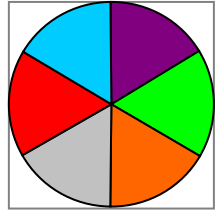


FEBRUARY 2017

MARCH 2017

Our Daily Wellness Path

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Morning 26 Wake Up & Current Events Walking Club & H2O Daily Devotions & Prayer Praiseful Singing</p> <p>Afternoon Church Service Ice Cream Social Bible Did you Know Afternoon Strolls</p> <p>Evening Aromatherapy & Massage Wellness Tea and Reflection Our Wellness Wheel</p>  <ul style="list-style-type: none"> ■ Emotional ■ Social ■ Vocational ■ Physical ■ Intellectual ■ Spiritual 	<p>Morning 27 Wake Up & Our Daily Bread Arm Chair Fitness & Refreshments Memory Jogging: Computer Games</p> <p>Afternoon Wine & Art Class: Paint by Numbers Body's in Motion : Bowling</p> <p>Evening 6:30 Nature Video 7:00 Evening Snack & Harp Music (Grapefruit) 7:30 Aromatherapy & Singalong</p>	<p>Mardi Gras 28 Morning Wake Up & Current Events Pancake Bar Sittersce & Refreshments Memory Jogging: Mardi Gras puzzle and crossword Snack & Daily News</p> <p>Afternoon Artistic Passions: Mardi Grus Mask Decorating Taste of New Orleans</p> <p>Evening 6:30 Movie Matinee & Popcorn Dean Martian 7:30 Aromatherapy & Pedicures</p>	<p>Morning 1 Wake Up & Our Daily Bread Chair Dancing & Refreshments Hymn sing along Tea & Trivia</p> <p>Afternoon Ash Wednesday Service Kitchen Creations: Cupcakes Body's in Motion : Indoor Hockey</p> <p>Evening Champagne & Lawrence Welks 7:30 Aromatherapy & Back Massage</p>	<p>Morning 2 Wake Up & Current Events Range of Motion & Refreshments Memory Jogging: Snack & Daily News</p> <p>Afternoon Body's in Motion: Scarf Dancing Bible Study with Pastor</p> <p>Evening 6:30 Animal Video 7:30 Aromatherapy & Music</p>	<p>Morning 3 Wake Up & Our Daily Bread Weight Training & Refreshments Educational Talks: Fiber Snack are you getting enough fiber Body's in Motion Wii</p> <p>Afternoon Body's in Motion Wii Reading Club: Readers Digest Karaoke Singalong</p> <p>Evening Family Connections Making St Patrick's cards Aromatherapy & Hand Massage</p>	<p>Morning 4 Wake Up & Current Events Walking Club & Refreshments Oldies and Goodies singalong</p> <p>Afternoon Bingo Nail Time</p> <p>Evening Grandma Trunk Reminisce Dr Seuss bookmark gifts Aromatherapy & Massage</p>



