FEBRUARY 2023

Engaging Wellness

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SPECIAL EVENTS
8 Dimensions of Wellness		This month we are traveling to		H fl D D Y BIR THD fl Y			
residents in achieving a lifestyle, we provide pro on 8 Dimensions of Well Physical Environmental V Social Spiritual E	vell-being. To assist our a healthier and happier ogramming that focuses liness:	The World of Possibility wi	oin us as we explore the any different cultural gions from around the orld each month. If you have my photos or experiences at you would like to share the the residents during a onth please contact the rector of Life Enrichment.	different cultural from around the ch month. If you have tos or experiences would like to share residents during a blease contact the			
			1	2	3	4	
5	6	7	8	9	10	11	
	1						

FEBRUARY 2023

Engaging Wellness

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SPECIAL EVENTS				
12	13	14	15	16	17	18					
19	20	21	22	23	24	25					
26	27	28					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				