

## August 2018 TWO SOUTH WELLNESS CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> 9:30 Morning Cheer with Chaplain Randy 10:00 Twins Game Outing – Sign up! 10:30 Communion Service (3N) 10:30 Basketball 11:30 Revive and Refresh 1:30 Afternoon Exercise 2:30 Pottery Group 4:30 Outdoor Visits 5:00 Local News 7:00 Poetry Corner	<b>2</b> 9:30 Hymn Sing 10:30 Famous Faces 11:30 Revive and Refresh 1:30 Afternoon Exercise 2:30 Crafts 4:30 Word Play 5:00 Local News 7:00 Yoga & Relaxation	<b>3</b> 9:30 Chaplain Chat 10:30 August Tidbits 11:30 Revive and Refresh 1:30 Afternoon Exercise 2:30 This Week in History 4:15 Bingo 5:00 Local News 7:00 Movie Night: Operation Petticoat	<b>4</b> 9:30 Morning Moves 10:30 Creative Storytelling 11:30 Revive and Refresh 1:30 Outdoor Visits 2:30 News & Views 4:00 Saturday Show Tunes: Viva Las Vegas
<b>5</b> 9:30 Balloon Volleyball 2:30 Chapel Service 4:30 Finish the Phrase	<b>6</b> 9:30 Activity with Judy 10:30 Hymn Sing 11:30 Revive and Refresh 1:30 Manicures 1:30 Men's Club 2:30 Mindfulness and Movement 4:30 Where in the World? 5:00 Local News 7:00 Hand Massages	<b>7</b> 9:30 Word Games 10:30 News & Views 11:30 Revive and Refresh 1:30 Exercise 2:30 Expressive Arts 4:30 Shake it Loose 5:00 Local News 7:00 Tea Time	<b>8</b> 9:30 Activity with Jack 10:30 Catholic Communion Service – 3N 10:30 Noodle Ball 11:30 Revive and Refresh 1:30 Afternoon Exercise 2:30 Pottery Group 4:30 Dances Around the World 5:00 Local News 7:00 Storytime	<b>9</b> 9:30 Dollar Store Outing 9:30 Coffee & News 10:30 Ball Toss & Talk 11:30 Revive and Refresh 1:30 Afternoon Exercise 2:30 Crafts 4:30 Outdoor Visits 5:00 Local News 7:00 Yoga & Relaxation	<b>10</b> 9:30 Bowling 10:30 Music Trivia 11:30 Revive and Refresh 1:30 Exercise 2:30 This Week in History 2:30 Crafts 4:15 Bingo 5:00 Local News 7:00 Movie Night: Shall We Dance?	<b>11</b> 9:30 News & Views 10:30 Activity with Jack 11:30 Revive and Refresh 1:30 Outdoor Visits 2:30 Well Sprung Trio ( 3N) 4:00 Saturday Show Tunes: The Producers
<b>12</b> 9:30 Ball Toss 2:30 Chapel Service 4:30 Alphabetics	<b>13</b> 9:30 Devotions 10:30 Activity with Judy 11:30 Revive and Refresh 1:30 Manicures 1:30 Men's Club 2:30 Mindfulness and Movement 4:30 Patio Chat 5:00 Local News 7:00 Hand Massages	<b>14</b> 9:30 Communion Service 10:30 News & Views 11:30 Revive and Refresh 1:30 Exercise 2:30 Activity with Brenna 4:30 Activity with Jack 5:00 Local News 7:00 Greater Friendship Program	<b>15</b> 9:30 Morning Cheer with Chaplain Randy 10:30 Basketball 10:30 Healing Prayer Service – 3N 11:30 Revive and Refresh 1:30 Afternoon Exercise 2:30 Pottery Group 4:30 Outdoor visits 5:00 Local News 7:00 Poetry Corner	<b>16</b> 9:30 Hymn Sing 10:30 Where in the World? 