

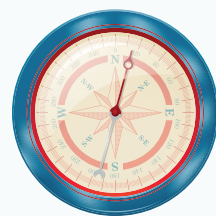
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SPECIAL EVENTS		
<p><b>8 Dimensions of Wellness</b></p> <p>Health and wellness means having a balanced life rich in vitality and well-being. To assist our residents in achieving a healthier and happier lifestyle, we provide programming that focuses on 8 Dimensions of Wellness. These dimensions of wellness are:</p> <p>Physical Environmental Vocational Intellectual            Social Spiritual Emotional Health Services</p> <p>For the month of September we will be focusing on <b>Health Services</b>. These activities are marked with an asterisk.</p>					<b>1</b>	<b>2</b>			
					Morning	Morning			
								Afternoon	Afternoon
								Evening	Evening
<b>3</b>	<i>Labor Day</i> <b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>			
Morning	Morning	Morning	Morning	Morning	Morning	Morning			
Afternoon	Afternoon	Afternoon	Afternoon	Afternoon	Afternoon	Afternoon			
Evening	Evening	Evening	Evening	Evening	Evening	Evening			
<i>Grandparent's Day</i> <b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>			
Morning	Morning	Morning	Morning	Morning	Morning	Morning			
Afternoon	Afternoon	Afternoon	Afternoon	Afternoon	Afternoon	Afternoon			
Evening	Evening	Evening	Evening	Evening	Evening	Evening			

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SPECIAL EVENTS
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	
Morning	Morning	Morning	Morning	Morning	Morning	Morning	
Afternoon	Afternoon	Afternoon	Afternoon	Afternoon	Afternoon	Afternoon	
Evening	Evening	Evening	Evening	Evening	Evening	Evening	
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	
Morning	Morning	Morning	Morning	Morning	Morning	Morning	
Afternoon	Afternoon	Afternoon	Afternoon	Afternoon	Afternoon	Afternoon	
Evening	Evening	Evening	Evening	Evening	Evening	Evening	



This month we are celebrating


## Egypt



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.



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

Managed by  Life Care Services 