

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SPECIAL EVENTS

Eight Dimensions of Health and 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 Eight Dimensions:

Physical Environmental Vocational Intellectual
Social Spiritual Emotional Health Services

For the month of November we will be focusing on **Physical 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.

HAPPY BIRTHDAY

		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	29	30				

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