




SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SPECIAL EVENTS
<p>8 Dimensions of Wellness</p> <p>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:</p> <p>Physical Environmental Vocational Intellectual Social Spiritual Emotional Health Services</p> <p>For the month of January we will be focusing on Vocational Wellness. These activities are marked with an asterisk.</p>		 <p>This month we are traveling to</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>					
	1 NEW YEAR'S DAY	2	3	4	5	6	
7	8	9	10	11	12	13	
14	15 MARTIN LUTHER KING JR. DAY	16	17	18	19	20	
21	22	23	24	25	26	27	
28	29	30	31				

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