03



# VALENTINE'S DAY





**FRIDAY** 

Dimensions of Wellness
Physical
<b>F</b> Emotional
Spiritual
<b>S</b> Environmental
Vocational

**FEBRUARY 2024** 

Hello February

🙀 Intellectual

🖰 Social

Feb 11th- Super Bowl Party in the dining room at 5:50pm

Feb 14th - Mimosas at 1:30pm

Walking Warriors-

- Walk the halls with your neighbors. Become a Walking Warrior by keeping track of your steps.

## **SUNDAY** Dimensions of Wellness SPIRITUAL 0.4

# **MONDAY** LIVES HERE

05

### **February Birthdays:** David A. – Feb 16<sup>th</sup>

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**TUESDAY** 



9:00 | Music Appreciation - iN2L

10:00 | Spiritual/ INT. Wellness

11:00 Physical/INT. Wellness

1:00 | Quiet/Indep. Time

2:00 Creative Expressions

4:00 Vocational Wellness

6:00 Intentional Moments

3:00 INT. Wellness & Snacks

### 01 9:00 | Music Appreciation- iN2L 10:00 | Spiritual/ INT. Wellness 11:00 Physical/INT. Wellness 1:00 | Quiet/Indep. Time 2:00 Creative Expressions 3:00 INT. Wellness & Snacks 4:00 Vocational Wellness 6:00 Intentional Moments

9:00 Music Appreciation- iN2L

10:00 | Spiritual/ INT. Wellness

11:00 Physical/INT. Wellness

1:00 | Quiet/Indep. Time

2:00 Creative Expressions

4:00 Vocational Wellness

6:00 Intentional Moments

3:00 INT. Wellness & Snacks

**THURSDAY** 



9:00 | Music Appreciation- iN2L

10:00 | Spiritual/ INT. Wellness

11:00 | Physical/INT. Wellness

1:00 | Quiet/Indep. Time

2:00 | Creative Expressions

4:00 Vocational Wellness

6:00 Intentional Moments

3:00 INT. Wellness & Snacks

11.00	Physical/INT Wellness
1:00	Physical/INT. Wellness Quiet/Indep. Time
2:00	Creative Expressions INT. Wellness & Snacks
3:00	INT. Wellness & Snacks
4:00	Vocational Wellness
6:00	Intentional Moments
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10	
10	
9:00	Music Appreciation- iN2L
10:00	Spiritual/ INT. Wellness
11.00	Dhysical/INIT Walls are

**SATURDAY** 

9:00 Music Appreciation- iN2L

10:00 | Spiritual/ INT. Wellness

<b>U</b> 4	
9:00	Music Appreciation- iN2L Spiritual/ INT. Wellness Physical/INT. Wellness Quiet/Indep. Time Creative Expressions INT. Wellness & Snacks Vocational Wellness Intentional Moments
10:00	Spiritual/ INT. Wellness
11:00	Physical/INT. Wellness
1:00	Quiet/Indep. Time
2:00	Creative Expressions
3:00	INT. Wellness & Snacks
4:00	Vocational Wellness
6:00	Intentional Moments

9:00 | Music Appreciation- iN2L

10:00 | Spiritual/ INT. Wellness

11:00 Physical/INT. Wellness

3:00 INT. Wellness & Snacks

1:00 | Quiet/Indep. Time

2:00 Creative Expressions

4:00 | Vocational Wellness

6:00 Intentional Moments

9:00	Music Appreciation- iN2L
	Spiritual/ INT. Wellness
11:00	Physical/INT. Wellness
1:00	Quiet/Indep. Time
2:00	Creative Expressions
3:00	INT. Wellness & Snacks
	Vocational Wellness
6:00	Intentional Moments
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9:00 | Music Appreciation- iN2L

10:00 | Spiritual/ INT. Wellness

11:00 Physical/INT. Wellness

1:00 | Quiet/Indep. Time

2:00 Creative Expressions

4:00 Vocational Wellness

6:00 Intentional Moments

3:00 INT. Wellness & Snacks

10:00	Spiritual/ INT. Wellness
11:00	Physical/INT. Wellness
	Quiet/Indep. Time
2:00	Creative Expressions
3:00	INT. Wellness & Snacks
4:00	Vocational Wellness
6:00	Intentional Moments
13	
9:00	Music Appreciation- iN2L

