

January 2019 TWO SOUTH WELLNESS CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 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	3 9:30 Hymn Sing 10:30 Word Game 11:30 Revive and Refresh 1:30 Afternoon Exercise 2:30 Crafts 3:30 Book Club 4:30 Dances Around the World 5:00 Local News 7:00 Yoga & Relaxation	4 9:30 Chaplain Chat 10:30 Musical Wheel of Fortune 11:30 Revive and Refresh 1:30 Exercise 2:30 This week in History 4:15 Bingo 5:00 Local News 7:00 Movie Night :The Wizard of Oz	5 9:30 News & Views 10:30 Garden Club 11:30 Revive and Refresh 1:30 Manicures 2:30 Word Games 4:00 Saturday Show Tunes: Hair Spray
6 9:30 Balloon Volleyball 2:30 Chapel Service 4:30 Trivia Time	7 9:30 Devotions 10:30 The Week Ahead 11:30 Revive and Refresh 1:30 Card Club 2:30 Mindfulness and Movement 4:30 Storytime 5:00 Local News 7:00 The Dick Van Dyke Show	8 9:30 Communion Service 10:30 News & Views 11:30 Revive and Refresh 1:30 Exercise 2:30 Elvis Social (2N) 4:30 Activity with Jack 5:00 Local News 7:00 The Andy Griffith Show	9 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	10 9:30 Hymn Sing 10:30 Famous Faces 11:30 Revive and Refresh 1:30 Afternoon Exercise 2:30 Activity with Judy 3:30 Book Club 4:30 Dances Around the World 5:00 Local News 7:00 Yoga & Relaxation	11 9:30 Chaplain Chat 10:30 Sing Along 11:30 Revive and Refresh 1:30 Exercise 2:30 Finish that Sentence! 4:15 Bingo 5:00 Local News 7:00 Movie Night: Shrek	12 9:30 News and Views 10:30 Trivia Special 11:30 Revive and Refresh 1:30 Bowling 2:30 Stories of the Heart 4:00 Saturday Show Tunes:: Viva Las Vegas
13 9:30 Ball Toss 2:30 Chapel Service 4:30 Alphabetics	14 9:30 Devotions 10:30 Creative Storytelling 11:30 Revive and Refresh 1:30 Card Games 2:30 Mindfulness and Movement 4:30 Ball Toss & Trivia 5:00 Local News 7:00 Music & Massage	15 9:30 Communion Service 10:30 News & Views 11:30 Revive and Refresh 1:30 Exercise 2:30 Let's Bake :Peanut Butter Bread 4:30 Jeopardy 5:00 Local News 7:00 Tea Time & Treats	16 9:30 Morning Cheer with Chaplain Randy 10:30 Healing Prayer Service 10:30 Basketball 11:30 Revive and Refresh 1:30 Exercise 2:30 Pottery Group 4:30 People, Places, Things 5:00 Local News 7:00 Storytime	17 9:30 Hymn Sing 10:30 Trivia special 11:30 Revive and Refresh 1:30 Afternoon Exercise 2:30 Crafts 3:30 Book Club 4:30 Dances Around the World 5:00 Local News 7:00 Yoga & Relaxation	18 9:30 Chaplain Chat 10:30 Musical Circles 11:30 Revive and Refresh 1:30 Afternoon Exercise 2:30 This Week in History 4:15 Bingo 5:00 Local News 7:00 Movie Night: Pay It Forward	19 9:30 Family Feud 10:30 Dice Game 11:30 Revive and Refresh 1:30 Parachute Moves 2:30 Tzu Chi Foundation Program – 2N 4:00 Saturday Show Tunes: Oklahoma!
20 9:30 Balloon Volleyball 2:30 Chapel Service 4:30 Finish the Phrase	21 9:30 Devotions 10:30 The Week Ahead 11:30 Revive and Refresh 1:30 Card Games 2:30 Mindfulness and Movement 4:30 Where in the world? 5:00 Local News 7:00 I Love Lucy	22 9:30 Communion Service 10:30 News & Views 11:30 Revive and Refresh 12:00 Lunch Bunch: Potato Bar 1:30 Exercise 2:30 Expressive Arts 4:30 Art History 5:00 Local News 7:00 Word of Grace Hymn Sing	23 9:30 Morning Cheer with Chaplain Randy 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	24 9:30 Hymn Sing 10:30 Who's That Classical Composer? 11:30 Revive and Refresh 1:30 Afternoon Exercise 2:30 Crafts 3:30 Book Club 4:30 Dances Around the World 5:00 Local News 7:00 Yoga & Relaxation	25 9:30 Chaplain Chat 10:30 Wellness Spotlight – 2N 11:30 Revive and Refresh 1:30 Afternoon Exercise 2:30 Friday Party with the World's Most Dangerous Polka Band – 2N 4:15 Bingo 7:00 Movie Night: Dunstin Checks In	26 9:30 This Day in History 10:30 Manicures 11:30 Revive and Refresh 1:30 Afternoon Yoga 2:30 St. Helena's Musical Troop – 3N 4:00 Saturday Show Tunes: The Pajama Game
27 9:30 Ball Toss 2:30 Chapel Service 4:30 Alphabetics	28 9:30 Devotions 10:30 The Week Ahead 11:30 Revive and Refresh 1:30 Card Games 2:30 Mindfulness and Movement 4:30 Bowling 5:00 Local News 7:00 Music & Massage	29 9:30 Communion Service 10:30 News & Views 11:30 Revive and Refresh 1:30 Exercise 2:30 Expressive Arts 4:30 You be the Judge 5:00 Local News 7:00 Tea Time	30 9:30 Morning Cheer with Chaplain Randy 10:30 Quarterly Memorial Service (3N) 11:30 Revive and Refresh 1:30 Exercise 2:30 Pottery Group 4:30 People, Places, Things 5:00 Local News 7:00 Story Time	31 9:30 Hymn Sing 10:30 Trivia special 11:30 Revive and Refresh 1:00 Afternoon Movie 2:30 Crafts 3:30 Book Club 4:30 Dances Around the World 5:00 Local News 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.

