

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SPECIAL EVENTS				
<div><div><div><div>Eight Dimensions of Health and Wellness</div><div>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 Eight Dimensions:</div><div>Physical   Environmental   Vocational   Intellectual</div><div>Social   Spiritual   Emotional   Health Services</div><div>For the month of February we will be focusing on <b>Health Services Wellness</b>. These activities are marked with an asterisk.</div></div></div></div>				<div><div><div><div>This month we are traveling to</div><div><div></div><div>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.</div></div></div></div></div>														
<div><div><div>HAPPY BIRTHDAY</div></div></div>				1		2		3		4		5						
6		7		8		9		10		11		12						

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SPECIAL EVENTS
13	14	15	16	17	18	19	
20	21	22	23	24	25	26	
27	28						
<div>Note: Scheduled activities and events are subject to change without prior notice. Please see Life Enrichment staff for any possible changes and/or updates.</div> <div>Managed by  Life Care Services® </div>							