

Monthly Wellness Checks 1-7th



APRIL 2024

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Dimensions of Wellness

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

Meeting Places

- DR** Dining room
- TVL** TV Lounge
- LB** Lobby
- AR** Activity Room
- 2nd** 2nd Floor
- FL**
- H2** Hallway 2nd fl

Open to the Public Events:

Beecher Bingo 4/5 @12pm

Pro Health Exercise with Karen Tuesday 4/9 & 4/23 @10am, A/R

RSVP 630-882-6502

APRIL 2024	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	01	01	02	03	04	05	06
	07	08	09	10	11	12	13
	14	15	16	17	18	19	20
	21	22	23	24	25	26	27
	28	29	30	Activities subject to change If you would like an activity/service not reflected on the calendar, please see RSC			