


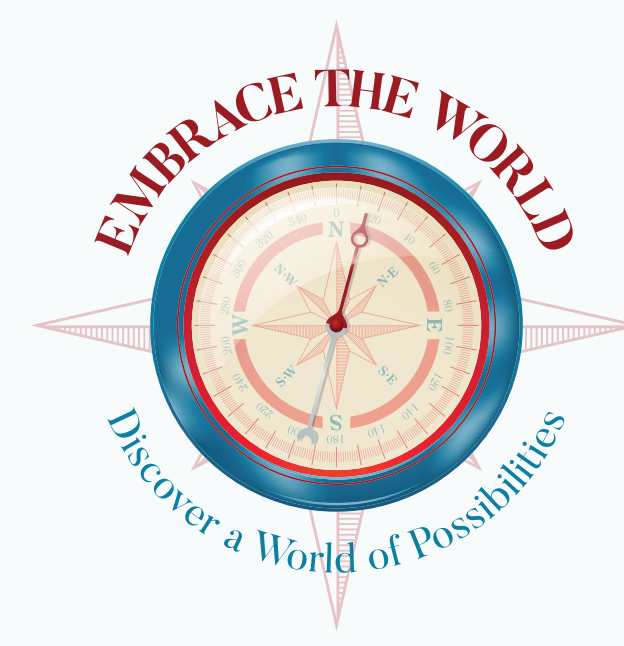
SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SPECIAL EVENTS

| | | | | | | | |
|--|--|--|---|---|---|---|--|
|  | | | 1 | 2 | 3 | 4 | |
|--|--|--|---|---|---|---|--|

| | | | | | | | |
|--------------------|---|----------------|---|---|----|------------------|--|
| Daylight Savings 5 | 6 | Election Day 7 | 8 | 9 | 10 | Veteran's Day 11 | |
|--------------------|---|----------------|---|---|----|------------------|--|

| | | | | | | | |
|----|----|----|----|----|----|----|--|
| 12 | 13 | 14 | 15 | 16 | 17 | 18 | |
|----|----|----|----|----|----|----|--|

| | | | | | | | |
|----|----|----|----|-----------------|----|----|--|
| 19 | 20 | 21 | 22 | Thanksgiving 23 | 24 | 25 | |
|----|----|----|----|-----------------|----|----|--|

| | | | | | | |
|----|----|----|----|----|--|--|
| 26 | 27 | 28 | 29 | 30 |  <p>This month we are celebrating Singapore 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.</p> | |
|----|----|----|----|----|--|--|

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. These dimensions of wellness are:

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

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



NOTE: Scheduled activities are subject to change without notice. Please see bulletin board for any possible changes.