


December 2018 WELLNESS CALENDAR

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|---|--|---|---|
| | | | | | | 1 10:00 Bingo - 2N 11:15 Coloring Club- 2N 1:30 Tree Decorating- 3S 2:15 St. Helena's Cover Up – 2N 3:30 Popcorn and a Movie – 3N |
| 2 10:30 Cranium Crunchers – 3N 12:00 1:30 Chapel Service with Chaplain Randy - – 3N 3:25 Vikings Vs. Patriots on Fox Ch. 9 – 2N | 3 9:30 Dice Trivia - 2N 10:30 Chaplain Chat – 2N 11:15 Tree Decorating – 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 | 4 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: How the Grinch Stole Christmas – 1N | 5 9:30 Jeopardy – 2N 10:30 Communion Service – 3N 1:30 Exercise– 3N 2:15 Bingo – 2N 3:30 Piano Sing Along – 2N 7:00 Game Night: Family Feud - 1N 7:00 Relax and Restore | 6 9:00 Walmart Shopping Outing 9:30-5:00 Jewelry Sale - Lobby 9:30 Coloring Club-2N 10:00 AA Meeting – Community Room 10:30 Devotions– 3N 1:30 Exercise – Flexibility 3N 2:30 Crazy 8's – 3S 3:30 Manicures –2N ONLY 7:00 Dominos with Jean & Finn – 3N | 7 9:00-11:00 Donut Sale – 1S 9:30-5:00 Jewelry Sale 1N 10:30 Communion Service – 3S 11:15 Newsletter Committee – 3N 1:30 Bell Choir Practice– 3N 2:30 Wellness Spotlight – 2N 3:30 Christmas Greeting Card Club-2N 7:00 Game Night: Are you smarter than a 5 th grader? -1N | 8 10:00 Bingo - 2N 11:15 Manicures – 3S ONLY 1:30 Tree Decorating-3N 2:30 MN Community Youth Ensemble – 3N 3:30 Popcorn and a Movie – 3N |
| 9 10:30 Cranium Crunchers – 3N 1:30 Chapel Service with Rev. Grigsby – 3N | 10 9:30 Coffee with the Chef – 2N 10:30 Chaplain Chat – 2N 1:30 Exercise– 3N 2:30 Crafts– 3N 3:30 World Tour --3S 7:00 Movie Night: Elf- 3S 7:00 Game Night: Monopoly- 1N | 11 9:45 Resident Council – 2N 10:30 Hymn Sing – 3S 12:00 White Castle Lunch Bunch – 1S 1:30 Exercise: Weights– 3N 2:30 Card Bingo – 3N 3:30 Famous Faces-3N 4:30 This Day in History - 2N 7:00 Greater Friendship Church – 3N | 12 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: Scattergories -1N | 13 9:30 Expressive Arts – 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 3N Only 4:30 Christmas Lights Outing 7:00 Dominos with Jean & Finn – 3N | 14 9:30 Manicures – 1N only 9:30 Women's Coffee and Conversation-1N 10:30 Communion Service – 3S 11:15 Newsletter Committee-3N 1:30 Bell Choir Practice– 3N 2:30 Healthy Eating During the Holiday Season – 2N 3:30 Bunco-2N 5:00 Piano Recital – 3N 7:00 Game Night: Murder She Wrote -1N | 15 10:00 Bingo – 2N 11:15 Nature Documentary -2N 1:30 Poker – 2N 2:30 Tzu Chi Foundation Program – 2N |
| 16 9:30- Where in the World? 3N 10:30 Cranium Crunchers – 3N 12:00 Vikings Vs. Dolphins on CBS Ch. 4 – 2N 1:30 Chapel Service with Chaplain Randy - 3N 2:00-4:00 Holiday Open House – 2N & 3N | 17 9:30 Christmas Trivia Special – 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 Movie Rental Night - 3S 7:00 Game Night: Family Feud -1N | 18 9:30 News and Views – 2N 10:30 Hymn Sing – 3S 2:00 Holiday Party-2N ONLY 4:30 Cycle Club – 2N 7:00 Word of Grace Hymn Sing – 3N | 19 10:30 Healing Prayer Service – 3N 10:30 Holiday Party-3S ONLY 2:00 Holiday Party-3N ONLY 3:30 Food Committee – 2N 5:00 Pottery Group 7:00 Game Night: Buzzword -1N 7:00 Relax and Restore | 20 9:30 Expressive Arts – 2N 10:00 AA Meeting – Community Room 10:30 Devotions– 3N 1:30 Exercise – Flexibility 3N 2:30 Crazy 8's – 3S 3:30 Manicures –2N ONLY 7:00 Dominos with Jean & Finn – 3N | 21 9:00-11:00 Donut Sale – 1S 9:30 Manicures- 1N only 10:30 Communion Service – 3S 11:15 Newsletter Committee – 3N 1:30 Holiday Sing Along– 3N 2:30 Wellness Spotlight – 2N 3:30 Happy Hour – 3N 7:00 Game Night: Apples to Apples -1N | 22 10:00 Bingo – 2N 11:15 Manicures – 3S ONLY 1:30 Coloring Club – 2N 2:30 St. Helena's Musical Troop – 3N |
| 23 10:30 Cranium Crunchers – 3N 12:00 Vikings vs. Lions on Fox Ch. 9 – 2N 1:30 Chapel Service with Pastor David Holm - 3N | 24 9:30 Christmas Bingo- 2N 10:30 Christmas Eve Worship Service – 3N 1:30 Let's Decorate Cookies! -3N 2:30 Holiday Movie and Popcorn: Miracle on 34 th Street– 3N | 25  | 26 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 Tea and Poetry 7:00 Game Night: Buzzword -1N | 27 9:30 Expressive Arts – 2N 10:00 AA Meeting – Community Room 1:30 Exercise – Flexibility 3N 2:30 Crazy 8's – 3S 3:30 Manicures –2N ONLY 7:00 Dominos with Jean & Finn – 3N | 28 9:30 Looking Ahead at 2019-2N 10:30 Manicures – 1N only 2:30 Friday Party with Cindi Scheffer – 2N 7:00 Game Night: Murder She Wrote -1N | 29 10:00 Bingo - 2N 11:15 Music Concert Showing– 2N 1:30 News & Views – 2N |

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

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| 30 10:30 Cranium Crunchers - 3N 12:00 Vikings Vs. Bears on Fox Ch. 9 - 2N 1:30 Chapel Service with Chaplain Randy - 3N | 31 9:30 Activity with Judy - 3N 10:30 Chaplain Chat - 2N 2:00 New Year's Eve Party - 2N 3:30 World Tour -3S 7:00 Movie Night: It's a Wonderful Life - 3S 7:00 Game Night: Family Feud - 1N | | | | | |
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