
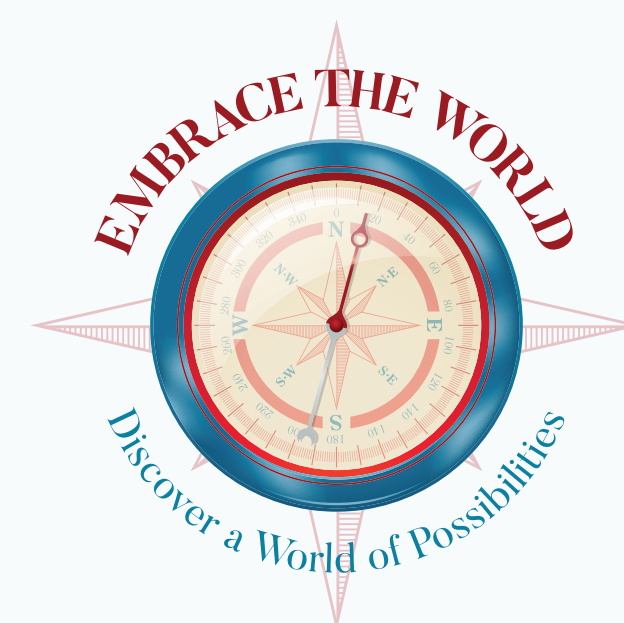


SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SPECIAL EVENTS	
						1		2		3		4			
						Morning		Morning		Morning		Morning			
						Afternoon		Afternoon		Afternoon		Afternoon			
Evening		Evening		Evening		Evening		Evening		Evening					
5		6		7		8		9		10		11			
Morning		Morning		Morning		Morning		Morning		Morning		Morning			
Afternoon		Afternoon		Afternoon		Afternoon		Afternoon		Afternoon		Afternoon			
Evening		Evening		Evening		Evening		Evening		Evening		Evening			
12		13		14		15		16		17		18			
Morning		Morning		Morning		Morning		Morning		Morning		Morning			
Afternoon		Afternoon		Afternoon		Afternoon		Afternoon		Afternoon		Afternoon			
Evening		Evening		Evening		Evening		Evening		Evening		Evening			
19		20		21		22		23		24		25			
Morning		Morning		Morning		Morning		Morning		Morning		Morning			
Afternoon		Afternoon		Afternoon		Afternoon		Afternoon		Afternoon		Afternoon			
Evening		Evening		Evening		Evening		Evening		Evening		Evening			
26		27		28		29		30				<p>This month we are celebrating Singapore</p> <p>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>			
Morning		Morning		Morning		Morning		Morning							
Afternoon		Afternoon		Afternoon		Afternoon		Afternoon							
Evening		Evening		Evening		Evening		Evening		Evening		Evening			

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.