














































































































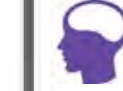











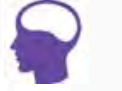

































































Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>DIMENSIONS OF WELLNESS</p> <p>  Physical  Emotional  Spiritual  Environmental  Creative Arts  Social  Intellectual  Purposeful </p>						
					1	2
					<p> 9:30 Strech/ Breathing Exercises</p> <p> 10:15 Sorting Beads for Bracelets</p> <p> 11:00 Finish the Phrase</p> <p> 2:00 Puzzles with Friends</p> <p> 6:00 Evening Devotions</p>	<p> 9:30 Outdoor Walking Club</p> <p> 10:15 Coffee Club</p> <p> 11:00 Morning Hymns</p> <p> 2:00 Filling Bird Feeders</p> <p> 3:30 Card Game</p> <p> 6:00 Saturday Mass</p>
3	4	5	6	7	8	9
<p> 9:30 Jumbo Bowling</p> <p> 10:15 Creative Clay Cups</p> <p> 11:00 Name 3</p> <p> 2:00 Church Service</p> <p> 3:30 Making Herb Gardens</p> <p> 6:00 Charades</p>	<p> 9:30 Movin & Groovin</p> <p> 10:15 Mindfulness Mondays</p> <p> 11:00 Candy Challenge</p> <p> 2:00 Monday Manicures</p> <p> 3:30 Making Clay Jewelry</p> <p> 6:00 Chocolate Tasting</p>	<p> 9:30 Strech/ Breathing Exercises</p> <p> 10:15 Short Story Book Club</p> <p> 11:00 Matching Game</p> <p> 2:00 Craft: No Sew Blankets</p> <p> 3:30 Floral Arranging</p> <p> 6:00 Hand Massages</p>	<p> 9:30 Drum Circle</p> <p> 10:15 Love on a Leash Visits</p> <p> 11:00 Music Bingo</p> <p> 2:00 Tea Party at Jill's Tea Room</p> <p> 3:30 Armchair Travel :Disney Land</p> <p> 6:00 Movie Night</p>	<p> 9:30 Dance Party</p> <p> 10:15 Craft: Weaving Baskets</p> <p> 11:00 Trivia Challenge</p> <p> 2:00 Cookies for Cops</p> <p> 3:30 Delivering Cookies to Police</p> <p> 6:00 Comedy Hour</p>	<p> 9:30 Strech/ Breathing Exercises</p> <p> 10:15 Making Lemonade</p> <p> 11:00 Bingo</p> <p> 2:00 Lemon Day Party</p> <p> 3:30 Roll a Lemon Game</p> <p> 6:00 Evening Devotions</p>	<p> 9:30 Outdoor Walking Club</p> <p> 10:15 Coffee Club</p> <p> 11:00 Morning Hymns</p> <p> 2:00 Filling Bird Feeders</p> <p> 3:30 Card Game</p> <p> 6:00 Saturday Mass</p>
10	11	12	13	14	15	16
<p> 9:30 Volleyball</p> <p> 10:15 Button Art</p> <p> 11:00 This or That Trivia</p> <p> 2:00 Church Service</p> <p> 3:30 Name that Nature Sound</p> <p> 6:00 Movie with Friends</p>	<p> 9:30 Movin & Groovin</p> <p> 10:15 Mindfulness Mondays</p> <p> 11:00 Wacky Words</p> <p> 2:00 Monday Manicures</p> <p> 3:30 Making Wreaths</p> <p> 6:00 Evening Sing A Long</p>	<p> 9:30 Strech/Breathing Exercises</p> <p> 10:15 Short Story Book Club</p> <p> 11:00 Finish the Lyric Sharing</p> <p> 2:00 Family Recipes</p> <p> 3:30 Penguin Art</p> <p> 6:00 Word of the Day</p>	<p> 9:30 Drum Circle</p> <p> 10:15 Forbes</p> <p> 11:00 Elementary Visit Bingo</p> <p> 2:00 Baking Club</p> <p> 3:30 Scenic Drive</p> <p> 6:00 Movie Night</p>	<p> 9:30 Dance Party</p> <p> 10:15 Paint by Number Junk</p> <p> 11:00 Drawer Detective</p> <p> 2:00 Penny Flea Market</p> <p> 3:30 Craft: Hats for Homeless</p> <p> 6:00 Comedy Hour</p>	<p> 9:30 Strech/ Breathing Exercises</p> <p> 10:15 Abstract Painting</p> <p> 11:00 Bingo</p> <p> 2:00 Making Cheese Balls</p> <p> 3:30 Party & Photo Booth</p> <p> 6:00 Fondue Bar</p>	<p> 9:30 Outdoor Walking Club</p> <p> 10:15 Coffee Club</p> <p> 11:00 Morning Hymns</p> <p> 2:00 Filling Bird Feeders</p> <p> 3:30 Card Game</p> <p> 6:00 Saturday Mass</p>
