



OAK MEADOWS PRESENTS
OUR 3RD ANNUAL:

WELLNESS WEEK

IN HONOR OF NATIONAL
ASSISTED LIVING WEEK

SUNDAY, SEPTEMBER 13-
FRIDAY, SEPTEMBER 18

JOIN US FOR A WEEK OF FUN
AS WE FOCUS ON THE
DIMENSIONS OF WELLNESS!

If you are interested in helping make recycled cards this week and in the future, please Megan know. We will bring everything to your apartment!

Be sure to check your black bags for goodies that go along with the theme of each day!

Detailed schedule on back!

Monday, September 14- Appreciation/Inspiration Day

Megan & Katie will have a special announcement regarding the week's activities at **10:00 am** on Channel 51.

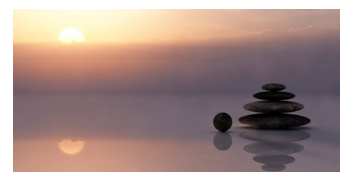
Ponds tenants join us at **1:00 pm** in the Ponds Lobby & Pines tenants at **1:45 pm** in the Pines Lobby to make our appreciation trees. We invite you to stop down and write at least one thing you are appreciative about in your life on an oak leaf. Once completed, there will be an appreciation tree on the wall in each Lobby to remind us daily!



Tuesday, September 15 – Emotional/Meditation Day

We will begin our day at **9:30 am** on Channel 51 with some breathing exercises followed by a meditation video.

Devotions will be at **1:30 pm** in the Community Room and also Live Streamed on Channel 51, followed by singing with Lou Ann Henderson from MacPhail Center of Music at **2:00 pm**.



Wednesday, September 16 – Spiritual/Expression/Creation Day

Chaplain Carol will have Worship at **10:30 am** in the Community Room. Sign up with the Receptionist is required ahead of time to join in person. You may also watch it Live on Channel 51.

Then, at **2:00 pm** on Channel 51, there will be a Devotional Hymn Sing for all to enjoy.



Thursday, September 17 – Let's Have Fun Day!

Wear your disco gear and join us for a day of fun. The staff will pass out a special lunch to the entire building while playing our favorite disco music!

Dan Newton will perform an accordion concert for us on Channel 51 at **1:00 pm!**



Friday, September 18 – Physical/Social/Nutritional Day

Tune to Channel 51 at **10:00 am** for Exercise with Megan. Most exercises are done from a chair. If you need weights or an exercise ball, give Megan a call!

Then at **2:00 pm**, we will have outdoor volleyball games in the Ponds Parking Lot. The games are played from a chair and with a beach ball. You will need to sign up with the Receptionist if you would like to play.

