

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SPECIAL EVENTS
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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:

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| Physical | Environmental | Vocational | Intellectual |
| Social | Spiritual | Emotional | Health Services |

For the month of April we will be focusing on **Physical 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	2	3	4	5	6	
	MORNING	MORNING	MORNING	MORNING	MORNING	MORNING	
	AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON	
	EVENING	EVENING	EVENING	EVENING	EVENING	EVENING	
7	8	9	10	11	12	13	
MORNING	MORNING	MORNING	MORNING	MORNING	MORNING	MORNING	
AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON	
EVENING	EVENING	EVENING	EVENING	EVENING	EVENING	EVENING	
14	15	16	17	18	19	20	
MORNING	MORNING	MORNING	MORNING	MORNING	MORNING	MORNING	
AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON	
EVENING	EVENING	EVENING	EVENING	EVENING	EVENING	EVENING	
21	22	23	24	25	26	27	
MORNING	MORNING	MORNING	MORNING	MORNING	MORNING	MORNING	
AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON	
EVENING	EVENING	EVENING	EVENING	EVENING	EVENING	EVENING	
28	29	30					
MORNING	MORNING	MORNING					
AFTERNOON	AFTERNOON	AFTERNOON					
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