

December 2018 TWO SOUTH WELLNESS CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 9:30 News and Views 10:30 Manicures 11:30 Revive and Refresh 1:30 Bowling 2:30 Rhythm Band 4:00 Saturday Show Tunes: The Sound of Music
2 9:30 Balloon Volleyball 2:30 Chapel Service 4:30 Finish the Phrase	3 9:30 Devotions 10:30 The Week Ahead 11:30 Revive and Refresh 1:30 Card Club 2:30 Mindfulness and Movement 4:30 Tree Trimming 5:00 Local News 7:00 Music & Massage	4 9:30 Communion Service 10:30 News & Views 11:30 Revive and Refresh 1:30 Exercise 2:30 Expressive Arts 4:30 Jeopardy 5:00 Local News 7:00 Tea Time	5 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 Story Time	6 9:30 Walmart outing 9:30 Hymn Sing 10:30 Trivia 11:30 Revive and Refresh 1:30 Afternoon Exercise 2:30 Christmas Card Extravaganza! 4:30 Dances Around the World 5:00 Local News 7:00 Yoga & Relaxation	7 9:30 Chaplain Chat 10:30 Sing Along 11:30 Revive and Refresh 1:30 Exercise 2:30 Wellness Spotlight – 2N 4:15 Bingo 5:00 Local News 7:00 Movie Night :It's A Wonderful Life	8 9:30 News & Views 10:30 Can You Picture This? 11:30 Revive and Refresh 1:30 Manicures 2:30 MN Community Youth Ensemble – 3N 4:00 Saturday Matinee: A Christmas Carol
9 9:30 Ball Toss 2:30 Chapel Service 4:30 Alphabetics	10 9:30 Devotions 10:30 Creative Storytelling 11:30 Revive and Refresh 1:30 Word Games 2:30 Mindfulness and Movement 4:30 Art History 5:00 Local News 7:00 Music & Massage	11 9:30 Communion Service 10:30 News & Views 11:30 Revive and Refresh 12:00 White Castle Lunch Bunch 1:30 Exercise 2:30 Expressive Arts 4:30 Who, What, When 5:00 Local News 7:00 Greater Friendship Church	12 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 People, Places, Things 5:00 Local News 7:00 Poetry Corner	13 9:30 Hymn Sing 10:30 Dice Trivia 11:30 Revive and Refresh 1:30 Afternoon Exercise 2:30 Bell Choir Performance 4:30 Christmas Lights Outing 5:00 Local News 7:00 Yoga & Relaxation	14 9:30 Chaplain Chat 10:30 Famous Faces 11:30 Revive and Refresh 1:30 Afternoon Exercise 2:30 Healthy Eating During the Holiday Season – 2N 4:15 Bingo 5:00 Local News 7:00 Movie Night: How the Grinch Stole Christmas	15 9:30 News and Views 10:30 Christmas Trivia special 11:30 Revive and Refresh 1:30 Manicures 2:30 Tzu Chi Foundation Program – 2N 4:00 Saturday Matinee: Elf
16 9:30 Balloon Volleyball 10:30 Trivia Dice 2:00- 4:00 Holiday Open House – 2N & 3N 2:30 Chapel Service 4:30 Finish the Phrase	17 9:30 Devotions 10:30 The Week Ahead 11:30 Revive and Refresh 1:30 Card Club 2:30 Mindfulness and Movement 4:30 Holidays around the World 5:00 Local News 7:00 Music & Massage	18 9:30 Communion Service 10:30 2S Holiday Party 11:30 Revive and Refresh 1:00 Afternoon Movie 4:30 Name 10 5:00 Local News 7:00 Word of Grace Hymn Sing	19 9:30 Morning Cheer with Chaplain Randy 10:30 Basketball 11:30 Revive and Refresh 1:00 Afternoon Movie 4:30 People, Places, Things 5:00 Local News 7:00 Storytime	20 9:30 Hymn Sing 10:30 Who's That Classical Composer? 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	21 9:30 Chaplain Chat 10:30 Songwriting 11:30 Revive and Refresh 1:30 Afternoon Exercise 2:30 Wellness Spotlight – 2N 4: 15 Bingo 7:00 Movie Night: Dennis the Menace Christmas	22 9:30 News & Views 10:30 Manicures 11:30 Revive and Refresh 1:30 Parachute Games 2:30 St. Helena's Musical Troop – 3N 4:00 Saturday Matinee: Miracle on 34 th Street
23 9:30 Ball Toss 2:30 Chapel Service 4:30 Alphabetics	24 9:30 Christmas Eve Worship Service 10:30 Holiday Jeopardy 11:30 Revive & Refresh 1:30 The Night Before Christmas 2:30 Cocoa & Carols 3:00 Holiday Movie	25 	26 9:30 News & Views 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 Poetry Corner	27 9:30 Ball Toss and Trivia 10:30 Activity with Lisa 11:30 Revive and Refresh 1:30 Afternoon Movie 2:30 Crafts 4:30 Dances Around the World 5:00 Local News 7:00 Yoga & Relaxation	28 9:30 Garden Club 10:30 Word Games 11:30 Revive and Refresh 1:30 Afternoon Exercise 2:30 Friday Party with Cindi Scheffer – 2N 4:15 Bingo 5:00 Local News 7:00 Movie Night: The Bishop's Wife	29 9:30 Ball Toss 10:30 Holiday Classics 11:30 Revive and Refresh 2:30 Stories of the Heart 4:00 Saturday Show Tunes: Calamity Jane

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

<p>30 9:30 Balloon Volleyball 2:30 Chapel Service 4:30 Trivia Time</p>	<p>31 9:30 Devotions 10:30 Activity with Judy 11:30 Revive and Refresh 1:30 Card Club 2:30 Mindfulness and Movement 4:30 New Years Resolutions 5:00 Local News 7:00</p>					
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