

October 2018 TWO SOUTH WELLNESS CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 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 Bowling 5:00 Local News 7:00 Hand Massage	2 9:30 Communion Service 10:30 News & Views 11:30 Revive and Refresh 1:30 Exercise 2:30 Expressive Arts 4:30 Name 10 5:00 Local News 7:00 Tea Time	3 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 Pottery Group 4:30 Activity Time 5:00 Local News 7:00 Story Time	4 9:30 Target Outing 9:30 Hymn Sing 10:30 Famous Faces 11:30 Revive and Refresh 1:30 Afternoon Exercise 2:30 Crafts 4:30 Dances Around The World 5:00 Local News 7:00 Yoga & Relaxation	5 9:30 Chaplain Chat 10:30 Musical Wheel of Fortune 11:30 Revive and Refresh 1:30 Exercise 2:30 October Tidbits 4:15 Bingo 5:00 Local News 7:00 Movie Night: Abbott and Costello	6 9:30 Trivia 10:30 Where in the world? 11:30 Revive and Refresh 1:30 Manicures 2:30 News & Views 4:00 Saturday Show Tunes: Funny Face
7 9:30 Balloon Volleyball 2:30 Chapel Service 4:30 Finish the Phrase	8 9:30 Devotions 10:30 Creative Storytelling 11:30 Revive and Refresh 1:30 Manicures 1:30 Men's Club 2:30 Mindfulness and Movement 4:30 Skee Ball 5:00 Local News 7:00 Hand Massage	9 9:30 Communion Service 10:30 News & Views 11:30 Revive and Refresh 12:00 McDonald's Lunch Bunch-1S 2:30 Expressive Arts 4:30 Where in the World? 5:00 Local News 7:00 Greater Friendship Church (3N)	10 9:30 Morning Cheer with Chaplain Randy 10:30 Catholic Communion Service – 3N 10:30 Basketball 11:30 Revive and Refresh 1:30 Afternoon Exercise 2:30 Pottery Group 4:30 Activity Time 5:00 Local News 7:00 Poetry Corner	11 9:30 Hymn Sing 10:30 Trivia Dice 11:30 Revive and Refresh 1:30 Afternoon Exercise 2:30 Coloring Club 4:30 Dances Around The World 5:00 Local News 7:00 Yoga & Relaxation	12 9:30 Chaplain Chat 10:30 Musical Circles 11:30 Revive and Refresh 1:30 Exercise 2:30 Friday Party with Mary Hall (2N) 4:15 Bingo 5:00 Local News 7:00 Movie Night: Shark Tale	13 9:30 News & Views 10:30 Manicures 11:30 Revive and Refresh 1:30 Outdoor Visits 2:30 St. Helena's Musical Troop – 3N 4:00 Saturday Show Tunes: Royal Wedding
14 9:30 Ball Toss 2:30 Chapel Service 4:30 Alphabetics	15 9:30 Devotions 10:30 Photo Finish 11:30 Revive and Refresh 1:30 Manicures 1:30 Men's Club 2:30 Mindfulness and Movement 3:30 Drum Circle 4:30 Word Play 5:00 Local News 7:00 The Lone Ranger	16 9:30 Communion Service 10:30 News & Views 11:30 Revive and Refresh 1:30 Exercise 2:30 Let's Bake! 4:30 October Birthday Party 5:00 Local News 7:00 Word of Grace Hymn Sing	17 9:30 Morning Cheer with Chaplain Randy 10:30 Noodle Ball 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 Story Time	18 9:30 Hymn Sing 10:30 Trivia Dice 11:30 Revive and Refresh 1:30 Afternoon Exercise 2:30 Crafts 2:30 Leaves Outing 4:30 Dances Around The World 5:00 Local News 7:00 Yoga & Relaxation	19 9:30 Chaplain Chat 10:30 A Waltzing We Will Go! 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: Uncle Buck	20 9:30 Coffee & News 10:30 Manicures 11:30 Revive and Refresh 1:30 Pumpkin Trivia 2:30 Tzu Chi Foundation Program – 2N 4:00 Saturday Show Tunes: Viva Las Vegas
21 9:30 Balloon Volleyball 2:30 Chapel Service 4:30 Finish the Phrase	22 9:30 Devotions 10:30 Creative Storytelling 11:30 Revive and Refresh 1:30 Manicures 1:30 Men's Club 2:30 Mindfulness and Movement 4:30 Dice Baseball 5:00 Local News 7:00 Hand Massage	23 9:30 Communion Service 10:30 News & Views 11:30 Revive and Refresh 1:30 Exercise 2:30 Expressive Arts 4:30 Halloween Jeopardy 5:00 Local News 7:00 Tea Time	24 9:30 Morning Cheer with Chaplain Randy 10:30 Catholic Communion Service – 3N 10:30 Basketball 11:30 Revive and Refresh 1:30 Exercise 2:30 Pottery Group 4:30 Activity Time 5:00 Local News 7:00 Poetry Corner	25 9:30 Hymn Sing 10:30 Trivia Dice 11:30 Revive and Refresh 1:30 Exercise 2:30 Coloring Club 4:30 Dances Around The World 5:00 Local News 7:00 Yoga & Relaxation	26 9:30 Chaplain Chat 10:30 Sensory Explorations 11:30 Revive and Refresh 1:30 Afternoon Exercise 2:30 October Trivia 4:15 Bingo 5:00 Local News 7:00 Movie Night: Blue Steel	27 9:30 News & Views 10:30 Manicures 11:30 Revive and Refresh 1:00 Spooktacular – 1S 1:30 Family Feud 4:00 Saturday Show Tunes: Show Boat
28 9:30 Ball Toss 2:30 Chapel Service 4:30 Alphabetics	29 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 Art History 5:00 Local News 7:00 Hand Massage	30 9:30 Communion Service 10:30 News & Views 11:30 Revive and Refresh 1:30 Exercise 2:30 Pumpkin Carving 4:30 Name that Monster 5:00 Local News 7:00 Tea Time	31 9:30 Morning Cheer with Chaplain Randy 10:30 Halloween of Fortune 11:30 Revive and Refresh 2:30 Halloween Party (2N) 5:00 Local News 7:00 Spooky Stories			

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

