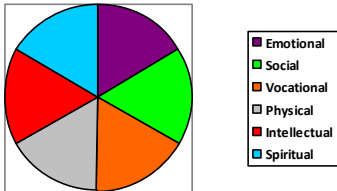


SEPTEMBER 2020

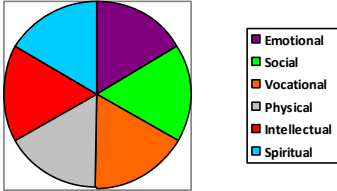
OCTOBER 2020

Our Daily Wellness Path

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Morning 27 10:00 Channel 3 Feature Popular Hymns Playlist Wake Up 10:30 Canvas Church TV Service & Lattes Hymn Sing</p> <p>Afternoon 1:00 & 6:30 Channel 3 Sunday Devotion Singalong with Mary Sue 3:00 Church Service with Pastor Al Bible Stories Puzzles & Sketching</p> <p>Evening Aromatherapy & Massage</p> 	<p>Morning 28 Wake Up Our Daily Bread Devotions Hymn singing What nots & Snack 11:00 Speaker Series Working Staff</p> <p>Afternoon Artistic Passions Jungle Prints Body's in Motion Baseball toss and Catch Karaoke Singalong Hand Massage</p> <p>Evening Aromatherapy & Back Massage</p>	<p>Morning 29 Wake Up Hand spa Our Daily Bread Devotions Singalong 10:45 Yoga with Ashley What nots & Snack Memory Jogging: White Board Games</p> <p>Afternoon Courtyard Flowers Watering & Walks Jingo Body's in Motion Independent Projects</p> <p>Evening Aromatherapy & Reminisce By the Fireplace</p>	<p>Morning 30 Wake Up Hand spa Our Daily Bread Devotions Singalong Music & Motion What nots & Snack Memory Jogging: 11:00 Congratulation & Goodbye Party for Wendy</p> <p>Afternoon 1:45 Fitness Class with Tammy 2:30 Bible Study With Tammy Hangman Independent Projects</p> <p>Evening Aromatherapy & Reminisce By the Fireplace</p>	<p>Morning 1 Wake Up Hand spa Our Daily Bread Devotions Hymns singalong Arm Chair Exercise What nots & Snack Memory Jogging with Memory Ball</p> <p>Afternoon Courtyard Flowers Watering & Walks Body's in Motion Nail Glamor Hat Fashion & Pie Tasting Social</p> <p>Evening Aromatherapy & Hand</p>	<p>Morning 2 Wake Up Hand spa Our Daily Bread Devotions Oldies & Goodies Singalong What nots & Snack Memory Jogging Trivia</p> <p>Afternoon Artistic Passions Edible Ants on a Log Nut Tasting Quiz Body's in Motion Independent Projects</p> <p>Evening Aromatherapy & Hand</p>	<p>Morning 3 Wake Up Our Daily Bread Devotions Puzzle & Cluster Groups What nots & Snack</p> <p>Afternoon Courtyard Flowers Watering & Walks Book Club Reader Digest By Fireplace Honey & Biscuits Social Independent Projects</p> <p>Evening Aromatherapy & Reminisce By the Fireplace</p>

OCTOBER 2020

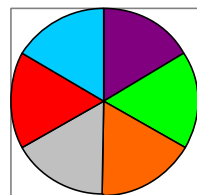
Our Daily Wellness Path

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Morning 4 10:00 Channel 3 Feature Popular Hymns Playlist Wake Up 10:30 Canvas Church TV Service & Lattes Hymn Sing</p> <p>Afternoon 1:00 & 6:30 Channel 3 Sunday Devotion Singalong with Mary Sue 3:30 Church Service with Pastor Al Bible Stories Puzzles & Sketching</p> <p>Evening Aromatherapy & Massage</p> 	<p>Morning 5 Wake Up Our Daily Bread Devotions Hymn singing What nots & Snack</p> <p>Afternoon Artistic Passions Flower Arranging Body's in Motion Baseball toss and Catch Karaoke Singalong Hand Massage</p> <p>Evening Aromatherapy & Back Massage</p>	<p>Morning 6 Wake Up Hand spa Our Daily Bread Devotions Singalong 10:45 Yoga with Ashley What nots & Snack Memory Jogging: White Board Games</p> <p>Afternoon Courtyard Walks Jingo Body's in Motion Independent Projects</p> <p>Evening Aromatherapy & Reminisce By the Fireplace</p>	<p>Morning 7 Wake Up Hand spa Our Daily Bread Devotions Singalong Music & Motion What nots & Snack Memory Jogging: 10:00 Individual Window Music with Kiersten</p> <p>Afternoon 1:45 Fitness Class with Shea 2:30 Bible Study With Shea</p> <p>Evening Aromatherapy & Reminisce By the Fireplace</p>	<p>Morning 8 Wake Up Hand spa Our Daily Bread Devotions Hymns singalong Arm Chair Exercise What nots & Snack Memory Jogging with Memory Ball</p> <p>Afternoon Courtyard Walks Body's in Motion Nail Glamor</p> <p>Evening Aromatherapy & Hand</p>	<p>Morning 9 Wake Up Hand spa Our Daily Bread Devotions Oldies & Goodies Singalong What nots & Snack Memory Jogging Trivia</p> <p>Afternoon Artistic Passions Pompoms Emoji Bingo Body's in Motion Independent Projects</p> <p>Evening Aromatherapy & Hand</p>	<p>Morning 10 Wake Up Our Daily Bread Devotions Puzzle & Cluster Groups What nots & Snack</p> <p>Afternoon Arm Chair Travel Germany Octoberfest Fest Social Independent Projects</p> <p>Evening Aromatherapy & Reminisce By the Fireplace</p>

