

July 2018 WELLNESS CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 1:30 Chapel Service with Pastor Holm – 3N 3:00 Meditation Group – 1S	2 9:30 Trivia Dice – 3S 10:30 Chaplain Chat – 2N 11:15 Poker- 1N 1:30 Exercise– 3N 2:30 Crafts– 3N 4:30 Patio Chat – 3S 7:00 Game Night: Pictionary -1N 7:00 Movie Night: O Brother, Where Art Thou?– 3S	3 9:30 News & Views-2N 10:30 Hymn Sing – 3S 11:00 Newsletter Distribution-All floors 1:30 Exercise: Weights – 3N 2:30 Card Bingo – 3N 3:30 Garden Club– 3N 7:00 Classic TV Night: The Lone Ranger– 3N	4 10:00 Jeopardy: Independence Day Trivia – 2N 12:00 4 th of July Grill Out-Courtyard 1:30 Exercise:– 3N 2:15 Bingo – 2N 3:30 Bomb Pop Social-courtyard 7:00 Game Night: Family Feud -1N	5 9:30 Word games– 2N 10:00 AA Meeting – Community Room 10:30 Where in the World?- 2N 1:30 Exercise – Flexibility 3N 2:30 Manicures –2N 3:30 Crazy 8's – 3S 7:00 Dominos with Jean & Finn – 3N	6 9:00-11:00 Donut Sale - Lobby 9:30 Outdoor Visits – 3S 10:30 Communion Service – 3S 1:30 Devotions– 3N 2:30 Veterans social – 3N 3:30 Looking Ahead: July-2N 7:00 Game Night: Fact or Crap - 1N	7 10:00 Bingo - 2N 11:15 Manicures – 3S 1:30 Uno – 3N 2:15 St. Helena's Cover Up – 2N 3:30 Popcorn and a Movie – 3N
8 1:30 Chapel Service with Rev. Grigsby – 3N 3:00 Meditation Group – 1S 4:00 Crochet Club – 3N	9 9:30 Coffee with the Chef – 2N 10:30 Chaplain Chat – 2N 11:15 Poker- 1N 1:30 Exercise– 3N (Jack) 2:30 Crafts– 3N 3:30 Bell Choir Practice– 3N 7:00 Game Night: Pictionary -1N 7:00 Movie Rental Night:– 3S	10 9:45 Resident Council – 2N 10:30 Hymn Sing – 3S 10:30 Voting Registration – 2N 1:30 Exercise: Weights – 3N (Jack) 2:30 Card Bingo – 3N 3:30 Voting Registration – 3N 7:00 Movie Night: The Princess Bride– !N	11 9:30 Jeopardy – 2N 10:30 Catholic Communion Service – 3N 1:30 Exercise– 3N 2:15 Bingo – 2N 3:30 Piano Sing Along – 2N 7:00 Relax and Restore – 3N 7:00 Game Night: Family Feud -1N	12 9:00 Target Outing- Sign up! 10:00 AA Meeting – Community Room 1:30 Exercise – Flexibility 3N 2:30 Manicures –2N 3:30 Crazy 8's – 3S 7:00 Dominos with Jean & Finn – 3N	13 9:30 Manicures – 1N only 9:30 Outdoor Visits – 3S 10:30 Communion Service – 3S 11:15 Newsletter Committee – 3N 1:30 Devotions– 3N 2:30 Ice Cream Social- Courtyard 3:30 Black jack with Jack – 1N 7:00 Game Night: Are you smarter than a 5 th grader? -1N	14 10:00 Bingo - 2N 11:15 Nature Documentary – 2N 1:30 Uno – 3N 2:30 Coloring Club – 2N 3:30 Popcorn and a Movie – 3N