11:30 Revive and Refresh 1:30 Afternoon Exercise 2:30 Coloring Club 4:30 Word Play 5:00 Local News 7:00 Yoga & Relaxation	<b>17</b> 9:30 Chaplain Chat 10:30 You be the Judge 11:30 Revive and Refresh 1:30 Afternoon Exercise 2:30 This Week in History 4: 15 Bingo 5:00 Local News 7:00 Movie Night: Blue Steel	<b>18</b> 9:30 Coffee Chats 10:30 Manicures 11:30 Revive and Refresh 1:30 Outdoor Visits 2:30 Tzu Chi Foundation Program – 2N 4:00 Saturday Show Tunes: Funny Face
<b>19</b> 9:30 Balloon Volleyball 2:30 Chapel Service 4:30 Finish the Phrase	<b>20</b> 9:30 Devotions 10:30 Activity with Judy 11:30 Revive and Refresh 1:30 Manicures 1:30 Men's Club 2:30 Mindfulness and Movement 4:30 This Day in History 5:00 Local News 7:00 Hand Massages	<b>21</b> 9:30 Communion Service 10:30 News & Views 11:30 Revive and Refresh 1:30 Exercise 2:30 Expressive Arts 4:30 August Birthday Happy Hour 5:00 Local News 7:00 Word of Grace Hymn Sing	<b>22</b> 9:30 Morning Cheer with Chaplain Randy 10:30 Catholic Communion Service – 3N 10:30 Noodle Ball 11:30 Revive and Refresh 1:30 Exercise 2:30 Pottery Group 4:30 Dances Around the World 5:00 Local News 7:00 Storytime	<b>23</b> 9:30 Hymn Sing 10:30 Trivia Dice 11:30 Revive and Refresh 1:30 Exercise 2:30 Crafts 4:30 Outdoor Visits 5:00 Local News 7:00 Yoga & Relaxation	<b>24</b> 9:30 Chaplain Chat 10:30 Musical Circles 11:30 Revive and Refresh 1:30 Afternoon Exercise 2:30 Friday Party with Cindi Scheffler-2N 4: 15 Bingo 5:00 Local News 7:00 Movie Night: Gone with the Wind	<b>25</b> 9:30 News & Views 10:30 Manicures 11:30 Revive and Refresh 1:30 Outside Visits 2:30 St. Helena's Musical Troop – 3N 4:00 Saturday Show Tunes: The Pajama Game
<b>26</b> 9:30 Ball Toss 2:30 Chapel Service 4:30 Alphabetics	<b>27</b> 9:30 Stories of the Heart 10:30 Sing Along 11:30 Revive and Refresh 12:00 State Fair Lunch Bunch 2:30 Mindfulness and Movement 4:30 State Fair Fun Facts 5:00 Local News 7:00 Hand Massage	<b>28</b> 9:30 Communion Service 10:30 News & Views 11:30 Revive and Refresh 1:30 Exercise 2:30 Fair Games (2N) 3:30 Edible Auction (3N) 4:30 Minnesota Trivia 5:00 Local News 7:00 Tea Time	<b>29</b> 9:30 Morning Cheer with Chaplain Randy 10:30 Quarterly Memorial Service– 3N 10:30 Basketball 11:30 Revive and Refresh 1:30 Art Show 2:30 State Fair Seed Art 4:30 Dances Around the World 5:00 Local News 7:00 Poetry Corner	<b>30</b> 9:00 State Fair Outing 10:00 The Price is Right 1:00 Afternoon Movie 2:30 Coloring Club 4:30 Outdoor Visits 5:00 Local News 7:00 Yoga & Relaxation	<b>31</b> 9:30 Chaplain Chat 10:30 Musical Wheel of Fortune 11:30 Revive and Refresh 1:30 Afternoon Exercise 2:30 Social on a Stick 4: 15 Bingo 5:00 Local News 7:00 Movie Night: Field of Dreams	

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