OCTOBER 2020

Our Daily Wellness Path

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Morning 11 10:00 Channel 3 Feature Popular Hymns Playlist Wake Up 10:30 Canvas Church TV Service & Lattes Hymn Sing</p> <p>Afternoon 1:00 & 6:30 Channel 3 Sunday Devotion Singalong with Mary Sue 3:00 Church Service with Pastor Al Bible Stories Puzzles & Sketching</p> <p>Evening Aromatherapy & Massage</p>	<p>Morning 12 Wake Up Our Daily Bread Devotions Hymn singing What nots & Snack</p> <p>Afternoon Kitchen Creations Apple Snacks Body's in Motion Baseball toss and Catch Karaoke Singalong Hand Massage</p> <p>Evening Aromatherapy & Back Massage</p>	<p>Morning 13 Wake Up Hand spa Our Daily Bread Devotions Singalong 10:45 Yoga with Ashley What nots & Snack Memory Jogging: White Board Games</p> <p>Afternoon Courtyard Walks Jingo Body's in Motion Independent Projects</p> <p>Evening Aromatherapy & Reminisce By the Fireplace</p>	<p>Morning 14 Wake Up Hand spa Our Daily Bread Devotions Singalong Music & Motion What nots & Snack Memory Jogging:</p> <p>Afternoon 1:45 Fitness Class with Tammy Halloween pumpkin lite Craft 2:30 Bible Study With Tammy</p> <p>Evening Aromatherapy & Reminisce By the Fireplace</p>	<p>Morning 15 Wake Up Hand spa Our Daily Bread Devotions Hymns singalong Arm Chair Exercise What nots & Snack Memory Jogging with Memory Ball</p> <p>Afternoon Courtyard Walks Body's in Motion Nail Glamor</p> <p>Evening Aromatherapy & Hand</p>	<p>Morning 16 Wake Up Hand spa Our Daily Bread Devotions Oldies & Goodies Singalong What nots & Snack Memory Jogging Trivia</p> <p>Afternoon Artistic Passions- Toilet Paper Pumpkins Body's in Motion Independent Projects</p> <p>Evening Aromatherapy & Hand</p>	<p>Morning 17 Wake Up Our Daily Bread Devotions Puzzle & Cluster Groups What nots & Snack</p> <p>Afternoon Courtyard Walks Wine & Cheese Social Book Club Independent Projects</p> <p>Evening Aromatherapy & Reminisce By the Fireplace</p>



