

Activities are subject to change. Mather's D **TUESDAY WEDNESDAY FRIDAY MONDAY THURSDAY SUNDAY**

Dimensions of Wellness

MAY 2024

- Physical
- Emotional Spiritual
- Environmental
- Vocational
- Social 8
- 🗣 Intellectual

Hello May

* Wellness checks will be completed by CNAs the first week of may

*Be sure to Sign-up for all bus trips. Sign-up sheet will be posted across from the mail boxes.

Dimensions of Wellness SPIRITUAL

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

9:00 | Music Appreciation- iN2L

10:00 | Spiritual/ INT. Wellness

11:00 Physical/INT. Wellness

3:00 INT. Wellness & Snacks

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

1:00 | Quiet/Indep. Time

2:00 Creative Expressions

4:00 | Vocational Wellness

6:00 Intentional Moments

Mother's Day

3:00 INT. Wellness & Snacks

05

12

19

26

May Birthdays:

LIVES HERE

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6:00 Intentional Moments

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3:00 INT. Wellness & Snacks

3:00 INT. Wellness & Snacks

3:00 INT. Wellness & Snacks

06

13

20

Roberta M. - May 3rd

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

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4:00 | Vocational Wellness

6:00 Intentional Moments

3:00 INT. Wellness & Snacks

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3:00 INT. Wellness & Snacks

07

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01

08

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22

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

09

02

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

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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6:00 Intentional Moments

16 9:00 | Music Appreciation- iN2L 10:00 | Spiritual/ INT. Wellness 11:00 Physical/INT. Wellness

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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

2:00 Creative Expressions

4:00 | Vocational Wellness

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4:00 Vocational Wellness 6:00 Intentional Moments 03

10

17

24

31

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

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3:00 INT. Wellness & Snacks

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04

9:00 Music Appreciation- iN2L 10:00 | Spiritual/ INT. Wellness 11:00 Physical/INT. Wellness

SATURDAY

1:00 | Quiet/Indep. Time 2:00 Creative Expressions 3:00 INT. Wellness & Snacks

4:00 Vocational Wellness 6:00 Intentional Moments

11 9:00 Music Appreciation- iN2L 9:00 Music Appreciation- iN2L 10:00 | Spiritual/ INT. Wellness 10:00 | Spiritual/ INT. Wellness 11:00 | Physical/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

18

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

25

9:00 Music Appreciation- iN2L 9:00 Music Appreciation- iN2L 10:00 | Spiritual/ INT. Wellness 10:00 | Spiritual/ INT. Wellness 11:00 Physical/INT. Wellness 11:00 Physical/INT. Wellness

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9:00 | Music Appreciation- iN2L 1:00 | Quiet/Indep. Time

27

10:00 | Spiritual/ INT. Wellness 11:00 Physical/INT. Wellness 2:00 Creative Expressions 3:00 INT. Wellness & Snacks 4:00 Vocational Wellness

Memorial Day

28 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 3:00 INT. Wellness & Snacks 4:00 | Vocational Wellness 6:00 Intentional Moments

30

23

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

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