MARCH 2017

Our Daily Wellness Path

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning 5	Morning 6	Morning 7	Morning 8	Morning 9	Morning 10	Morning 11
Wake Up & Current Events	Wake Up & Our Daily Bread	Wake Up & Short Stories	Wake Up & Current Events	Wake Up & Our Daily Bread	Wake Up & Our Daily Bread	Wake Up & Current Events
Walking Club & H2O	Arm Chair Fitness & Refreshments	Sittersce & Refreshments	Chair Dancing & Refreshments	Range of Motion & Refreshments	Weight Training & Refreshments	Walking Club & Refreshments
Daily Devotions & Prayer Praiseful Singing	Memory Jogging Computer games	Memory Jogging: Occupational Charades	Hymn sing along Tea & Trivia	Memory Jogging: What Animal am I Snack & Daily News	Educational Talks Meditation Class Body's in Motion Wii	Oldies and Goodies singalong
Afternoon	Afternoon	Snack & Daily News	Lenten Devotions	Afternoon	Afternoon	Afternoon
Church Service	Crafty station: Lollipop Trees	Afternoon	Afternoon	Body's in Motion: Spring Bowling	Reading club	Winter Bingo Game
Ice Cream Social	Body's in Motion: Target Practice	Artistic Passions: Sponge Painting to Music	Kitchen Creations: Irish Soda Bread	Bible Study with Pastor	Men's Club Care Packages for the Homeless with the Salvation Army	Manicures
Bible Did you Know	Body's in Motion: Target Practice	Body's in Motion Patriotic Ball toss	Body's in Motion: Basketball Shoot			Strolling the Neighborhood
Afternoon Stroll			Evening			Evening
Evening	Evening	Evening	6:30 Champagne & Lawrence Welks	Evening	Evening	6:30 Grandma Trunk Reminisce Household chores
6:30 Wellness Tea and Reflection	6:30 Nature Video	6:30 Movie Matinee & Popcorn City Slickers	7:30 Aromatherapy & Back Massage	6:30 Trivia Challenge	6:30 Family Connections making St Patrick's cards	7:30 Aromatherapy & Massage
7:30 Aromatherapy & Hand Massage	7:00 Aromatherapy & Singalong	7:30 Aromatherapy &		7:30 Aromatherapy & Music	7:30 Aromatherapy & Hand Massage	

MARCH 2017

Our Daily Wellness Path

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>12</p>  <p>SPRING FORWARD Change Your Clocks March 13th</p> <p>Morning</p> <p>Wake Up & Current Events</p> <p>Walking Club & H2O</p> <p>Daily Devotions & Prayer Praiseful Singing</p> <p>Afternoon</p> <p>Church Service</p> <p>Ice Cream Social</p> <p>Bible Did you Know</p> <p>Evening</p> <p>6:30 Wellness Tea and Reflection</p> <p>7:30 Aromatherapy & Massage</p>	<p>13</p> <p>Morning</p> <p>Early Morning Coffee Boaster</p> <p>Wake Up & Our Daily Bread</p> <p>Arm Chair Fitness & Refreshments</p> <p>Memory Jogging Computer games</p> <p>Body's in Motion: Latin chair aerobics</p> <p>Afternoon</p> <p>Crafty station: No Sew scent Sachets</p> <p>Soda Shop Shamrock Shake</p> <p>Evening</p> <p>6:30 Nature Video</p> <p>7:30 Aromatherapy & Sing along</p>	<p>14</p> <p>Morning</p> <p>Wake Up & Short Stories</p> <p>Sittersce & Refreshments</p> <p>Memory Jogging:</p> <p>Snack & Daily News</p> <p>Afternoon</p> <p>Artistic Passions: Clay Irish men</p> <p>Body's in Motion: Making Waves</p> <p>Evening</p> <p>6:30 Movie Matinee & Popcorn * Steele Magnolia</p> <p>7:30 Aromatherapy & Pedicures</p>	<p>15</p> <p>Morning</p> <p>Wake Up & Current Events</p> <p>Chair Dancing & Refreshments</p> <p>Hymn sing along</p> <p>Snack & Trivia</p> <p>Lenten Devotions</p> <p>Afternoon</p> <p>Kitchen Creations : Lucky Charms Treat</p> <p>Body's in Motion: Ring around the Bottle</p> <p>Evening</p> <p>6:30 Shirley Temple Movie Night</p> <p>7:30 Aromatherapy & Back Massage</p>	<p>16</p> <p>Morning</p> <p>Wake Up & Our Daily Bread</p> <p>Weight Training & Refreshments</p> <p>Educational Talks Brain Health</p> <p>Body's in Motion Wii</p> <p>Afternoon</p> <p>Reading club</p> <p>Garden Club eggshell flowerpot</p> <p>Evening</p> <p>6:30 Family Connections</p> <p>7:30 Aromatherapy & Music</p>	<p>17</p>  <p>Happy St. Patrick's Day</p> <p>Morning</p> <p>Wake Up & Our Daily Bread</p> <p>Range of Motion & Refreshments</p> <p>Memory Jogging: Snack & Daily News</p> <p>St Patrick's Day Lunch Rueben's</p> <p>Afternoon</p> <p>Bible Study with Pastor</p> <p>St Patrick Day Party Evening</p> <p>6:30 Irish Pub Night Green Beer & Irish songs</p> <p>7:30 Aromatherapy & Hand Massage</p>	<p>18</p> <p>Morning</p> <p>Wake Up & Current Events</p> <p>Walking Club & Refreshments</p> <p>Oldies and Goodies singalong</p> <p>Afternoon</p> <p>Doggie Afternoon</p> <p>Manicures</p> <p>Strolling the Neighborhood</p> <p>Corn Dogs & Basketball</p> <p>Evening</p> <p>6:30 Grandma Trunk Reminisce Namesakes</p> <p>7:30 Aromatherapy & Massage</p>

