



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SPECIAL EVENTS
					1 <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	2 <b>Morning:</b> Devotions & Exercise Snack and SP Activities <b>Afternoon:</b> Bingo Snack and SP Activities <b>Evening:</b> Movie and refreshments	    
3 <b>Morning:</b> Bible study and Sing a long Snack and SP Activities <b>Afternoon:</b> Walk and Talk Dominoes & Table Games <b>Evening:</b> Relaxation and Lotion Hands	4 <b>Morning:</b> Devotions and Exercise Snack and SP Activities <b>Afternoon:</b> Valentine Decorations <b>Evening:</b> SP Activities Relaxation and Lotion Hands	5 <b>Morning:</b> Exercises Snack and SP Activities <b>Afternoon:</b> Devotions/sing a long and Nail Salon <b>Evening:</b> Hot Chocolate Social And Music Hour	6 <b>Morning:</b> Devotions and Exercise Snack and SP Activities <b>Afternoon:</b> Balloon Toss Valentine Card Making <b>Evening:</b> Card Games and Lotion Hands	7 <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	8 <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	9 <b>Morning:</b> Devotions and Exercise Snack and SP Activities <b>Afternoon:</b> Games and Puzzles <b>Evening:</b> Movie and refreshments	
10 <b>Morning:</b> Bible study and Sing a long Snack and SP Activities <b>Afternoon:</b> Walk and Talk Dominoes & Table Games <b>Evening:</b> Relaxation and Lotion Hands	11 <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	12 <b>Morning:</b> Exercise Snack and SP Activities <b>Afternoon:</b> Devotions/sing a long and Nail Salon <b>Evening:</b> Hot Chocolate Social And Music Hour	13 <b>Morning:</b> Devotions and Exercise Snack and SP Activities <b>Afternoon:</b> Balloon Toss Piano Music with Carol Adams Snack and SP Activities <b>Evening:</b> Card Games and Lotion Hands	14 <b>Morning:</b> Devotions and Exercise Snack and SP Activities <b>Afternoon:</b> Valentine's Day Party <b>Evening:</b> Puzzles and Games Story Telling	15 <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	16 <b>Morning:</b> Devotions and Exercise Snack and SP Activities <b>Afternoon:</b> Games and Puzzles <b>Evening:</b> Movie and Refreshments	
17 <b>Morning:</b> Bible study and Sing a long Snack and SP Activities <b>Afternoon:</b> Walk and Talk Dominoes & Table Games <b>Evening:</b> Relaxation and Lotion Hands	18 <b>Morning:</b> Devotions and Exercise Snack and SP Activities <b>Afternoon:</b> President's Day Celebration <b>Evening:</b> SP Activities Relaxation and Lotion Hands	19 <b>Morning:</b> Exercise Snack and SP Activities <b>Afternoon:</b> Devotions/sing a long and Nail Salon <b>Evening:</b> Hot Chocolate Social And Music Hour	20 <b>Morning:</b> Devotions and Exercise Snack and SP Activities <b>Afternoon:</b> Beanbag Toss Snack and SP Activities <b>Evening:</b> Card Games and Lotion Hands	21 <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	22 <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	23 <b>Morning:</b> Devotions and Exercise Snack and SP Activities <b>Afternoon:</b> Games and Puzzles <b>Evening:</b> Movie and Refreshments	
24 <b>Morning:</b> Bible study and Sing a long Snack and SP Activities <b>Afternoon:</b> Walk and Talk Dominoes & Table Games <b>Evening:</b> Relaxation and Lotion Hands	25 <b>Massage Therapy</b> <b>Morning:</b> Devotions and Exercise Snack and SP Activities <b>Afternoon:</b> making pine cone bird feeders <b>Evening:</b> SP Activities Relaxation and Lotion Hands	26 <b>Morning:</b> Exercise and SP Activities <b>Afternoon:</b> Devotions/sing a long and Nail Salon <b>Evening:</b> Hot Chocolate Social And Music Hour	27 <b>Morning:</b> Devotions and Exercises Snack and SP Activities <b>Afternoon:</b> Balloon Toss Piano Music with Carol Adams <b>Evening:</b> Card Games and Lotion Hands	28 <b>Happy Birthday Monica!</b> <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			
			<b>Happy Birthday</b> Join us in wishing all residents, associates, family and friends a very happy birthday		<b>8 Dimensions of Wellness</b> 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:		
			Lenna Keeth 2/5 Physical Environmental Willis Adamson 2/17 Social Spiritual Jamie Marvin 2/26 Monica Smith 2/28	Vocational Intellectual Emotional Family	For the month of February we will be focusing on the dimension of Environmental and Spiritual Wellness. These activities are highlighted in Purple		