

**September 2018 WELLNESS CALENDAR**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 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
2 1:30 Chapel Service with Rev. Grigsby- 3N 3:00 Meditation Group – 1S	3 9:30 Labor Day Trivia Special - 2N 10:30 Coloring Club- 2N 1:30 Corn Hole- 3N 2:30 Labor Day Bingo -2N	4 9:30 Coffee with the Chef – 2N 10:30 Hymn Sing – 3S 1:30 Exercise: Weights – 3N 2:30 Card Bingo – 3N 3:30 Gardening Club– 3N 7:00 Movie Night: The Monuments Men– 1N	5 9:30 Word Game Wednesday – 2N 10:30 Communion Service – 3N 1:30 Exercise– 3N 2:15 Bingo – 2N 7:00 Game Night: Family Feud - 1N	6 9:00 Walmart Outing- Sign up! 9:30 Creative Storytelling – 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	7 9:30 Manicures – 1N only 10:30 Communion Service – 3S 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	8 10:00 Bingo - 2N 11:15 News and Views – 2N 1:30 This Day in History - 2N 2:30 Bowling - 3N 3:30 Popcorn and a Movie – 3N
9 1:30 Chapel Service with Chaplain Randy – 3N 3:00 Meditation Group – 1S	10 9:30 Trivia - 2N 10:30 Chaplain Chat – 2N 11:15 Blackjack with Jack -1N 1:30 Exercise– 3N 2:30 Crafts– 3N 3:30 Patio Chat – 3S 7:00 Movie Rental Night - 3S 7:00 Game Night: Monopoly- 1N	11 9:45 Resident Council – 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: Dudley Do-Right – 1N	12 9:30–Word Game Wednesday 2N 10:30 Catholic Communion Service – 3N 1:30 Exercise: Balls – 3N 2:15 Bingo – 2N 3:30 Food Committee – 2N 5:00 Pottery Group – 3N 7:00 Relax and Restore -2N 7:00 Game Night: Scattergories - 1N	13 9:30 Expressive Arts – 2N 10:00 AA Meeting – Community Room 10:30 Devotions– 3N 1:30 Exercise – Flexibility 3N 2:30 Manicures 3N Only 3:30 Crazy 8's – 3S 7:00 Dominos with Jean & Finn – 3N	14 9:00-11:00 Donut Sale - Lobby 9:30 Manicures – 1N only 10:30 Communion Service – 3S 11:15: Newsletter Committee-3N 1:30 Bell Choir Practice– 3N 2:30 This Day in History – 2N 3:30 Women's Coffee and Conversation- 1N 7:00 Game Night: Murder She Wrote -1N	15 10:00 Bingo – 2N 11:15 Manicures – 3S 1:30 Uno- 3N 2:30 Tzu Chi Foundation Program – 2N
16 1:30 Chapel Service with Chaplain Randy- 3N 3:00 Meditation Group – 1S	17 9:30 Word games – 2N 10:30 Chaplain Chat – 2N 11:15 Poker – 1N 1:30 Exercise– 3N 2:30 Crafts– 3N 3:30 Patio Chat – 3S 7:00 Movie Night: Flicka– 3S 7:00 Game Night: Family Feud - 1N	18 9:30 News and Views – 2N 10:30 Hymn Sing – 3S 12:00 Pizza Lunch Bunch – sign up! 2:30 Card Bingo – 3N 3:30 Gardening Club- 3N 7:00 Word of Grace Hymn Sing – 3N	19 9:30 Family Feud – 2N 10:30 Healing Prayer Service – 3N 1:30 Exercise: Balls – 3N 2:15 Bingo – 2N 5:00 Pottery Group – 3N 7:00 Game Night: Buzzword -1N	20 9:30 This Day in History- 3N 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	21 9:30 Manicures- 1N only 10:30 Communion Service – 3S 11:15 Newsletter Committee – 3N 1:30 Bell Choir Practice– 3N 2:30 Where in the World? 2N 3:30 Cribbage - 2N 7:00 Game Night: Apples to Apples -1N	22 10:00 Bingo – 2N 11:15 Nature Documentary-3N 1:30 Activity with Brenna– 3N 2:30 St. Helena's Musical Troop – 3N
23 1:30 Chapel Service with Chaplain Randy- 3N 3:00 Meditation Group – 1S	24 9:30 Wellness Bingo – 2N 10:30 Chaplain Chat – 2N 11:15 Poker – 1N 1:30 Exercise– 3N 2:30 Crafts– 3N 3:30 Patio Chat – 3S 7:00 Movie Rental Night:– 3S 7:00 Game Night: Family Feud - 1N	25 9:30 News and Views – 2N 10:30 Hymn Sing – 3S 10:30 Como Zoo Outing – Sign up! 7:00 Movie Night: About A Boy– 1N	26 9:30 Word Game Wednesday – 2N 10:30 Catholic Communion Service – 3N 1:30 Intro to Yoga – 3N 2:15 Bingo – 2N 5:00 Pottery Group – 3N 7:00 Relax and Restore – 2N 7:00 Game Night: Buzzword -1N	27 9:30 Expressive Arts – 2N 10:00 AA Meeting – Community Room 10:30 Devotions– 3N 1:30 Exercise – Flexibility 3N 2:30 Spa Day – 2N 3:30 Crazy 8's – 3S 7:00 Dominos with Jean & Finn – 3N	28 9:00-11:00 Donut Sale - :Lobby 9:30 Manicures – 1N only 10:30 Food For Thought: Foods to Enhance Brain Function – 2N 11:15 Newsletter Committee – 3N 1:30 Bell Choir Practice– 3N 2:30 Friday Party with Bill Cagely – 2N 3:30 Greeting Card Club– 2N 7:00 Game Night: Apples to Apples -1N No Chloe	29 10:00 Bingo – 2N 11:15 Manicures – 3S 1:30 Uno- 3N 2:30 Coloring Club – 2N 3:30 Popcorn and a Movie – 3N Jaymee and Lisa Work
30 9:30 What's Oktoberfest- 2N 1:30 Chapel Service with Pastor Holm -3N 2:30 MN Community Youth Ensemble – 3N 3:00 Meditation Group – 1S						

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

