

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SPECIAL EVENTS

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, we provide programming that focuses on 8 Dimensions of Wellness:

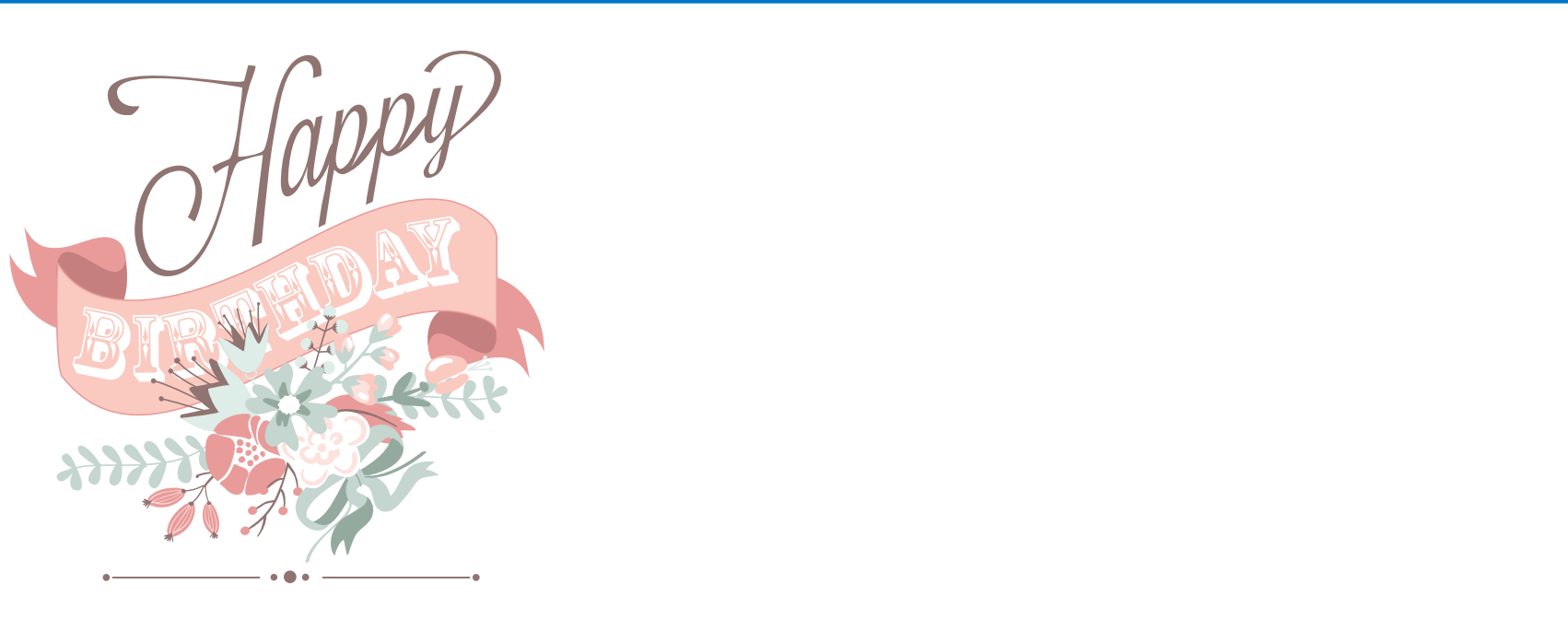
- Physical Environmental Vocational Intellectual
- Social Spiritual Emotional Health Services

For the month of January we will be focusing on **Spiritual Wellness**. These activities are marked with an asterisk.



This month we are traveling to

Join us as we explore the many different cultural regions from around the world each month. If you have any photos or experiences that you would like to share with the residents during a month please contact the Director of Life Enrichment.



1	MORNING	2	MORNING	3	MORNING	4	MORNING	5	MORNING
	AFTERNOON		AFTERNOON		AFTERNOON		AFTERNOON		AFTERNOON
	EVENING		EVENING		EVENING		EVENING		EVENING
6	MORNING	7	MORNING	8	MORNING	9	MORNING	10	MORNING
	AFTERNOON		AFTERNOON		AFTERNOON		AFTERNOON		AFTERNOON
	EVENING		EVENING		EVENING		EVENING		EVENING
13	MORNING	14	MORNING	15	MORNING	16	MORNING	17	MORNING
	AFTERNOON		AFTERNOON		AFTERNOON		AFTERNOON		AFTERNOON
	EVENING		EVENING		EVENING		EVENING		EVENING
20	MORNING	21	MORNING	22	MORNING	23	MORNING	24	MORNING
	AFTERNOON		AFTERNOON		AFTERNOON		AFTERNOON		AFTERNOON
	EVENING		EVENING		EVENING		EVENING		EVENING
27	MORNING	28	MORNING	29	MORNING	30	MORNING	31	MORNING
	AFTERNOON		AFTERNOON		AFTERNOON		AFTERNOON		AFTERNOON
	EVENING		EVENING		EVENING		EVENING		EVENING

Note: Scheduled activities and events are subject to change without prior notice. Please see Life Enrichment staff for any possible changes and/or updates.
 Managed by Life Care Services