Engaging Wellness

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SPECIAL EVENTS
8 Dimensions of Wellness		This month we are traveling to					
Health and wellness means having a balanced life rich in vitality and well-		RACE THE WO					
being. To assist our residents in achieved we provide programming that focuse	eving a healthier and happier lifestyle,	E No.					
			s as we explore the many different				
Physical Environmental	Vocational Intellectual	month	I regions from around the world each If you have any photos or experiences				
Social Spiritual	Emotional Health Services	that yo	u would like to share with the residents			080	
For the month of May we will be focusing on Emotional Wellness . These activities are marked with an asterisk.		\ 	a month please contact the Director of richment.			Cinan	
activities are marked with an asteris		LIIC LII		2			
		MORNING	MORNING	MORNING	MORNING	MORNING	
3							
Happy		AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON	
BIRTHDAY		7 1.2	7.1. 1.2.11.0.01.	7 1 <u></u>	7 1 = 110011	7.1. 1.2.1110.011	
FROM ALL OF US					FVENUMO		
		EVENING	EVENING	EVENING	EVENING	EVENING	
6	7	8	9	10	11	12	
MORNING	MORNING	MORNING	MORNING	MORNING	MORNING	MORNING	
AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON	
EVENING	EVENING	EVENING	EVENING	EVENING	EVENING	EVENING	
13	14	15	16	17	18	19	
MORNING	MORNING	MORNING	MORNING	MORNING	MORNING	MORNING	
AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON	
EVENING	EVENING	EVENING	EVENING	EVENING	EVENING	EVENING	
20	21	22	22	24	25	26	
20 MORNING	MORNING	22 MORNING	23 MORNING	MORNING	25 MORNING	26 MORNING	
AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON	
711 1 L11110 011	AL LEINOUN	ALIZINGON		AT LINGON	AL LEHIOON	AL LEHITOUR	
EVENUALO	EVENINO.			EVENUA O	EVENUA O	EVENUA O	
EVENING	EVENING	EVENING	EVENING	EVENING	EVENING	EVENING	
27	28	29		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.
							Managed by Life Care Services 🖨 🖔