




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 March 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.																				
1			2			3			4			5			6			7														
MORNING			MORNING			MORNING			MORNING			MORNING			MORNING			MORNING														
AFTERNOON			AFTERNOON			AFTERNOON			AFTERNOON			AFTERNOON			AFTERNOON			AFTERNOON														
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EVENING			EVENING			EVENING			EVENING			EVENING			EVENING			EVENING														
15			16			17			18			19			20			21														
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22			23			24			25			26			27			28														
MORNING			MORNING			MORNING			MORNING			MORNING			MORNING			MORNING														
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29			30			31																										
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