



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SPECIAL EVENTS
<p><b>Eight Dimensions of Health and 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 Eight Dimensions:</p> <p>Physical Environmental Vocational Intellectual Social Spiritual Emotional Health Services</p> <p>For the month of July 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>  <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>MORNING</p> <p>AFTERNOON</p> <p>EVENING</p>				
<p><b>2</b></p> <p>MORNING</p> <p>AFTERNOON</p> <p>EVENING</p>	<p><b>3</b></p> <p>MORNING</p> <p>AFTERNOON</p> <p>EVENING</p>	<p><b>4</b></p> <p>MORNING</p> <p>AFTERNOON</p> <p>EVENING</p>	<p><b>5</b></p> <p>MORNING</p> <p>AFTERNOON</p> <p>EVENING</p>	<p><b>6</b></p> <p>MORNING</p> <p>AFTERNOON</p> <p>EVENING</p>	<p><b>7</b></p> <p>MORNING</p> <p>AFTERNOON</p> <p>EVENING</p>	<p><b>8</b></p> <p>MORNING</p> <p>AFTERNOON</p> <p>EVENING</p>	
<p><b>9</b></p> <p>MORNING</p> <p>AFTERNOON</p> <p>EVENING</p>	<p><b>10</b></p> <p>MORNING</p> <p>AFTERNOON</p> <p>EVENING</p>	<p><b>11</b></p> <p>MORNING</p> <p>AFTERNOON</p> <p>EVENING</p>	<p><b>12</b></p> <p>MORNING</p> <p>AFTERNOON</p> <p>EVENING</p>	<p><b>13</b></p> <p>MORNING</p> <p>AFTERNOON</p> <p>EVENING</p>	<p><b>14</b></p> <p>MORNING</p> <p>AFTERNOON</p> <p>EVENING</p>	<p><b>15</b></p> <p>MORNING</p> <p>AFTERNOON</p> <p>EVENING</p>	

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SPECIAL EVENTS	
16		17		18		19		20		21		22			
MORNING		MORNING		MORNING		MORNING		MORNING		MORNING		MORNING			
AFTERNOON		AFTERNOON		AFTERNOON		AFTERNOON		AFTERNOON		AFTERNOON		AFTERNOON			
EVENING		EVENING		EVENING		EVENING		EVENING		EVENING		EVENING			
23		24		25		26		27		28		29			
MORNING		MORNING		MORNING		MORNING		MORNING		MORNING		MORNING			
AFTERNOON		AFTERNOON		AFTERNOON		AFTERNOON		AFTERNOON		AFTERNOON		AFTERNOON			
EVENING		EVENING		EVENING		EVENING		EVENING		EVENING		EVENING			
30		31		 <p>HAPPY 4 TH JULY INDEPENDENCE DAY</p>											
MORNING		MORNING													
AFTERNOON		AFTERNOON													
EVENING		EVENING													

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