

**October 2018 WELLNESS CALENDAR**

<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
	1 9:30 Activity with Judy - 2N 10:30 Chaplain Chat – 2N 1:30 Exercise– 3N 2:30 Crafts– 3N 3:30 World Tour – 3S 7:00 Movie Rental Night - 3S 7:00 Game Night: Monopoly- 1N	2 9:30 Coffee with the Chef – 2N 10:30 Hymn Sing – 3S 11:00 Newsletter Distribution-All Floors 1:30 Exercise: Weights – 3N 2:30 Card Bingo – 3N 3:30 Gardening Club Salad Party!– 3N 7:00 Movie Night: The Lion, The Witch, and The Wardrobe– 1N	3 9:30 Word Game Wednesday – 2N 10:30 Communion Service – 3N 1:30 Exercise– 3N 2:15 Bingo – 2N 5:00 Pottery Group 7:00 Game Night: Family Feud - 1N 7:00 Tea and Poetry -3N	4 9:00 Target Outing- Sign up! 9:30 Looking Ahead: October 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	5 9:30 Trivia – 2N 10:30 Communion Service – 3S 11:15 Newsletter Committee – 3N 1:30 Where in the World? - 2N 2:30 Veterans voices - 2N 7:00 Game Night: Are you smarter than a 5 <sup>th</sup> grader? -1N	6 10:00 Bingo - 2N 11:15 Coloring Club-2N 1:30 Uno – 2N 2:15 St. Helena's Cover Up – 2N 3:30 Popcorn and a Movie – 3N
7 10:30 Cranium Crunchers – 3N 1:30 Chapel Service with Rev. Grigsby -- 3N 3:00 Meditation Group – 1S 3:25 Vikings Vs. Eagles on Fox Ch.9 – 2N	8 9:30 Dice Trivia - 2N 10:30 Chaplain Chat – 2N 11:15 Poker -1N 1:30 Exercise– 3N 2:30 Crafts– 3N 3:30 World Tour – 3S 7:00 Classic TV Night: Hogan's Heroes - 3S 7:00 Game Night: Monopoly- 1N	9 9:45 Resident Council – 2N 10:30 Hymn Sing – 3S 12:00 McDonalds Lunch Bunch- 1S 1:30 Exercise: Weights – 3N 2:30 Card Bingo – 3N 3:30 Gardening Club – 3N 7:00 Greater Friendship Church – 3N	10 9:30 Family Feud – 2N 10:30 Catholic Communion Service – 3N 1:30 Exercise– 3N 2:15 Bingo – 2N 3:30 Piano Sing Along – 2N 5:00 Pottery Group 7:00 Game Night: Family Feud - 1N 7:00 Relax and Restore -3N	11 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	12 9:00-11:00 Donut Sale - Lobby 9:30 Where in the World? – 3N 9:30 Manicures – 1N only 10:30 Communion Service – 3S 11:15 Newsletter Committee – 3N 1:30 Bell Choir Practice– 3N 2:30 Friday Party with Mary Hall – 2N 3:30 Greeting Card Club-2N 7:00 Game Night: Are you smarter than a 5 <sup>th</sup> grader? -1N	13 10:00 Bingo - 2N 11:15 Manicures – 3S 1:30 Uno – 3N 2:30 St. Helena's Musical Troop – 3N
14 10:30 Cranium Crunchers – 3N 12:00 Vikings Vs. Cardinals on Fox Ch. 9 – 2N 1:30 Chapel Service with Chaplain Randy – 3N 3:00 Meditation Group – 1S	15 9:30 Trivia - 2N 10:30 Chaplain Chat – 2N 11:15 Blackjack -1N 1:30 Exercise– 3N 2:30 Activity with Jack 3:30 World Tour – 3S 7:00 Movie Rental Night - 3S 7:00 Game Night: Monopoly- 1N	16 9:30 News and Views – 2N 10:30 Hymn Sing – 3S 1:30 Exercise: Weights – 3N 2:30 Card Bingo – 3N 3:30 Famous Faces – 3N 7:00 Word of Grace Hymn Sing – 3N	17 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 Group 7:00 Tea and Poetry -3N 7:00 Game Night: Scattergories - 1	18 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 2:30 Fall Colors Outing- Sign up! 3:30 Crazy 8's – 3S 7:00 Dominos with Jean & Finn – 3N	19 9:30 Manicures – 1N only 9:30 Poker – 2N 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 Women's Coffee & Conversation-1N 7:00 Game Night: Murder She Wrote -1N	20 10:00 Bingo – 2N 11:15 Now Screening: Music Concert!-2N 1:30 Ring Toss-3N 2:30 Tzu Chi Foundation Program – 2N
21 10:30 Cranium Crunchers – 3N 12:00 Vikings Vs. Jets on Fox Ch. 9 – 2N 1:30 Chapel Service with Chaplain Randy - 3N 3:00 Meditation Group – 1S	22 9:30 Jeopardy – 2N 10:30 Chaplain Chat – 2N 11:15 Poker – 1N 1:30 Exercise– 3N 2:30 Crafts– 3N 3:30 World Tour – 3S 7:00 Monday Mystery: Life– 3S 7:00 Game Night: Family Feud - 1N	23 9:00 Voting – 2N and 3N 10:30 Hymn Sing – 3S 1:30 Exercise: Weights – 3N 2:30 Card Bingo – 3N 3:30 Gardening Club- 3N 7:00 The Mummy – 1N	24 9:30 Word Game Wednesday– 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 Group 7:00 Game Night: Buzzword -1N 7:00 Relax and Restore -3N	25 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	26 9:00-11:00 Donut Sale - Lobby 9:30 Manicures- 1N only 9:30 Trivia – 2N 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 Creative Storytelling-3N 7:00 Game Night: Apples to Apples -1N	27 10:00 Bingo – 2N 11:15 Manicures – 3S 1:00- 4:00 Spooktacular – 1S
28 10:30 Cranium Crunchers – 3N 1:30 Chapel Service with Pastor Holm - 3N 3:00 Meditation Group – 1S 7:20 Vikings Vs. Saints on NBC Ch. 11 – 2N	29 9:30 Halloween Trivia Special – 2N 10:30 Chaplain Chat – 2N 11:15 Poker – 1N 1:30 Exercise– 3N 2:30 World Tour – 3S 7:00 Movie Rental Night:– 3S 7:00 Game Night: Family Feud - 1N	30 9:30 News and Views – 2N 10:30 Hymn Sing – 3S 1:30 Exercise: Weights – 3N 2:30 Bingo – 3N 3:30 Drum Circle – 3N 7:00 Movie Night: The Addams Family– 1N	31 9:30 Let's Bake! – 2N 10:30 Word Game Wednesday – 2N 1:30 Exercise: Balls – 3N 2:30 Halloween Party – 2N 5:00 Pottery Group 7:00 Tea and Poetry -3N 7:00 Game Night: Buzzword -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.**