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9:00 | Music Appreciation- iN2L

13		•
9:00	Music Appreciation- iN2L	9
10:00	Spiritual/ INT. Wellness	1
	Physical/INT. Wellness	1
1:00	Quiet/Indep. Time	1
2:00	Creative Expressions	2
3:00	INT. Wellness & Snacks	3
4:00	Vocational Wellness	4
6:00	Intentional Moments	6
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14	Valentine's Day
9:00	Music Appreciation- iN2L
10:00	Spiritual/ INT. Wellness
11:00	Spiritual/ INT. Wellness Physical/INT. Wellness Quiet/Indep. Time Creative Expressions
1:00	Quiet/Indep. Time
2:00	Creative Expressions
3:00	INT. Wellness & Snacks
4:00	Vocational Wellness
6:00	Intentional Moments
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	Music Appreciation- iN2
	Spiritual/ INT. Wellnes:
11:00	Physical/INT. Wellness
	Quiet/Indep. Time
	Creative Expressions
	INT. Wellness & Snacks
	Vocational Wellness
6:00	Intentional Moments

16	
9:00	Music Appreciation- iN2L
10:00	Spiritual/ INT. Wellness
11:00	Physical/INT. Wellness
1:00	Quiet/Indep. Time
	Creative Expressions
3:00	INT. Wellness & Snacks
4:00	Vocational Wellness
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0.00	
10	
10:00 11:00 1:00 2:00 3:00 4:00	Music Appreciation- iN2L Spiritual/ INT. Wellness Physical/INT. Wellness Quiet/Indep. Time Creative Expressions INT. Wellness & Snacks Vocational Wellness Intentional Moments
	Music Appreciation- iN2L Spiritual/ INT. Wellness Physical/INT. Wellness Quiet/Indep. Time

Feb 16th- Tim the Tune
Man at 1:30pm

9:00 | Music Appreciation- iN2L 10:00 | Spiritual/ INT. Wellness 11:00 Physical/INT. Wellness 1:00 | Quiet/Indep. Time 2:00 Creative Expressions 3:00 INT. Wellness & Snacks

4:00 | Vocational Wellness 6:00 Intentional Moments

## President's Day

9:00 | Music Appreciation- iN2L 10:00 | Spiritual/ INT. Wellness 11:00 Physical/INT. Wellness 1:00 | Quiet/Indep. Time 2:00 Creative Expressions 3:00 INT. Wellness & Snacks 4:00 Vocational Wellness 6:00 Intentional Moments

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10:00 | Spiritual/ INT. Wellness

11:00 Physical/INT. Wellness

1:00 | Quiet/Indep. Time

2:00 Creative Expressions

3:00 INT. Wellness & Snacks

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3:00 INT. Wellness & Snacks 4:00 Vocational Wellness 6:00 Intentional Moments 24 9:00 | Music Appreciation- iN2L

10:00 | Spiritual/ INT. Wellness

11:00 Physical/INT. Wellness

1:00 | Quiet/Indep. Time

2:00 Creative Expressions

3:00 INT. Wellness & Snacks

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9:00 | Music Appreciation- iN2L 10:00 | Spiritual/ INT. Wellness 11:00 | Physical/INT. Wellness 1:00 | Quiet/Indep. Time 2:00 | Creative Expressions

3:00 INT. Wellness & Snacks 4:00 | Vocational Wellness 6:00 Intentional Moments

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27 9:00 | Music Appreciation- iN2L 10:00 | Spiritual/ INT. Wellness

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6:00 Intentional Moments

29 9:00 Music Appreciation- iN2L 10:00 | Spiritual/ INT. Wellness 11:00 Physical/INT. Wellness 1:00 | Quiet/Indep. Time 2:00 Creative Expressions 3:00 INT. Wellness & Snacks 4:00 Vocational Wellness 6:00 Intentional Moments





PRESIDENTS DAY