


## November 2018 WELLNESS CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 9:30 Expressive Arts-2N 10:00 AA Meeting – Community Room 10:30 Devotions– 3N 11:00 Cycle Club – 3N 1:30 Exercise – Flexibility 3N 2:30 Crazy 8's – 3S 3:30 Manicures –3N ONLY 7:00 Dominos with Jean & Finn	2 9:30 Where in the World? – 2N 10:30 Communion Service – 3S 11:15 Newsletter Committee – 3N 1:30 Bell Choir Practice– 3N 2:30 Trivia – 2N 3:30 Happy Hour-3N 7:00 Game Night: Are You Smarter Than a 5 <sup>th</sup> grader? -1N	3 10:00 Bingo - 2N 11:15 Coloring Club-2N 1:30 Poker - 2N 2:15 St. Helena's Cover Up – 2N 3:30 Popcorn and a Movie – 3N
4 10:30 Cranium Crunchers – 3N 12:00 Vikings Vs. Lions on Fox Ch.9 – 2N 1:30 Chapel Service with Chaplain Randy – 3N 3:00 Meditation Group – 1S	5 9:30 Dice Trivia - 2N 10:30 Chaplain Chat – 2N 11:15 Poker -1N 12:30-3:30 Green Books – 1N 1:30 Exercise– 3N 2:30 Improv Games -3N 3:30 World Tour – 3S 7:00 Classic TV Night: The Carol Burnett Show - 3S 7:00 Game Night: Monopoly- 1N	6 9:30 News and Views – 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: Footloose – 1N	7 9:30 Jeopardy – 2N 10:30 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	8 9:00 Dollar Store Shopping Outing – sign up! 9:30 Coloring Club- 2N 10:00 AA Meeting – Community Room 10:30 Devotions– 3N 11:00 Cycle Club – 2N 1:30 Exercise – Flexibility 3N 2:30 Crazy 8's – 3S 3:30 Manicures –2N ONLY 7:00 Dominos with Jean & Finn – 3N	9 9:00-11:00 Donut Sale - Lobby 9:30 Let's Bake Pie!- 2N 10:30 Communion Service – 3S 11:15 Newsletter Committee – 3N 1:30 Bell Choir Practice– 3N 2:30 Pie Social – 2N 3:30 Greeting Card Club-3N 7:00 Game Night: re You Smarter Than a 5 <sup>th</sup> grader? -1N	10 10:00 Bingo - 2N 11:15 Manicures – 3S 1:30 Uno – 3N 2:30 Coloring Club – 2N 3:30 Popcorn and a Movie – 3N
11 10:30 Cranium Crunchers – 3N 1:30 Chapel Service with Rev. Grigsby – 3N 3:00 Meditation Group – 1S	12 8:00 Veteran's Breakfast – 1S 10:30 Chaplain Chat – 2N 11:15 Blackjack with Jack -1N 1:30 Exercise– 3N 2:30 Veteran's Day Ceremony – 2N 3:30 World Tour --3S 7:00 Movie Rental Night - 3S 7:00 Game Night: Monopoly- 1N	13 9:45 Resident Council – 2N 10:30 Hymn Sing – 3S 12:00 Taco Bell Lunch Bunch – 1S 1:30 Exercise: Strong Spirits– 3N 2:30 Card Bingo – 3N 3:30 Famous Faces – 3N 7:00 Movie Night: The Blind Side – 1N	14 9:30–Word Game Wednesday 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: Scattergories - 1N	15 9:30 Expressive Arts – 2N 10:00 AA Meeting – Community Room 10:30 Devotions– 3N 11:00 Cycle Club – 3N 1:30 Exercise – Flexibility 3N 2:30 Crazy 8's – 3S 3:30 Manicures 3N Only 3:30 Stories Through Dance and Movement – 3S 7:00 Dominos with Jean & Finn – 3N	16 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 Wellness Spotlight – 2N 3:30 Bunco-3N 7:00 Game Night: Murder She Wrote -1N	17 10:00 Bingo – 2N 11:15 Music Documentary – 2N 1:30 Stories of the Heart-3N 2:30 Tzu Chi Foundation Program – 2N
18 10:30 Cranium Crunchers – 3N 12:00 Vikings Vs. Bears on Fox Ch. 9 – 2N 1:30 Chapel Service with Chaplain Randy - 3N 3:00 Meditation Group – 1S	19 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	20 9:30 News and Views – 2N 10:30 Hymn Sing – 3S 1:30 Exercise: Weights – 3N 2:30 Card Bingo – 3N 3:30 Gardening Club – 3N 7:00 Word of Grace Hymn Sing – 3N	21 9:30 Family Feud– 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 Game Night: Buzzword -1N 7:00 Relax and Restore	22 	23 9:00-11:00 Donut Sale - Lobby 9:30 Where in the World? – 2N 10:30 Manicures- 1N only 11:15 Newsletter Committee – 3N 1:30 Trivia – 2N 2:30 Activity with Judy – 3N 3:30 Women's Club- Coffee and Conversation-1N-Brenna 7:00 Game Night: Apples to Apples -1N	24 10:00 Bingo – 2N 11:15 Manicures – 3S 1:30 Stories of the Heart-3N 2:30 St. Helena's Musical Troop – 3N
25 10:30 Cranium Crunchers – 3N 1:30 Chapel Service with Pastor David Holm - 3N 3:00 Meditation Group – 1S 7:20 Vikings Vs. Packers on NBC Ch. 11 – 2N	26 9:30 Trivia – 2N 10:30 Chaplain Chat – 2N 11:15 Poker – 1N 2:30 Crafts– 3N 3:30 World Tour -3S 7:00 Movie Rental Night– 3S 7:00 Game Night: Family Feud - 1N	27 9:30 News and Views – 2N 10:30 Hymn Sing – 3S 1:30 Exercise: Weights – 3N 2:30 Card Bingo – 3N 3:30 Name That Christmas Carol – 3N 7:00 Movie Night: The Five People You Meet in Heaven– 1N	28 9:30 Word Game Wednesday- 2N 10:30 Catholic Communion Service – 3N 1:30 Exercise: Balls – 3N 2:15 Bingo – 2N 5:00 Pottery Group 7:00 Tea and Poetry 7:00 Game Night: Buzzword -1N	29 10:00 AA Meeting – Community Room 10:00 History Center Outing – Sign up! 10:30 Devotions– 3N 7:00 Dominos with Jean & Finn – 3N	30 9:30 Manicures – 1N only 9:30 Blackjack – 2N 10:30 Communion Service – 3S 11:15: Newsletter Committee-3N 1:30 Bell Choir Practice– 3N 2:30 Wellness Spotlight – 2N 3:30 Bunco–3N 7:00 Game Night: Murder She Wrote -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.**

