

## February 2019 TWO SOUTH WELLNESS CALENDAR

| Sunday  | Monday  | Tuesday  | Wednesday  | Thursday   | Friday   | Saturday   |
|---|---|--|--|--|--|--|
|   |   |  |  |  | <b>1</b><br>9:30 Chaplain Chat<br>10:30 Sing Along<br>11:30 Revive and Refresh<br>1:30 Exercise<br>2:15 Walking Group<br>2:30 This week in History<br>4:15 Bingo<br>5:00 Local News<br>7:00 Movie Night :Mrs. Doubtfire                                  | <b>2</b><br>9:30 Morning Stretch<br>10:30 Music History<br>11:30 Revive and Refresh<br>1:30 Looking Ahead: February<br>2:30 Stories of the Heart<br>3:30 Manicures<br>4:00 Saturday Show Tunes: My Blue Heaven |
| <b>3</b><br>9:30 Balloon Volleyball<br>2:30 Chapel Service<br>4:30 Finish the Phrase  | <b>4</b><br>9:30 Devotions<br>10:30 The Week Ahead<br>11:30 Revive and Refresh<br>1:30 Card Games<br>2:15 Walking Group<br>2:30 Mindfulness and Movement<br>4:30 Shake it Loose<br>5:00 Local News<br>7:00 Music & Massage                            | <b>5</b><br>9:30 Communion Service<br>10:30 News & Views<br>11:30 Revive and Refresh<br>12:00 Chinese Lunch Bunch<br>1:30 Exercise<br>2:15 Walking Group<br>2:30 Expressive Arts<br>4:30 Where in the World?<br>5:00 Local News<br>7:00 Tea Time | <b>6</b><br>9:30 Morning Cheer with Randy<br>10:30 Noodle Ball<br>10:30 Communion Service – 3N<br>11:30 Revive and Refresh<br>1:30 Afternoon Exercise<br>2:15 Walking Group<br>2:30 Coloring Club<br>4:30 Dances Around the World<br>5:00 Local News<br>7:00 Poetry Corner | <b>7</b><br>9:00 Dollar Store Shopping Outing<br>9:30 Hymn Sing<br>10:30 Trivia special<br>11:30 Revive and Refresh<br>1:30 Afternoon Exercise<br>2:15 Walking Group<br>2:30 Crafts<br>3:30 Book Club<br>4:30 People, Places & Things<br>5:00 Local News<br>7:00 Yoga and Relaxation | <b>8</b><br>9:30 Chaplain Chat<br>10:30 Musical Circles<br>11:30 Revive and Refresh<br>1:30 Exercise<br>2:15 Walking Group<br>2:30 Rhythm Band<br>4:15 Bingo<br>5:00 Local News<br>7:00 Movie Night: Operation Petticoat                                 | <b>9</b><br>9:30 News and View<br>10:30 Where in the World?<br>11:30 Revive and Refresh<br>1:30 Card Club<br>2:30 Ball Toss Extravaganza<br>3:30 Manicures<br>4:00 Saturday Show Tunes: Funny Face             |
| <b>10</b><br>9:30 Ball Toss<br>2:30 Chapel Service<br>4:30 Alphabetics                | <b>11</b><br>9:30 Devotions<br>10:30 Creative Storytelling<br>11:30 Revive and Refresh<br>1:30 Card Games<br>2:15 Walking Group<br>2:30 Mindfulness and Movement<br>4:30 Corn Hole Trivia<br>5:00 Local News<br>7:00 Gunsmoke                         | <b>12</b><br>9:30 Communion Service<br>10:30 News & Views<br>11:30 Revive and Refresh<br>1:30 Exercise<br>2:15 Walking Group<br>2:30 Expressive Arts<br>4:30 Family Feud<br>5:00 Local News<br>7:00 Greater Friendship Church                    | <b>13</b><br>9:30 Morning Cheer with Randy<br>10:30 Catholic Communion Service – 3N<br>10:30 Basketball<br>11:30 Revive and Refresh<br>1:30 Exercise<br>2:15 Walking Group<br>2:30 Pottery Group<br>4:30 Dances Around the World<br>5:00 Local News<br>7:00 Storytime      | <b>14</b><br>9:30 Hymn Sing<br>10:30 Musical Wheel of Fortune<br>11:30 Revive and Refresh<br>1:30 Afternoon Exercise<br>2:15 Walking Group<br>2:30 Valentines Party<br>3:30 Book Club<br>4:30 People, Places & Things<br>5:00 Local News<br>7:00 Yoga & Relaxation                   | <b>15</b><br>9:30 Chaplain Chat<br>10:30 Who's That Classical Composer?