15 1:30 Chapel Service with Chaplain Randy – 3N 3:00 Meditation Group – 1S	16 9:30 Trivia Dice – 3S 10:30 Chaplain Chat – 2N 11:15 Blackjack with Jack -1N 1:30 Exercise– 3N 2:30 Crafts– 3N 4:30 Patio Chat – 3S 7:00 Movie Night: Mama Mia!– 3S 7:00 Game Night: Monopoly- 1N	17 9:30 News and Views – 2N 10:30 Hymn Sing – 3S 12:00 Lunch Bunch: Burger King – Courtyard- Sign up! 2:30 Card Bingo – 3N 3:30 Garden Club– 3N 7:00 Word of Grace Hymn Sing – 3N	18 9:30 Word Game Wednesday – 2N 10:30 Healing Prayer Service – 3N 1:30 Exercise: Balls – 3N 2:15 Bingo – 2N 3:30 Food Committee – 2N 7:00 Game Night: Scattergories -1N	19 9:30 Fishing Outing- Sign up! 9:30 Coloring Club – 2N 10:00 AA Meeting – Community Room 1:30 Exercise – Flexibility 3N 2:30 Manicures 3N Only 3:30 Crazy 8's – 3S 7:00 Dominos with Jean & Finn – 3N	20 9:00-11:00 Donut Sale - Lobby 9:30 Manicures – 1N only 9:30 Outdoor Visits – 3S 10:30 Communion Service – 3S 11:15 Newsletter Committee – 3N 1:30 Devotions– 3N 2:30 Happy Hour-2N 3:30 Bunco-2N 7:00 Game Night: Murder She Wrote -1N	21 10:00 Bingo – 2N 11:15 Manicures – 3S 1:30 Uno- 3N 2:30 Tzu Chi Foundation Program – 2N
22 1:30 Chapel Service with Chaplain Randy- 3N 3:00 Meditation Group – 1S	23 9:30 Word games – 3S 10:30 Chaplain Chat – 2N 1:30 Exercise– 3N 2:30 Crafts– 3N 3:30 Bell Choir Practice– 3N 4:30 Patio Chat – 3S 7:00 Movie Rental Night:– 3S 7:00 Game Night: - Family Feud - 1N	24 9:30 News and Views – 2N 10:30 Hymn Sing – 3S 1:30 Exercise: Weights – 3N 2:30 Card Bingo – 3N 3:30 Famous Faces – 3N 7:00 Movie Night: Big – 1N	25 9:30 Family Feud – 2N 10:30 Catholic Communion Service – 3N 1:30 Exercise: Balls – 3N 2:15 Bingo – 2N 3:30 Piano Sing Along – 2N 7:00 Relax and Restore – 3N 7:00 Game Night: Buzzword -1N	26 9:30 This Day in History – 2N 10:00 AA Meeting – Community Room 10:30 Expressive Arts – 2N 1:30 Exercise – Flexibility 3N 2:30 Manicures –2N 2:30 Sister Sludge Outing- Sign up! 3:30 Crazy 8's – 3S 7:00 Dominos with Jean & Finn – 3N	27 9:30 Let's Bake! – 2N 10:30 Communion Service – 3S 11:15 Newsletter Committee – 3N 1:30 Devotions w/ Randy – 3N 2:30 Friday Party with Curtis and Loretta– 2N 3:30 Women's Club: Coffee and Conversation: Courtyard 3:30 Men's Club 7:00 Game Night: Apples to Apples -1N	28 10:00 Bingo – 2N 11:15 Nature Documentary – 2N 1:30 – Uno – 3N 2:30 St. Helena's Musical Troop – 3N
29 1:30 Chapel Service with Pastor Holm– 3N 3:00 Meditation Group – 1S 3:00 Esperanza Ensemble – 3N	30 9:30 –Activity with Judy – 3S 10:30 Chaplain Chat – 2N 1:30 Exercise-3N 2:30 Crafts– 3N 4:30 Patio Chat – 3S 7:00 Movie Night– 3S 7:00 Game Night: - Life Stories - 1N	31 9:00 Primary Voting – 2N & 3N 1:30 Exercise: Weights – 3N 2:30 Card Bingo – 3N 2:30 Crafts– 2N 7:00 Classic TV Night: The Beverly Hillbillies– 3N				

**** Programs, Times & Locations subject to change. Please see daily schedules posted on the bulletin board by the nurses' station for list of current activities.**

