>Afternoon:</b> Beading, Folding and Sorting <b>Evening:</b> SP Activities Relaxation and Lotion Hands</p>	<p>15</p> <p><b>Morning:</b> Devotions and Exercise Snack and SP Activities <b>Afternoon:</b> Nail Salon <b>Evening:</b> Hot Chocolate Social And Music Hour</p>	<p>16</p> <p><b>Morning:</b> Devotions and Exercise Snack Making <b>Afternoon:</b> Piano Music with Carol Adams Snack and SP Activities <b>Evening:</b> Card Games and Lotion Hands</p>	<p>17</p> <p><b>Morning:</b> Devotions and Exercise Snack and SP Activities <b>Afternoon:</b> Social Hour and Games <b>Evening:</b> 5:30 The Briggs Family in AL</p>	<p>18</p> <p><b>Morning:</b> Devotions and Exercise Snack and SP Activities <b>Afternoon:</b> Bingo Snack and SP Activities, <b>Evening:</b> Reminiscing, relaxing And Lotion Hands</p>	<p>19</p> <p><b>Morning:</b> Devotions and Exercise Snack and SP Activities <b>Afternoon:</b> Games and Puzzles <b>Evening:</b> Movie and Refreshments</p>																	
<p>20</p> <p><b>Morning:</b> Devotions and Sing a long Snack and SP Activities <b>Afternoon:</b> Walk and Talk Dominoes and Table Games <b>Evening:</b> Relaxation and Lotion Hands</p>	<p>21</p> <p><b>Morning:</b> Devotions and Exercise Snack and SP Activities <b>Afternoon:</b> Beading, Folding, and Sorting <b>Evening:</b> SP Activities Relaxation and Lotion Hands</p>	<p>22</p> <p><b>Morning:</b> Devotions and Exercise Snack and SP Activities <b>Afternoon:</b> Nail Salon <b>Evening:</b> Hot Chocolate Social And Music Hour</p>	<p>23</p> <p><b>Morning:</b> Devotions and Exercise , Snack and SP Activities <b>Afternoon:</b> Arts and Crafts Snack and SP Activities <b>Evening:</b> Card Games and Lotion Hands</p>	<p>24</p> <p><b>Morning:</b> Devotions and Exercise Snack and SP Activities <b>Afternoon:</b> Social Hour and Games <b>Evening:</b> Puzzles and Games, Story Telling</p>	<p>25</p> <p><b>Morning:</b> Devotions and Exercise Snack and SP Activities <b>Afternoon:</b> Bingo <b>2:30 Luke Farland in AL</b> <b>Evening:</b> Reminiscing, relaxing and Lotion Hands</p>	<p>26</p> <p><b>Morning:</b> Devotions and Exercise Snack and SP Activities <b>Afternoon:</b> Naomi Johnson Piano Sing a long <b>Evening:</b> Movie and Refreshments</p>																	
<p>27</p> <p><b>Morning:</b> Bible Study and Sing a long <b>Afternoon:</b> Walk and Talk Dominoes and Table Games <b>Evening:</b> Relaxation and Lotion Hands</p>	<p>28 <b>Massage Therapy</b></p> <p><b>Morning:</b> Devotions and Exercise Snack and SP Activities <b>Afternoon:</b> Beading, Folding, and Sorting <b>Evening:</b> SP Activities Relaxation and Lotion Hands</p>	<p>29</p> <p><b>Morning:</b> Devotions and SP Activities <b>Afternoon:</b> Christmas Music and Sing a Long <b>Evening:</b> Hot Chocolate Social</p>	<p>30</p> <p><b>Morning:</b> Devotions and Exercises Snack and SP Activities <b>Afternoon:</b> Piano Music with Carol Adams <b>Evening:</b> Card Games and Lotion Hands</p>	<p>31</p> <p><b>Morning:</b> Devotions and Exercise Snack and SP Activities <b>Afternoon:</b> Social Hour and Games <b>Evening:</b> Puzzles and Games Story Telling</p>																			
		<p align="center"><b>Happy Birthday</b></p> <p align="center">Join us in wishing all residents, associates, family and friends a very happy birthday</p> <table border="0"> <tr> <td>Kenneth "Peanut" Hoch 1/10</td> <td>Linda Steeve 1/14</td> </tr> <tr> <td>Mary Hilgeman 1/18</td> <td>Kaitlyn Bravek 1/18</td> </tr> <tr> <td>Emily Woodward 1/23</td> <td>Thelma Freel 1/23</td> </tr> <tr> <td>June Wood 1/26</td> <td></td> </tr> </table>			Kenneth "Peanut" Hoch 1/10	Linda Steeve 1/14		Mary Hilgeman 1/18	Kaitlyn Bravek 1/18	Emily Woodward 1/23	Thelma Freel 1/23	June Wood 1/26		<p align="center"><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>January</b> we will be focusing on the dimension of <b>Physical and Social</b> Wellness. These activities are highlighted in <b>Purple</b></p>		Physical	Environmental	Vocational	Emotional	Social	Spiritual	Intellectual	Family
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