

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SPECIAL EVENTS

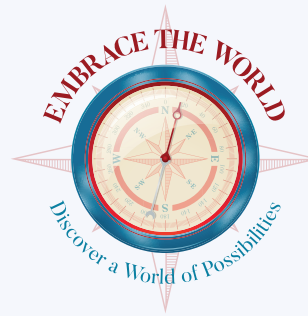
8 Dimensions of Wellness

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:

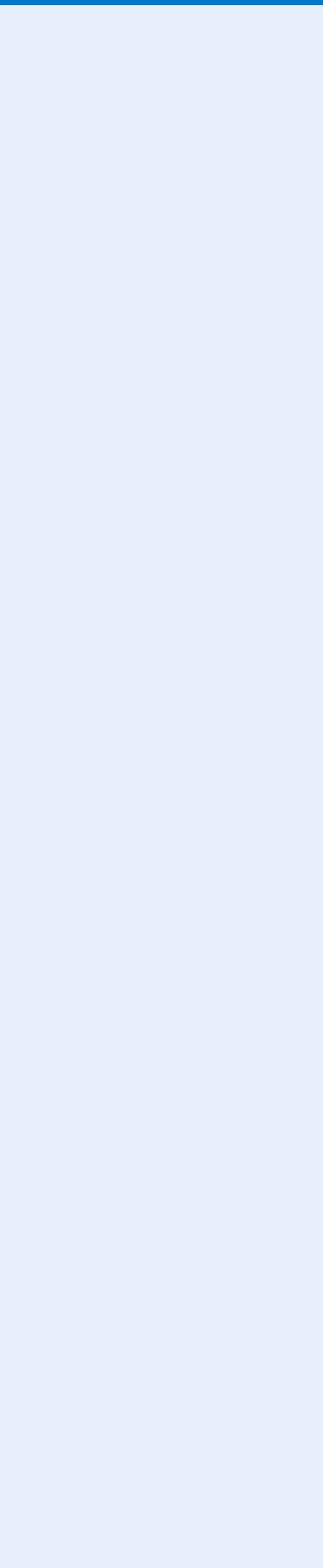
Physical Environmental Vocational Intellectual
 Social Spiritual Health Services Emotional

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
11	MORNING	12	MORNING	13	MORNING	14	MORNING	15	MORNING
	AFTERNOON		AFTERNOON		AFTERNOON		AFTERNOON		AFTERNOON
	EVENING		EVENING		EVENING		EVENING		EVENING

SUNDAY			MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY			SPECIAL EVENTS		
13			14			15			16			17			18			19					
MORNING			MORNING			MORNING			MORNING			MORNING			MORNING								
AFTERNOON			AFTERNOON			AFTERNOON			AFTERNOON			AFTERNOON			AFTERNOON								
EVENING			EVENING			EVENING			EVENING			EVENING			EVENING								
20			21			22			23			24			25			26					
MORNING			MORNING			MORNING			MORNING			MORNING			MORNING								
AFTERNOON			AFTERNOON			AFTERNOON			AFTERNOON			AFTERNOON			AFTERNOON								
EVENING			EVENING			EVENING			EVENING			EVENING			EVENING								
27			28			29			30			31											
MORNING			MORNING			MORNING			MORNING			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.