


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:</p> <p>Physical   Environmental   Vocational   Intellectual</p> <p>Social   Spiritual   Emotional   Health Services</p> <p>For the month of May we will be focusing on <b>Health Services Wellness</b>. These activities are marked with an asterisk.</p>		<p><b>This month we are traveling to</b></p> <div data-bbox="814 479 1112 770" data-label="Image"> </div> <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><b>HAPPY BIRTHDAY</b></p>	<p><b>1</b></p>		
<p><b>2</b></p>	<p><b>3</b></p>	<p><b>4</b></p>	<p><b>5</b></p>	<p><b>6</b></p>	<p><b>7</b></p>	<p><b>8</b></p>	
<p><b>9</b></p>	<p><b>10</b></p>	<p><b>11</b></p>	<p><b>12</b></p>	<p><b>13</b></p>	<p><b>14</b></p>	<p><b>15</b></p>	

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SPECIAL EVENTS
16	17	18	19	20	21	22	
23	24	25	26	27	28	29	
30	31						

Note: Scheduled activities and events are subject to change without prior notice. Please see Life Enrichment staff for any possible changes and/or updates.