

September 2018 TWO SOUTH WELLNESS CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 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: <i>My Blue Heaven</i>
2 9:30 Balloon Volleyball 2:30 Chapel Service 4:30 Finish the Phrase	3 9:30 Word Games-Workin 'it 10:30 Corn Hole 11:30 Revive and Refresh 1:30 Outdoor Visits 2:30 Bingo 7:00 <i>Our Gang</i>	4 9:30 Communion Service 10:30 News & Views 11:30 Revive and Refresh 1:30 Exercise 2:30 Coloring Club 4:30 Trivia Special with Jack 5:00 Local News 7:00 <i>The Beverly Hillbillies</i>	5 9:30 Morning Cheer with Chaplain Randy 10:30 Communion Service – 3N 10:30 Noodle Ball 11:30 Revive and Refresh 1:30 Afternoon Exercise 2:30 Rhythm Band 4:30 Activity Time 5:00 Local News 7:00 <i>Abbott and Costello</i>	6 9:30 Walmart Outing- Sign up! 9:30 Hymn Sing 10:30 Patriotic Word Games 11:30 Revive and Refresh 1:30 Afternoon Exercise 2:30 Where in the world? 4:30 Outdoor Visits 5:00 Local News 7:00 Yoga & Relaxation	7 9:30 Chaplain Chat 10:30 Rock and Roll Trivia 11:30 Revive and Refresh 1:30 Exercise 2:30 This Week in History 4:15 Bingo 5:00 Word Play 7:00 Movie Night: <i>The Princess Bride</i>	8 9:30 News & Views 10:30 Manicures 11:30 Revive and Refresh 1:30 Outdoor Visits 2:30 Musical Jeopardy 4:00 Saturday Show Tunes: <i>Kiss Me Kate</i>
9 9:30 Ball Toss 2:30 Chapel Service 4:30 Alphabetics	10 9:30 Devotions 10:30 Sing Along 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 Massage	11 9:30 Communion Service 10:30 News & Views 11:30 Revive and Refresh 1:30 Exercise 2:30 Expressive Arts 4:30 Jeopardy 5:00 Local News 7:00 Tea Time	12 9:30 Morning Cheer with Chaplain Randy 10:30 Basketball 10:30 Catholic Communion 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	13 9:30 Hymn Sing 10:30 Trivia Dice 11:30 Revive and Refresh 1:30 Afternoon Exercise 2:30 Crafts 4:30 Word Play 5:00 Local News 7:00 Yoga & Relaxation	14 9:30 Chaplain Chat 10:30 This Week in History 11:30 Revive and Refresh 1:30 Afternoon Exercise 2:30 Famous Faces 4:15 Bingo 5:00 Local News 7:00 Movie Night: <i>Meet John Doe</i>	15 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: <i>Oklahoma!</i>
16 9:30 Balloon Volleyball 2:30 Chapel Service 4:30 Finish the Phrase	17 9:30 Devotions 10:30 Musical Circles 11:30 Revive and Refresh 1:30 Manicures 1:30 Men's Club 2:30 Mindfulness and Movement 4:30 Art History 5:00 Local News 7:00 Hand Massage	18 9:30 Communion Service 10:30 News & Views 11:30 Revive and Refresh 1:30 Exercise 2:30 Let's Bake: Mini Apple Biscuit Pies 4:30 August Birthday Party 5:00 Local News 7:00 Word of Grace Hymn Sing	19 9:30 Morning Cheer with Chaplain Randy 10:30 Healing Prayer Service – 3N 10:30 Noodle Ball 11:30 Revive and Refresh 1:30 Exercise 2:30 Pottery Group 4:30 Activity Time 5:00 Local News 7:00 Storytime	20 9:30 Hymn Sing 10:30 Trivia Dice 11:30 Revive and Refresh 1:30 Exercise 2:30 Where in the world? 4:30 Outdoor Visits 5:00 Local News 7:00 Yoga & Relaxation	21 9:30 Chaplain Chat 10:30 Who's That Classical Composer? 11:30 Revive and Refresh 1:30 Afternoon Exercise 2:30 Finish That Sentence! 4:15 Bingo 5:00 Poetry Hour 7:00 Movie Night: <i>The Long, Long Trailer</i>	22 9:30 Coffee Chats 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: <i>Seven Brides for Seven Brothers</i>
23 9:30 Ball Toss 2:30 Chapel Service 4:30 Alphabetics	24 9:30 Stories of the Heart 10:30 Sing Along 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 Massage	25 9:30 Communion Service 10:00 The Price is Right 13:00 Como Zoo Outing 4:30 You be the Judge 5:00 Local News 7:00 Tea Time	26 9:30 Morning Cheer with Chaplain Randy 10:30 Catholic Communion Service – 3N 10:30 Basketball 11:30 Revive and Refresh 2:30 Intro to Yoga 4:30 Outdoor Visits 5:00 Local News 7:00 Poetry Corner	27 9:30 Hymn Sing 10:30 Activity with Jack 11:30 Revive and Refresh 1:30 Spa Day 2:30 Afternoon Movie 4:30 Word Play 5:00 Local News 7:00 Yoga & Relaxation	28 9:30 Chaplain Chat 10:30 Food For Thought – 2N 11:30 Revive and Refresh 1:30 Afternoon Exercise 2:30 Friday Party with Bill Cagely – 2N 4:15 Bingo 5:00 Local News 7:00 Movie Night: <i>Casablanca</i>	29 9:30 News & Views 10:30 Color Club 11:30 Revive and Refresh 1:30 Manicures 2:30 Outdoor Visits 4:00 Saturday Show Tunes: <i>Paint Your Wagon</i>
30 9:30 Balloon Volleyball 10:30 Garden Club 1:30- What's Oktoberfest? 2:30 Chapel Service						

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

