

**August 2018 WELLNESS CALENDAR**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9:30 Jeopardy – 2N 10:00 Twins Game – Sign up! 10:30 Communion Service – 3N 1:30 Exercise– 3N 2:15 Bingo – 2N 5:00 Pottery – 3N 7:00 Relax and Restore – 2N 7:00 Game Night- Family Feud - 1N	2 9:30 Expressive Arts – 2N 10:00 AA Meeting – Community Room 10:30 Devotions– 3N 1:30 Exercise – Flexibility 3N 2:30 Manicures –2N ONLY 3:30 Crazy 8's – 3S 7:00 Dominos with Jean & Finn – 3N	3 9:00-11:00 Donut Sale - :Lobby 9:30 Outdoor Visits – 3S 10:30 Communion Service – 3S 11:00 Newsletter Distribution-All floors 1:30 Manicures – 1N 2:30 Veterans Social - 3N 3:30 Looking Ahead: August -2N 7:00 Game Night- Fact or Crap - 1N	4 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
5 1:30 Chapel Service with Rev. Grigsby- – 3N 3:00 Meditation Group – 1S	6 9:30 Trivia Dice – 2N 11:15 Poker- 1N 1:30 Exercise– 3N 2:30 Crafts– 3N 3:30 Bell Choir Practice– 3N 4:30 Patio Chat – 3S 7:00 Game Night- Pictionary -1N 7:00 Movie Rental Night– 3S	7 9:45 Resident Council – 2N 1:30 Exercise: Weights – 3N 2:30 Card Bingo – 3N 3:30 Gardening Club– 3N 7:00 Movie Night: 50 First Dates – 1N	8 9:30 Word Game Wednesday – 2N 10:30 Catholic Communion Service – 3N 1:30 Exercise– 3N 2:15 Bingo – 2N 3:30 Piano Sing Along – 2N 5:00 Pottery – 3N 7:00 Relax and Restore – 2N 7:00 Game Night- Family Feud - 1N	9 9:30 Dollar Store Outing 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	10 9:30 Outdoor Visits – 3S 10:30 Manicures – 1N only 11:15 Newsletter Committee – 3N 1:30 Bell Choir Practice– 3N 2:30 Happy Hour–3N 3:30 Where in the World?– 3N 7:00 Game Night- Are You Smarter Than a 5 <sup>th</sup> grader? -1N	11 10:00 Bingo - 2N 11:15 Nature Documentary – 2N 1:30 Uno – 3N 2:30 Well Sprung Trio – 3N 3:30 Popcorn and a Movie – 3N
12 1:30 Chapel Service with Chaplain Randy – 3N 3:00 Meditation Group – 1S	13 9:30 Coffee with the Chef – 2N 10:30 Chaplain Chat – 2N 11:15 Blackjack with Jack -1N 1:30 Exercise– 3N 2:30 Creative Storytelling-3N 3:30 Patio Chat – 3S 7:00 Movie Night: 3:10 to Yuma– 3S 7:00 Game Night- Monopoly- 1N	14 9:30 News and Views – 2N 10:30 Hymn Sing – 3S 1:30 Exercise: Weights – 3N 2:30 Card Bingo – 3N 3:30 Travelogue – 3N 7:00 Greater Friendship Church – 3N	15 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 5:00 Pottery – 3N 7:00 Relax and Restore – 2N 7:00 Game Night- -Scattergories -1N	16 9:30 Expressive Arts – 2N 10:00 AA Meeting – Community Room 10:30 Devotions– 3N 1:30 Exercise – Flexibility 3N 2:30 Manicures 2N Only 3:30 Crazy 8's – 3S 7:00 Dominos with Jean & Finn – 3N	17 9:00-11:00 Donut Sale - :Lobby 9:30 Manicures – 1N only 10:30 Communion Service – 3S 1:30 Magazine Scavenger Hunt – 2N 2:30 Activity with Randy – 3N 7:00 Game Night- Murder She Wrote -1N	18 10:00 Bingo – 2N 11:15 Manicures – 3S 1:30 Uno- 3N 2:30 Tzu Chi Foundation Program – 2N
19 1:30 Chapel Service with Chaplain Randy- 3N 3:00 Meditation Group – 1S	20 9:30 Word games – 2N 10:30 Chaplain Chat – 2N 1:30 Exercise– 3N 2:30 Crafts– 3N 4:30 Patio Chat – 3S 7:00 Movie Night: Saturday Night Fever– 3S 7:00 Game Night- Family Feud - 1N	21 9:30 News and Views – 2N 10:30 Hymn Sing – 3S 1:30 Exercise: Weights – 3N 2:30 Card Bingo – 3N 3:30 Gardening Club – 3N 7:00 Word of Grace Hymn Sing – 3N	22 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 5:00 Pottery – 3N 7:00 Relax and Restore – 2N 7:00 Game Night- - Buzzword - 1N	23 9:30 Expressive Arts – 2N 10:00 AA Meeting – Community Room 10:30 Devotions w/ Randy – 3N 1:30 Exercise – Flexibility 3N 2:30 Manicures –3N ONLY 3:30 Crazy 8's – 3S 7:00 Dominos with Jean & Finn – 3N	24 9:30 Let's Bake! – 2N 10:30 Communion Service – 3S 11:15 Newsletter Committee – 3N 1:30 Bell Choir Practice– 3N 2:30 Friday Party with Cindi Scheffler – 2N 3:30 Cribbage – 2N 7:00 Game Night- Apples to Apples -1N	25 10:00 Bingo – 2N 1:30 – Travelogue – 3N 2:30 St. Helena's Musical Troop – 3N
26 1:30 Chapel Service with Pastor Holm- 3N 3:00 Meditation Group – 1S	27 9:30 State Fair Trivia – 3S 10:30 Chaplain Chat – 2N 12:00 State Fair Lunch Bunch – Courtyard 1:30 Exercise– 3N 2:30 Crafts– 3N 4:30 Patio Chat – 3S 7:00 Movie Rental Night– 3S 7:00 Game Night- Family Feud - 1N	28 9:30 News and Views – 2N 10:30 Hymn Sing – 3S 1:30 Exercise: Weights – 3N 2:30 Fair Games – 2N 3:30 Edible Auction – 2N 7:00 Movie Night: Never Say Never Again- 1N	29 9:30 Word Game Wednesday – 2N 10:00 Bake Sale - Lobby 10:30 Quarterly Memorial Service- 3N 1:30 Art Show – 2N 2:15 Bingo – 2N 5:00 Pottery – 3N 7:00 Relax and Restore –2N 7:00 Game Night- Buzzword -1N	30 9:00 State Fair Outing 10:00 AA Meeting – Community Room 7:00 Dominos with Jean & Finn – 3N	31 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 Bell Choir Practice– 3N 2:30 Social on a Stick – 2N 3:30 Greeting Card Club– 1N 7:00 Game Night- Apples to Apples -1N	

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