<br>11:30 Revive and Refresh<br>1:30 Afternoon Exercise<br>2:15 Walking Group<br>2:30 Musical Jeopardy<br>4:15 Bingo<br>5:00 Local News<br>7:00 Movie Night: My Favorite Brunette | <b>16</b><br>9:30 This Day in History<br>10:30 Who Am I?<br>11:30 Revive and Refresh<br>1:30 Afternoon Yoga<br>2:30 Tzu Chi Foundation Program – 2N<br>3:30 Manicures<br>4:00 Saturday Show Tunes: Mama Mia!   |
| <b>17</b><br>9:30 Balloon Volleyball<br>2:30 Chapel Service<br>4:30 Finish the Phrase | <b>18</b><br>9:30 Devotions<br>10:30 The Week Ahead<br>11:30 Revive and Refresh<br>2:15 Walking Group<br>1:30 Card Games<br>2:30 Mindfulness and Movement<br>4:30 Balloon Volleyball<br>5:00 Local News<br>7:00 Music & Massage                       | <b>19</b><br>9:30 Communion Service<br>10:30 News & Views<br>11:30 Revive and Refresh<br>1:30 Exercise<br>2:15 Walking Group<br>2:30 Expressive Arts<br>4:30 Art History<br>5:00 Local News<br>7:00 Word of Grace Hymn Sing                      | <b>20</b><br>9:30 Morning Cheer with Randy<br>10:30 Healing Prayer Service<br>10:30 Noodle Ball<br>11:30 Revive and Refresh<br>1:30 Exercise<br>2:15 Walking Group<br>2:30 Coloring Club<br>4:30 Dances Around the World<br>5:00 Local News<br>7:00 Poetry Corner          | <b>21</b><br>9:30 Hymn Sing<br>10:30 Trivia special<br>11:30 Revive and Refresh<br>1:30 Afternoon Exercise<br>2:15 Walking Group<br>2:30 Crafts<br>3:30 Book Club<br>4:30 People, Places & Things<br>5:00 Local News<br>7:00 Yoga and Relaxation                                     | <b>22</b><br>9:30 Chaplain Chat<br>10:30 Sing Along<br>11:30 Revive and Refresh<br>1:30 Afternoon Exercise<br>2:15 Walking Group<br>2:30 Wellness Spotlight – 2N<br>4:15 Bingo<br>7:00 Movie Night: Flipper  | <b>23</b><br>9:30 News & Views<br>10:30 Improv Games<br>11:30 Revive and Refresh<br>1:30 Bowling<br>2:30 St. Helena's Musical Troop – 3N<br>3:30 Manicures<br>4:00 Saturday Show Tunes: I Dream of Jeannie     |
| <b>24</b><br>9:30 Ball Toss<br>2:30 Chapel Service<br>4:30 Alphabetics                | <b>25</b><br>9:30 Devotions<br>10:30 Reminiscing Stories<br>11:30 Revive and Refresh<br>1:30 Card Games<br>2:15 Walking Group<br>2:30 Mindfulness and Movement<br>4:30 Ball Toss & Trivia<br>5:00 Local News<br>7:00 Music & Massage<br><br>No Brenna | <b>26</b><br>9:30 Communion Service<br>10:30 News & Views<br>11:30 Revive and Refresh<br>1:30 Exercise<br>2:15 Walking Group<br>2:30 Let's Bake! Brownies<br>4:30 February Birthday Party<br>5:00 Local News<br>7:00 Tea Time<br><br>Brett MOD   | <b>27</b><br>9:30 Morning Cheer with Chaplain Randy<br>10:30 Catholic Communion Service – 3N<br>11:30 Revive and Refresh<br>1:30 Exercise<br>2:15 Walking Group<br>2:30 Pottery Group<br>4:30 Dances Around the World<br>5:00 Local News<br>7:00 StoryTime                 | <b>28</b><br>9:30 Hymn Sing<br>10:30 Famous Faces<br>11:30 Revive and Refresh<br>1:00 Afternoon Movie<br>2:15 Walking Group<br>2:30 Chili Cook Off – 2N<br>3:30 Book Club<br>4:30 People, Places & Things<br>5:00 Local News<br>7:00 Yoga & Relaxation                               |  |  |

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

