


November 2018 TWO SOUTH WELLNESS CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 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 and Relaxation	2 9:30 Chaplain Chat 10:30 Sing Along 11:30 Revive and Refresh 1:30 Exercise 2:30 This Week in History 4:15 Bingo 7:00 Movie Night: The Hunchback of Notre Dame	3 9:30 Trivia special 10:30 News & Views 11:30 Revive and Refresh 1:30 Exercise-Brenna 2:30 Stories of the Heart-Brenna 4:00 Saturday Show Tunes: Walk The Line
4 9:30 Balloon Volleyball 2:30 Chapel Service 4:30 Finish the Phrase	5 9:30 Devotions 10:30 The Week Ahead 11:30 Revive and Refresh 12:30-3:30 Green Books – 1N 1:30 Card Club 2:30 Mindfulness and Movement 4:30 Bowling 5:00 Local News 7:00 The Mary Tyler Moore Show	6 9:30 Communion Service 10:30 News & Views 11:30 Revive and Refresh 1:30 Exercise 2:30 Expressive Arts 4:30 Art History 5:00 Local News 7:00 Tea Time	7 9:30 Morning Cheer with Chaplain Randy 10:30 Communion Service – 3N 10:30 Basketball 11:30 Revive and Refresh 1:30 Afternoon Exercise 2:30 Pottery Group 4:30 People, Places, Things 5:00 Local News 7:00 Poetry Corner	8 9:00 Dollar Store Outing 9:30 Hymn Sing 10:30 Trivia 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	9 9:30 Chaplain Chat 10:30 Musical Wheel of Fortune 11:30 Revive and Refresh 1:30 Exercise 2:30 Friday Pie Social (2N) 4:15 Bingo 5:00 7:00 Movie Night: The Adventures of Tom Sawyer	10 9:30 News & Views 10:30 Manicures 11:30 Revive and Refresh 1:30 Afternoon Yoga 2:30 Coloring Club 4:00 Saturday Show Tunes: Enchanted
11 9:30 Ball Toss 2:30 Chapel Service 4:30 Alphabetics	12 8:00 Veteran's Breakfast(1S) 9:30 Devotions 10:30 Creative Storytelling 11:30 Revive and Refresh 1:30 Card Club 2:30 Veteran's Day Ceremony (2N) 4:30 Ball Toss & Trivia 5:00 Local News 7:00 The Lone Ranger	13 9:30 Communion Service 10:30 News & Views 11:30 Revive and Refresh 12:00 Lunch Bunch: Taco Bell 2:30 Mindfulness and Movement 4:30 Name 10 5:00 Local News 7:00 Tea Time	14 9:30 Morning Cheer with Chaplain Randy 10:30 Noodle Ball 10:30 Catholic Communion Service – 3N 11:30 Revive and Refresh 1:30 Afternoon Exercise 2:30 Coloring Club 4:30 5:00 Local News 7:00 Story Time	15 9:30 Hymn Sing 10:30 Dice Trivia 11:30 Revive and Refresh 1:30 Afternoon Exercise 2:30 Stories Through Dance and Movement 4:30 Dances Around the World 5:00 Local News 7:00 Yoga & Relaxation	16 9:30 Chaplain Chat 10:30 Sing Along 11:30 Revive and Refresh 1:30 Afternoon Exercise 2:30 Wellness Spotlight (2N) 4:15 Bingo 5:00 Local News 7:00 Movie Night: Garfield's Thanksgiving	17 9:30 Finish that Line! 10:30 Garden Club 11:30 Revive and Refresh 1:30 Manicures 2:30 Tzu Chi Foundation Program – 2N 4:00 Saturday Show Tunes: Hairspray
18 9:30 Balloon Volleyball 2:30 Chapel Service – 2S 4:30 Finish the Phrase	19 9:30 Devotions 10:30 The Week Ahead 11:30 Revive and Refresh 1:30 Card Club 2:30 Mindfulness and Movement 4:30 Turkey Races 5:00 Local News 7:00 Hand Massage	20 9:30 Communion Service 10:30 News & Views 11:30 Revive and Refresh 1:30 Exercise 2:30 Expressive Arts 4:30 Let's Talk Turkey 5:00 Local News 7:00 Word of Grace Hymn Sing	21 9:30 Morning Cheer with Chaplain Randy 10:30 Healing Prayer Service – 3N 10:30 Basketball 11:30 Revive and Refresh 1:30 Exercise 2:30 Pottery Group 4:30 People, Places, Things 5:00 Local News 7:00 Poetry Corner	22 	23 9:30 Thanksgiving Traditions 10:30 Activity with Brenna 11:30 Revive and Refresh 1:30 Afternoon Exercise 2:30 November Random Trivia! 4:15 Bingo 7:00 Movie Night: Shiloh	24 9:30 News & Views 10:30 Creative Storytelling 11:30 Revive and Refresh 1:30 Manicures 2:30 St. Helena's Musical Troop – 3N 4:00 Saturday Show Tunes: Hello Dolly!
25 9:30 Ball Toss 2:30 Chapel Service – 2S 4:30 Alphabetics	26 9:30 Devotions 10:30 Creative Storytelling 11:30 Revive and Refresh 1:30 Card Club 2:30 Mindfulness and Movement 4:30 Bowling 5:00 Local News 7:00 Hand Massage	27 9:30 Communion Service 10:30 News & Views 11:30 Revive and Refresh 1:30 Exercise 2:30 Expressive Arts 4:30 You be the Judge 5:00 Local News 7:00 Tea Time	28 9:30 Morning Cheer with Chaplain Randy 10:30 Catholic Communion Service – 3N 10:30 Noodle Ball 11:30 Revive and Refresh 1:30 Exercise 2:30 Coloring Club 4:30 People, Places, Things 5:00 Local News 7:00 Spooky Stories	29 9:30 Hymn Sing 10:30 Trivia 11:30 Revive and Refresh 1:30 Afternoon Exercise 2:30 Rhythm Band 4:30 Dances Around the World 5:00 Local News 7:00 Yoga & Relaxation	30 9:30 Chaplain Chat 10:30 Name That Christmas Carol 11:30 Revive and Refresh 1:30 Afternoon Exercise 2:30 Wellness Spotlight (2N) 4:15 Bingo 5:00 Local News 7:00 Movie Night: His Girl Friday	

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

