



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SPECIAL EVENTS
		1 <i>New Years Day</i> Morning Daily Scoop/Devotions Daily Exercises/manicures Afternoon Relaxation Table Games Evening Gentle Movement Snacks	2 Morning Daily Scoop/Devotions Daily Exercises/ Afternoon Relaxation I Spy Evening Lotion Massages Snacks	3 Morning Daily Current Events Daily Exercises/Bean Bag Toss Afternoon Relaxation BINGO Evening Wheel of Fortune Reminiscent Hour	4 Morning Daily Scoop/Devotions Daily Exercises/Manicures Afternoon Relaxation/Mail Call Active Games Evening Music Corner Lotion Massages/Snacks	5 Morning Daily Scoop/Devotions Daily Exercises/Table bowling Afternoon Relaxation Puzzle Corner Evening Music Circle A look Back in Time/Snack	Monday 1pm Reading with Jim
6 Morning Daily Scoop/Devotions Daily Exercises Afternoon Brain Games Worship to Hymn Songs Evening Social Hour Snacks	7 Morning Daily Scoop/Devotions Daily Exercises/Mail Call Afternoon Relaxation Craft Corner Evening Movie Matinee Snacks	8 Morning Daily Scoop/Devotions Daily Exercises/Manicures Afternoon Relaxation Table Games Evening Gentle Movement Snacks	9 Morning Devotions Daily Exercises Afternoon Relaxation Movie Trivia Evening Lotion Massages Snacks	10 Morning Daily Current Events Daily Exercises/Bean Bag Toss Afternoon Relaxation BINGO Evening Wheel of Fortune Reminiscent Hour	11 Morning Daily Scoop/Devotions Daily Exercises/Manicures Afternoon Relaxation/Mail Call Active Games Evening Music Corner Lotion Massages/Snacks	12 Morning Daily Scoop Daily Exercises/Table bowling Afternoon Relaxation Puzzle Corner Evening Music Circle A look Back in Time/Snack	Friday, January 11 2pm Music with Les
13 Morning Daily Scoop/Devotions Daily Exercises Afternoon Brain Games Worship to Hymn Songs Evening Social Hour Snacks	14 Morning Daily Scoop/Devotions Daily Exercises/Mail Call Afternoon Relaxation Craft Corner Evening Movie Matinee Snacks	15 Morning Daily Scoop/Devotions Daily Exercises/Manicures Afternoon Relaxation Table Games Evening Gentle Movement Snacks	16 Morning Daily Scoop/Devotions Daily Exercises/ Afternoon relaxation Brain Games Evening Lotion Massages Snacks	17 Morning Daily Current Events Daily Exercises/Bean Bag Toss Afternoon Relaxation BINGO Evening Wheel of Fortune Reminiscent Hour	18 Morning Daily Scoop/Devotions Daily Exercises/Manicures Afternoon Relaxation/Mail Call Active Games Evening Music Corner Lotion Massages/Snacks	19 Morning Daily Scoop Daily Exercises/Table bowling Afternoon Relaxation Puzzle Corner Evening Music Circle A look Back in Time/Snack	Friday, January 11 4:30pm Friends and Family
20 Morning Daily Scoop/Devotions Daily Exercises Afternoon Brain Games Worship to Hymn Songs Evening Social Hour Snacks	21 <i>Martin Luther King Jr. Day</i> Morning Daily Scoop/Devotions Daily Exercises/Mail Call Afternoon Relaxation Craft Corner Evening Movie Matinee Snacks	22 Morning Daily Scoop/Devotions Daily Exercises/Manicures Afternoon Relaxation Table Games Evening Gentle Movement Snacks	23 Morning Daily Scoop/Devotions Daily Exercises/A look out- side Afternoon Relaxation I spy Evening Lotion Massages	24 Morning Daily Current Events Daily Exercises/Bean Bag Toss Afternoon Relaxation BINGO Evening Wheel of Fortune Reminiscent Hour	25 Morning Daily Scoop Balloon Volleyball/Manicures Afternoon Relaxation/Mail Call Active Games Evening Music Circle Lotion Massages/Snacks	26 Morning Daily Scoop Daily Exercises/Table bowling Afternoon Relaxation Puzzle Corner Evening Music Circle A look Back in Time/Snack	Wednesday, January 15 2pm Music with Roger
27 Morning Daily Scoop/Devotions Daily Exercises Afternoon Brain Games Worship to Hymn Songs Evening Social Hour Snacks	28 Morning Daily Scoop/Devotions Daily Exercises/Mail Call Afternoon Relaxation Craft Corner Evening Movie Matinee Snacks	29 Morning Daily Scoop/Devotions Daily Exercises/Manicures Afternoon Relaxation Table Games Evening Gentle Movement Snacks	30 Morning Daily Scoop/Devotions Daily Exercises/ Afternoon Relaxation Birthday Celebration Evening Gentle Movement Snacks	31 Morning Daily Scoop/Devotions Daily Exercises/Bean Bag toss Afternoon Relaxation Bingo Evening Gentle Movement Snacks			Wednesday, January 30 3:30pm Monthly Birthday Celebration



This month we are celebrating
New Year's Day

Join us as we explore the many different monthly heritages. If you have any photos or experiences that you would like to share with the residents during the month, please contact Angie by email at angie.strobbe@windsor-m Manor.com



Happy Birthday!

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

Regina-Jan.20

Ted-Jan.1
Carol Y-Jan.18
Bernie-Jan 8
Jeanette-Jan.12

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 January, we will be focusing on the dimension of **Physical and Social Wellness**. These activities are highlighted in **blue**.