

WELLNESS WEEK

MONDAY 25

APT

Yoga in the MPR
Sign up with Ms. Shirley

-OR-

Chalk Art in the Quad

LUNCH

Wellness Center in Cove all week

Therapy Dogs on the stage

DAILY CHALLENGE

Be in bed by 8:30 PM

TUESDAY 26

APT

Basketball on the Blacktop

-OR-

Seahawk Shout Outs with "gratitude tree" in the Cove

LUNCH

Sports on the blacktop

**Flower Child
Dine Out Night**

DAILY CHALLENGE

Turn off electronics by 8:00 PM

WEDNESDAY 27

APT

Yoga in the MPR
Sign up with Ms. Shirley

-OR-

Happiness BINGO in the Cove
Sign up with Ms. Annie

LUNCH

Healthy Snacks from the Nutrition Dept.

DAILY CHALLENGE

Bring fruits/veggies for snack

THURSDAY 28

APT

Soccer on the Field

-OR-

Coloring Books in the Cove
BYO Supplies

LUNCH

Sports on the blacktop

DANCE PARTY on the stage

DAILY CHALLENGE

Go for a walk

Unplug Night

FRIDAY 29

APT

Recess on the Field

-OR-

Personality Test in the Cove
(space is limited)

LUNCH

Planking Competition on the stage

DAILY CHALLENGE

Phone free lunch

Unplug Night

MARCH 25-29, 2019

TURN YOUR PHONE IN TO THE FRONT OFFICE EVERY MORNING TO BE ENTERED IN A RAFFLE TO WIN A \$100 AMAZON GIFT CARD - MUST TURN IT IN EVERY DAY TO BE ELIGIBLE