

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>DIMENSIONS OF WELLNESS</p> <ul style="list-style-type: none"> <li style="width: 50%;"> Physical <li style="width: 50%;"> Emotional <li style="width: 50%;"> Spiritual <li style="width: 50%;"> Environmental <li style="width: 50%;"> Creative Arts <li style="width: 50%;"> Social <li style="width: 50%;"> Intellectual <li style="width: 50%;"> Purposeful 						
					1	2
					9:30 Strech/ Breathing Exercises 10:15 Sorting Beads for Bracelets 11:00 Finish the Phrase 2:00 Puzzles with Friends 6:00 Evening Devotions	9:30 Outdoor Walking Club 10:15 Coffee Club 11:00 Morning Hymns 2:00 Filling Bird Feeders 3:30 Card Game 6:00 Saturday Mass
3	4	5	6	7	8	9
9:30 Jumbo Bowling 10:15 Creative Clay Cups 11:00 Name 3 2:00 Church Service 3:30 Making Herb Gardens 6:00 Charades	9:30 Movin & Groovin 10:15 Mindfulness Mondays 11:00 Candy Challenge 2:00 Monday Manicures 3:30 Making Clay Jewelry 6:00 Chocolate Tasting	9:30 Strech/ Breathing Exercises 10:15 Short Story Book Club 11:00 Matching Game 2:00 Craft: No Sew Blankets 3:30 Floral Arranging 6:00 Hand Massages	9:30 Drum Circle 10:15 Love on a Leash Visits 11:00 Music Bingo 2:00 Tea Party at Jill's Tea Room 3:30 Armchair Travel :Disney Land 6:00 Movie Night	9:30 Dance Party 10:15 Craft: Weaving Baskets 11:00 Trivia Challenge 2:00 Cookies for Cops 3:30 Delivering Cookies to Police 6:00 Comedy Hour	9:30 Strech/ Breathing Exercises 10:15 Making Lemonade 11:00 Bingo 2:00 Lemon Day Party 3:30 Roll a Lemon Game 6:00 Evening Devotions	9:30 Outdoor Walking Club 10:15 Coffee Club 11:00 Morning Hymns 2:00 Filling Bird Feeders 3:30 Card Game 6:00 Saturday Mass
10	11	12	13	14	15	16
9:30 Volleyball 10:15 Button Art 11:00 This or That Trivia 2:00 Church Service 3:30 Name that Nature Sound 6:00 Movie with Friends	9:30 Movin & Groovin 10:15 Mindfulness Mondays 11:00 Wacky Words 2:00 Monday Manicures 3:30 Making Wreaths 6:00 Evening Sing A Long	9:30 Strech/ Breathing Exercises 10:15 Short Story Book Club 11:00 Finish the Lyric 2:00 Sharing Family Recipes 3:30 Penguin Art 6:00 Word of the Day	9:30 Drum Circle 10:15 Forbes Elementary Visit 11:00 Bingo 2:00 Baking Club 3:30 Scenic Drive 6:00 Movie Night	9:30 Dance Party 10:15 Paint by Number 11:00 Junk Drawer Detective 2:00 Penny Flea Market 3:30 Craft: Hats for Homeless 6:00 Comedy Hour	9:30 Strech/ Breathing Exercises 10:15 Abstract Painting 11:00 Bingo 2:00 Making Cheese Balls 3:30 Party & Photo Booth 6:00 Fondue Bar	9:30 Outdoor Walking Club 10:15 Coffee Club 11:00 Morning Hymns 2:00 Filling Bird Feeders 3:30 Card Game 6:00 Saturday Mass
17	18	19	20	21	22	23
9:30 Bean Bag Twister 10:15 Paint to Music 11:00 Famous Faces 2:00 Church Service 3:30 Making Dandelion Tea 6:00 Evening Short Stories	9:30 Movin & Groovin 10:15 Mindfulness Mondays 11:00 Press Your Luck 2:00 Monday Manicures 3:30 Craft: Birdhouses 6:00 Jumbo Crosswords	9:30 Strech/ Breathing Exercises 10:15 Short Story Book Club 11:00 Dice Game: 500 2:00 Baking Hand Pies 3:30 UNO 6:00 Hand Massages	9:30 Drum Circle 10:15 Love on a Leash Visits 11:00 Bingo 12:15 Lunch at Olive Garden 2:00 Hats for Homeless Delivery 6:00 Movie Night	9:30 Dance Party 10:15 Banner Contest 11:00 Basketball Word Game 2:00 Free Throw Shootout 3:30 Basketball Party 6:00 Basketball Pong	9:30 Strech/ Breathing Exercises 10:15 Sponge Painting 11:00 Bingo 2:00 Cards for Caregivers 3:30 Tic Tac Toe Toss 5:00 Family Mystery Dinner	9:30 Outdoor Walking Club 10:15 Coffee Club 11:00 Morning Hymns 2:00 Filling Bird Feeders 3:30 Card Game 6:00 Saturday Mass
24	25	26	27	28	29	30
9:30 Chair Soccer 10:15 Sing with Sue 11:00 Jeopardy 2:00 Church Service 3:30 Virtual Aquarium Trip 6:00 Movie with Friends	9:30 Movin & Groovin 10:15 Mindfulness Mondays 11:00 20 questions 2:00 Monday Manicures 3:30 Monday Matinee 6:00 Crazy 8s	9:30 Strech/ Breathing Exercises 10:15 Short Story Book Club 11:00 Lunch Outing at Tucker's 2:00 Paint by Number 3:30 Floral Painting 6:00 Making Punch	9:30 Drum Circle 10:15 Hymns with Hank 11:00 Bingo 1:00 Trip to the Museum 3:30 Craft: Centerpieces 6:00 Movie Night	9:30 Dance Party 10:15 Music with Bill 11:00 What Did It Cost? 2:00 Yarn Club 3:30 Lucky 6 6:00 Comedy Hour	9:30 Strech/ Breathing Exercises 10:15 Making Edible Art 11:00 Bingo 2:00 Volunteer Group Meets 3:30 Happy Hour With Music 6:00 Evening Devotions	9:30 Outdoor Walking Club 10:15 Coffee Club 11:00 Morning Hymns 2:00 Filling Bird Feeders 3:30 Card Game 6:00 Saturday Mass