


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SPECIAL EVENTS
<p>8 Dimensions of Wellness</p> <p>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. These dimensions of wellness are:</p> <ul style="list-style-type: none"> • Physical • Environmental • Vocational • Intellectual • Social • Spiritual • Emotional • Health Services <p>For the month of May we will be focusing on Intellectual Wellness. These activities are marked with an asterisk.</p>	<p>This month we are celebrating</p> <h2>Mexico</h2>  <p>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.</p>	<p>Ambassador Packages</p>					
	<p><i>May Day</i> 1</p>	2	3	4	<p><i>Cinco de Mayo</i> 5</p>	6	
7	8	9	10	11	12	13	

Embrace the World

May 2017

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<i>Mother's Day</i> 14	15	16	17	18	19	<i>Armed Forces Day</i> 20	
21	22	23	24	25	26	27	
<i>Memorial Day</i> 28	29	30	31				

NOTE: Scheduled activities are subject to change without notice. Please see bulletin board for any possible changes.