

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 January we will be focusing on **Vocational 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 NEW YEAR!



2018

1	NEW YEAR'S DAY	2	3	4	5	6				
	MORNING						MORNING	MORNING	MORNING	MORNING
	AFTERNOON						AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON
7	MORNING	8	9	10	11	12				
	AFTERNOON						MORNING	MORNING	MORNING	MORNING
	EVENING						AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON
13	MORNING	14	15	16	17	18				
	AFTERNOON						MORNING	MORNING	MORNING	MORNING
	EVENING						AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON

SPECIAL EVENTS

SUNDAY			MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY			SPECIAL EVENTS		
14			15 MLK JR. DAY			16			17			18			19			20					
MORNING			MORNING			MORNING			MORNING			MORNING			MORNING			MORNING					
AFTERNOON			AFTERNOON			AFTERNOON			AFTERNOON			AFTERNOON			AFTERNOON			AFTERNOON					
EVENING			EVENING			EVENING			EVENING			EVENING			EVENING			EVENING					
21			22			23			24			25			26			27					
MORNING			MORNING			MORNING			MORNING			MORNING			MORNING			MORNING					
AFTERNOON			AFTERNOON			AFTERNOON			AFTERNOON			AFTERNOON			AFTERNOON			AFTERNOON					
EVENING			EVENING			EVENING			EVENING			EVENING			EVENING			EVENING					
28			29			30			31														
MORNING			MORNING			MORNING			MORNING														
AFTERNOON			AFTERNOON			AFTERNOON			AFTERNOON														
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.