MARCH 2017

Our Daily Wellness Path

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning 19	Morning 20	Morning 21	Morning 22	Morning 23	Morning 24	Morning 25
<p>Wake Up & Current Events</p> <p>Walking Club & H2O</p> <p>Daily Devotions & Prayer Praiseful Singing</p>	<p>Wake Up & Our Daily Bread</p> <p>Arm Chair Fitness & Refreshments</p> <p>Memory Jogging Computer games</p> <p>Body's in Motion: Coin curling</p> <p>Afternoon Crafty station: Easter Cross</p> <p>Soda Shop Candy Milkshake</p>	<p>Wake Up & Short Stories</p> <p>Sittersce & Refreshments</p> <p>Memory Jogging: Snack & Daily News</p> <p>Afternoon Body's in Motion Nature Walk</p> <p>Artistic Passions: Raspberry & Lemon Sugar scrub</p>	<p>Wake Up & Current Events</p> <p>Chair Dancing & Refreshments</p> <p>Hymn sing along</p> <p>Tea & Trivia</p> <p>Lenten Devotions</p> <p>Afternoon Kitchen Creations: Trail Mix</p> <p>Body's in Motion: Strolling the Neighborhood</p> <p>Evening</p> <p>6:30 Champagne & Lawrence Welks</p> <p>7:30 Aromatherapy & Back Massage</p>	<p>Wake Up & Our Daily Bread</p> <p>Range of Motion & Refreshments</p> <p>Memory Jogging: Snack & Daily News</p> <p>Afternoon</p> <p>Body's in Motion: Egg Bocce Ball</p> <p>Bible Study with Pastor</p> <p>Evening</p> <p>6:30 Animal Video</p> <p>7:30 Aromatherapy & Music</p>	<p>Wake Up & Our Daily Bread</p> <p>Weight Training & Refreshments</p> <p>Educational Talks Water Why it's good for you Flavored Water Bar</p> <p>Afternoon Body's in Motion Wii</p> <p>Gardening Club Spring Bulbs</p> <p>Reading club</p> <p>Evening</p> <p>6:30 Family Connections</p> <p>7:30 Aromatherapy & Hand Massage</p>	<p>Wake Up & Current Events</p> <p>Walking Club & Refreshments</p> <p>Oldies and Goodies singalong</p> <p>Afternoon Chocolate Tea Party</p> <p>Manicures</p> <p>Strolling the Neighborhood</p> <p>Evening</p> <p>6:30 Grandma Trunk Reminisce</p> <p>7:30 Aromatherapy & Massage</p>
<p>Afternoon</p> <p>Church Service</p> <p>Ice Cream Social</p> <p>Bible Did you Know</p>	<p>Evening</p> <p>6:30 Nature Video</p> <p>7:00 Evening Snack & Harp Music</p> <p>7:30 Aromatherapy & Singalong</p>	<p>Evening</p> <p>6:30 Abbott & Costello Movie Matinee with Beer & Nuts</p> <p>7:30 Aromatherapy & Pedicures</p>	<p>Evening</p> <p>6:30 Champagne & Lawrence Welks</p> <p>7:30 Aromatherapy & Back Massage</p>	<p>Evening</p> <p>6:30 Animal Video</p> <p>7:30 Aromatherapy & Music</p>	<p>Evening</p> <p>6:30 Family Connections</p> <p>7:30 Aromatherapy & Hand Massage</p>	<p>Evening</p> <p>6:30 Grandma Trunk Reminisce</p> <p>7:30 Aromatherapy & Massage</p>
<p>Evening</p> <p>6:30 Wellness Tea and Reflection</p> <p>7:30 Aromatherapy & Massage</p>						

