

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 Emotional Health Services

For the month of May we will be focusing on **Emotional 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		2		3		4		5	
		MORNING		MORNING		MORNING		MORNING	
		AFTERNOON		AFTERNOON		AFTERNOON		AFTERNOON	
EVENING		EVENING		EVENING		EVENING		EVENING	
6		7		8		9		10	
MORNING		MORNING		MORNING		MORNING		MORNING	
AFTERNOON		AFTERNOON		AFTERNOON		AFTERNOON		AFTERNOON	
EVENING		EVENING		EVENING		EVENING		EVENING	
13		14		15		16		17	
MORNING		MORNING		MORNING		MORNING		MORNING	
AFTERNOON		AFTERNOON		AFTERNOON		AFTERNOON		AFTERNOON	
EVENING		EVENING		EVENING		EVENING		EVENING	
20		21		22		23		24	
MORNING		MORNING		MORNING		MORNING		MORNING	
AFTERNOON		AFTERNOON		AFTERNOON		AFTERNOON		AFTERNOON	
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.