17	18	19	20	21	22	23
<p> 9:30 Bean Bag Twister</p> <p> 10:15 Paint to Music</p> <p> 11:00 Famous Faces</p> <p> 2:00 Church Service</p> <p> 3:30 Making Dandelion Tea</p> <p> 6:00 Evening Short Stories</p>	<p> 9:30 Movin & Groovin</p> <p> 10:15 Mindfulness Mondays</p> <p> 11:00 Press Your Luck</p> <p> 2:00 Monday Manicures</p> <p> 3:30 Craft: Birdhouses</p> <p> 6:00 Jumbo Crosswords</p>	<p> 9:30 Strech/Breathing Exercises</p> <p> 10:15 Short Story Book Club</p> <p> 11:00 Dice Game: 500</p> <p> 2:00 Baking Hand Pies</p> <p> 3:30 UNO</p> <p> 6:00 Hand Massages</p>	<p> 9:30 Drum Circle</p> <p> 10:15 Love on a Leash Visits</p> <p> 11:00 Bingo</p> <p> 12:15 Lunch at Olive Garden</p> <p> 2:00 Hats for Homeless Delivery</p> <p> 6:00 Movie Night</p>	<p> 9:30 Dance Party</p> <p> 10:15 Banner Contest</p> <p> 11:00 Basketball Word Game</p> <p> 2:00 Free Throw Shootout</p> <p> 3:30 Basketball Party</p> <p> 6:00 Basketball Pong</p>	<p> 9:30 Strech/ Breathing Exercises</p> <p> 10:15 Sponge Painting</p> <p> 11:00 Bingo</p> <p> 2:00 Cards for Caregivers</p> <p> 3:30 Tic Tac Toe Toss</p> <p> 5:00 Family Mystery Dinner</p>	<p> 9:30 Outdoor Walking Club</p> <p> 10:15 Coffee Club</p> <p> 11:00 Morning Hymns</p> <p> 2:00 Filling Bird Feeders</p> <p> 3:30 Card Game</p> <p> 6:00 Saturday Mass</p>
24	25	26	27	28	29	30
<p> 9:30 Chair Soccer</p> <p> 10:15 Sing with Sue</p> <p> 11:00 Jeopardy</p> <p> 2:00 Church Service</p> <p> 3:30 Virtual Aquarium Trip</p> <p> 6:00 Movie with Friends</p>	<p> 9:30 Movin & Groovin</p> <p> 10:15 Mindfulness Mondays</p> <p> 11:00 20 questions</p> <p> 2:00 Monday Manicures</p> <p> 3:30 Monday Matinee</p> <p> 6:00 Crazy 8s</p>	<p> 9:30 Strech/ Breathing Exercises</p> <p> 10:15 Short Story Book Club</p> <p> 11:00 Lunch Outing at Tucker's</p> <p> 2:00 Paint by Number</p> <p> 3:30 Floral Painting</p> <p> 6:00 Making Punch</p>	<p> 9:30 Drum Circle</p> <p> 10:15 Hymns with Hank</p> <p> 11:00 Bingo</p> <p> 1:00 Trip to the Museum</p> <p> 3:30 Craft: Centerpieces</p> <p> 6:00 Movie Night</p>	<p> 9:30 Dance Party</p> <p> 10:15 Music with Bill</p> <p> 11:00 What Did It Cost?</p> <p> 2:00 Yarn Club</p> <p> 3:30 Lucky 6</p> <p> 6:00 Comedy Hour</p>	<p> 9:30 Strech/ Breathing Exercises</p> <p> 10:15 Making Edible Art</p> <p> 11:00 Bingo</p> <p> 2:00 Volunteer Group Meets</p> <p> 3:30 Happy Hour With Music</p> <p> 6:00 Evening Devotions</p>	<p> 9:30 Outdoor Walking Club</p> <p> 10:45 Coffee Club</p> <p> 11:00 Morning Hymns</p> <p> 2:00 Filling Bird Feeders</p> <p> 3:30 Card Game</p> <p> 6:00 Saturday Mass</p>