MARCH 2017

Our Daily Wellness Path

APRIL

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning 26	Morning 27	Morning 28	Morning 29	Morning 30	Morning 31	Morning 1
<p>Wake Up & Current Events</p> <p>Walking Club & H2O</p> <p>Daily Devotions & Prayer Praiseful Singing</p> <p>Afternoon</p> <p>Church Service</p> <p>Ice Cream Social</p> <p>Bible Did you Know</p> <p>Evening</p> <p>6:30 Wellness Tea and Reflection</p> <p>7:30 Aromatherapy & Massage</p>	<p>Wake Up & Our Daily Bread</p> <p>Arm Chair Fitness & Refreshments</p> <p>Memory Jogging</p> <p>Computer games</p> <p>Afternoon</p> <p>Crafty station: Hanging Junk Garden</p> <p>Body's in Motion: Spring Ball Toss</p> <p>Martini Monday</p> <p>Evening</p> <p>6:30 Nature Video</p> <p>7:00 Evening Snack & Harp Music</p> <p>7:30 Aromatherapy & Singalong</p>	<p>Wake Up & Short Stories</p> <p>Sittersce & Refreshments</p> <p>Memory Jogging:</p> <p>Snack & Daily News</p> <p>Afternoon</p> <p>Body's in Motion: Giant Marbles</p> <p>Artistic Passions: Planting Succulent Plant</p> <p>Evening</p> <p>6:30 Movie Matinee & Popcorn * Green Fried tomatoes</p> <p>7:30 Aromatherapy & Pedicures</p>	<p>Wake Up & Current Events</p> <p>Chair Dancing & Refreshments</p> <p>Hymn sing along</p> <p>Tea & Trivia</p> <p>Lenten Devotions Afternoon</p> <p>Kitchen Creations: Dutch Apple Pies</p> <p>Body's in Motion: Strolling the Neighborhood & Fragrant walk</p> <p>Evening</p> <p>6:30 Champagne & Lawrence Welks</p> <p>7:30 Aromatherapy & Back Massage</p>	<p>Wake Up & Our Daily Bread</p> <p>Range of Motion & Refreshments</p> <p>Memory Jogging:</p> <p>Snack & Daily News</p> <p>Afternoon</p> <p>Body's in Motion: Spring Bowling</p> <p>Bible Study with Pastor</p> <p>Evening</p> <p>6:30 Nature Video</p> <p>7:30 Aromatherapy & Music</p>	<p>Wake Up & Short Stories</p> <p>Weight Training & Refreshments</p> <p>Body's in Motion Wii</p> <p>Afternoon</p> <p>Paint & Sip</p> <p>Reading club The Art Of Story telling</p> <p>Evening</p> <p>6:30 Family Connections</p> <p>7:30 Aromatherapy & Hand Massage</p>	<p>Wake Up & Current Events</p> <p>Walking Club & Refreshments</p> <p>Oldies and Goodies singalong</p> <p>Afternoon</p> <p>Bingo</p> <p>Manicures</p> <p>Strolling the Neighborhood</p> <p>Evening</p> <p>6:30 Grandma Trunk Reminisce</p> <p>7:30 Aromatherapy & Massage</p>