

February 2019 WELLNESS CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 9:30 Let's Bake! – 3S 10:30 Communion Service – 3S 11:00 Newsletter Distribution -All Floors 1:30 Bell Choir Practice– 3S 2:30 Chocolate Lovers Party!-2N 3:30 Greeting Card Club-2N 7:00 Game Night: Murder She Wrote -1N	2 10:00 Bingo - 2N 11:15 Manicures – 3S ONLY 1:30 Musical Jeopardy– 3N 2:15 St. Helena's Cover Up – 2N 3:30 Popcorn and a Movie – 3N
3 10:30 Cranium Crunchers – 3N 1:30 Chapel Service with Chaplain Randy - - 3S 5:30 Super Bowl – CBS Ch. 4	4 9:30 Trivia - 2N 10:30 Chaplain Chat – 2N 1:30 Exercise– 3N 2:30 Crafts-3N 3:30 Hound Hangout – 3S 7:00 Movie Rental Night – 3N	5 9:30 News and Views – 2N 10:30 Hymn Sing – 3S 12:00 Chinese New Year Lunch Bunch – Sign up! 2:30 Card Bingo – 3N 3:30 Garden Club – 3N 7:00 Movie Night: My Best Friend's Wedding– 1N	6 9:30 Looking Ahead: February- 2N 10:30 Chapel Dedication – 3S 1:30 Exercise: Balls – 3N 2:15 Bingo – 2N 3:30 Piano Sing Along – 2N 5:00 Pottery Group-3N 7:00 Game Night: Scattergories - 1N 7:00 Relax and Restore- 3N	7 9:00 Dollar Store Shopping Outing – Sign up! 10:00 AA Meeting – Community Room 10:30 Devotions– 3S 11:00 Cycle Club – 2N 1:30 Exercise: Flexibility- 3N 2:30 Musical Wheel of Fortune – 3N 3:30 Manicures- 2N Only 3:30 Crazy 8s – 3S 7:00 Dominos with Jean & Finn – 3N	8 9:00 Donut Sale – 1S 9:30 Where in the World? - 2N 10:30 Communion Service – 3S 11:15 Newsletter Committee – 3N 1:30 Bell Choir Practice– 3S 2:30 Men's Club – 2N 3:30 Bunco-3N 7:00 Game Night: Monopoly -1N	9 10:00 Bingo - 2N 11:15 Music Concert Viewing-2N 1:30 Bowling-3N 2:30 News & Views-3N 3:30 Popcorn and a Movie – 3N
10 10:30 Coloring Club – 3N 1:30 Chapel Service with Chaplain David Holm – 3S	11 9:30 Coffee with the Chef – 2N 10:30 Chaplain Chat – 2N 11:15 Blackjack with Jack – 1N 1:30 Exercise– 3N 2:30 Activity with Brenna – 3N 3:30 World Jamboree Dance – 3S 7:00 Movie Night: Overboard – 3N	12 9:45 Resident Council- 2N 10:30 Hymn Sing – 3S 1:30 Exercise: Weights– 3N 2:30 Card Bingo – 3N 3:30 Name That Love Song – 3S 7:00 Greater Friendship Church – 3N	13 9:30 Jeopardy-2N 10:30 Catholic Communion Service – 3S 1:30 Exercise: Balls – 3N 2:15 Bingo – 2N 3:30 Piano Sing Along – 2N 5:00 Pottery Group – 3N 7:00 Tea and Poetry – 3N	14 9:30 Expressive Arts – 2N 10:00 AA Meeting – Community Room 10:30 Devotions– 3S 11:00 Cycle Club – 2N 1:30 Exercise: Flexibility- 3N 2:30 Valentines Social – 2N 3:30 Crazy 8's – 3S 3:30 Manicures -3N Only 7:00 Dominos with Jean & Finn – 3N	15 9:30 Cribbage-3N 10:30 Communion Service – 3S 11:15: Newsletter Committee-3N 1:30 Bell Choir Practice– 3S 2:30 Veterans Voices- 2N 3:30 Women's Club-1N 7:00 Game Night: Murder She Wrote -1N	16 10:00 Bingo – 2N 11:15 Manicures – 3S ONLY 1:30 Uno – 3N 2:30 Tzu Chi Foundation Program – 2N
17 10:30 Cranium Crunchers – 3N 1:30 Chapel Service with Chaplain Randy – 3S	18 9:30 Trivia Dice 2N 10:30 Chaplain Chat – 2N 11:15 Poker – 1N 1:30 Exercise– 3N 2:30 Crafts– 3N 3:30 Hound Hangout- Pet Visit – 3S 7:00 Movie Rental Night – 3N	19 9:30 News and Views – 2N 10:30 Hymn Sing – 3S 1:30 Exercise: Weights – 3N - Jack 2:30 Card Bingo – 3N 3:30 Writers' Circle-2N 7:00 Word of Grace Hymn Sing – 3N	20 9:30 Word Game Wednesday- 2N 10:30 Healing Prayer Service – 3S 1:30 Exercise: Balls – 3N 2:15 Bingo – 2N 3:30 Food Committee – 2N 5:00 Pottery Group – 3N 7:00 Relax and Restore – 3N	21 9:30 Expressive Arts – 2N 10:00 AA Meeting – Community Room 10:30 Devotions– 3S 11:00 Cycle Club – 2N 1:30 Exercise: Flexibility- 3N 2:30 Music Trivia – 3N 3:30 Crazy 8's – 3S 3:30 Manicures –2N Only 7:00 Dominos with Jean & Finn – 3N	22 9:00 Donut Sale – 1S 9:30 Manicures- 1N only 9:30 Where in the World? – 2N 10:30 Communion Service – 3S 11:15 Newsletter Committee – 3N 1:30 Bell Choir Practice– 3S 2:30 Wellness Spotlight – 2N 3:30 Happy Hour; Margaritas-3N 7:00 Game Night: Apples to Apples -1N	23 10:00 Bingo – 2N 11:15 Document: Black Fish- 2N 1:30 Travel to Thailand! – 3N 2:30 St. Helena's Musical Troop – 3N

**** 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>24 10:30 Independent Crafts – 3N 1:30 Chapel Service with Chaplain Randy – 3S</p>	<p>25 9:30 Trivia 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 Night: Sabrina- 3N</p>	<p>26 9:30 News and Views – 2N 10:30 Hymn Sing – 3S 1:30 Exercise: Weights – 3N 2:30 Card Bingo – 3N 3:30 Garden Club – 3N 7:00 Movie Night: We Bought a Zoo– 1N</p>	<p>27 9:30 Family Feud-2N 10:30 Catholic Communion Service – 3S 1:30 Exercise: Balls – 3N 2:15 Bingo – 2N 3:30 Piano Sing Along – 2N 5:00 Pottery Group – 3N 7:00 Tea and Poetry – 3N</p>	<p>28 9:30 Expressive Arts – 2N 10:00 AA Meeting – Community Room 10:30 Devotions– 3S 11:00 Cycle Club – 2N 1:30 Exercise: Flexibility- 3N 2:30 Chili Cook Off – 2N 3:30 Crazy 8's – 3S 3:30 Manicures –3N Only 7:00 Dominos with Jean & Finn – 3N</p>		
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