- Emotional
- Social
- Vocational
- Physical
- Intellectual
- Spiritual

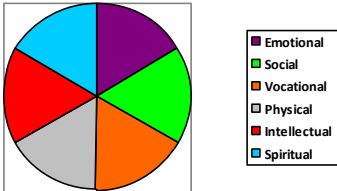
OCTOBER 2020

Our Daily Wellness Path

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Morning 18 10:00 Channel 3 Feature Popular Hymns Playlist Wake Up 10:30 Canvas Church TV Service & Lattes Hymn Sing</p> <p>Afternoon Science Fun Indoor rainstorm Singalong with Mary Sue 3:00 Church Service with Pastor Al Bible Stories Puzzles & Sketching</p> <p>Evening Aromatherapy & Massage</p> 	<p>Morning 19 Wake Up Our Daily Bread Devotions Hymn singing What nots & Snack Making Bible Verse Bookmarks</p> <p>Sensory Applesauce in Crockpot</p> <p>Afternoon Body's in Motion Baseball toss and Catch Karaoke Singalong Hand Massage</p> <p>Evening Aromatherapy & Back Massage</p>	<p>Morning 20 Wake Up Hand spa Our Daily Bread Devotions Singalong 10:45 Yoga with Ashley What nots & Snack Memory Jogging: White Board Games</p> <p>Afternoon Courtyard Walks Artistic Passions Painting Decorating Gourds Body's in Motion Pumpkin bowling Independent Projects</p> <p>Evening Aromatherapy & Reminisce By the Fireplace</p>	<p>Morning 21 Wake Up Hand spa Our Daily Bread Devotions Singalong Music & Motion What nots & Snack Memory Jogging: 10:00 Individual Window Music with Kiersten</p> <p>Afternoon 1:45 Fitness Class with Todd 2:30 Bible Study With Pastor Al</p> <p>Evening Aromatherapy & Reminisce By the Fireplace</p>	<p>Morning 22 Wake Up Hand spa Our Daily Bread Devotions Hymns singalong Arm Chair Exercise What nots & Snack Memory Jogging with Memory Ball</p> <p>Afternoon Courtyard Walks Body's in Motion Table ball Nail Glamor</p> <p>Evening Aromatherapy & Hand</p>	<p>Morning 23 Wake Up Hand spa Our Daily Bread Devotions Oldies & Goodies Singalong What nots & Snack Memory Jogging Trivia</p> <p>Afternoon Jingo Body's in Motion Balloon volley ball Independent Projects</p> <p>Evening Aromatherapy & Hand</p>	<p>Morning 24 Wake Up Our Daily Bread Devotions Puzzle & Cluster Groups What nots & Snack</p> <p>Afternoon Courtyard Walks M&M Game Book Club Independent Projects</p> <p>Evening Aromatherapy & Reminisce By the Fireplace</p>

OCTOBER 2020

Our Daily Wellness Path

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Morning 25 10:00 Channel 3 Feature Popular Hymns Playlist Wake Up 10:30 Canvas Church TV Service & Lattes Hymn Sing</p> <p>Afternoon 1:00 & 6:30 Channel 3 Sunday Devotion Singalong with Mary Sue 3:00 Church Service with Pastor Al Bible Stories Puzzles & Sketching</p> <p>Evening Aromatherapy & Massage</p> 	<p>Morning 26 Wake Up Our Daily Bread Devotions Reminisce Halloween songs What nots & Snack Memory Jogging Books of the Bible scramble</p> <p>Sensory Yogurt and???</p> <p>Afternoon Artistic Passions Painting & Decorating Pumpkins Body's in Motion Baseball toss and Catch Karaoke Singalong Hand Massage</p> <p>Evening Aromatherapy & Back Massage</p>	<p>Morning 27 Wake Up Hand spa Our Daily Bread Devotions Singalong 10:45 Yoga with Ashley What nots & Snack Memory Jogging: Halloween Crossword Puzzle Social</p> <p>Afternoon Jingo Body's in Motion Pumpkin Bocce Independent Projects</p> <p>Evening Aromatherapy & Reminisce By the Fireplace</p>	<p>Morning 28 Wake Up Hand spa Our Daily Bread Devotions Singalong Music & Motion What nots & Snack Memory Jogging: 11:00 Music with Kiersten</p> <p>Afternoon 1:45 Fitness Class with Todd 2:30 Bible Study With Pastor Al Book club Halloween Stories</p> <p>Evening Aromatherapy & Reminisce By the Fireplace</p>	<p>Morning 29 Wake Up Hand spa Our Daily Bread Devotions Hymns singalong Arm Chair Exercise What nots & Snack Halloween would you Rather Discussion</p> <p>Afternoon Nail Glamor Halloween Candy and Wine Pairing Body's in Motion Kick Ball</p> <p>Evening Aromatherapy & Hand</p>	<p>Morning 30 Wake Up Hand spa Our Daily Bread Devotions Oldies & Goodies Singalong What nots & Snack Memory Jogging Family Feud Halloween Game</p> <p>Afternoon Staff Trick or Treat Trail Body's in Motion Pumpkin and Hula Hoop game Independent Projects</p> <p>Evening Aromatherapy & Hand</p>	<p>Morning 31 Wake Up Our Daily Bread Devotions Puzzle & Cluster Groups What nots & Snack Halloween what would you do scenarios</p> <p>Afternoon Halloween Social & Halloween Minute to win it Staff Challenges Independent Projects</p> <p>Evening Aromatherapy & Reminisce By the Fireplace</p>