

January 2019 WELLNESS CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 9:30 Word Game Wednesday – 2N 10:30 Communion Service – 3N 1:30 Exercise– 3N 2:15 Bingo – 2N 5:00 Pottery Group – 3N 7:00 Relax and Restore- 3N	3 9:00 Target Outing 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 Songwriting – 3N 3:30 Crazy 8's – 3S 3:30 Manicures - 3N Only	4 9:00 Donut Sale – 1S 9:30 Manicures – 1N only 9:30 Trivia - 2N 10:30 Communion Service – 3S 11:00: Newsletter Distribution (All Floors) 1:30 Bell Choir Practice– 3N 2:30 Where in the World? 2N 3:30 Greeting Card Club-3N 7:00 Game Night: Murder She Wrote -1N	5 10:00 Bingo - 2N 11:15 Manicures – 3S Only 1:30 Coloring Club – 2N 2:15 St. Helena's Cover Up – 2N 3:30 Popcorn and a Movie – 3N
6 10:30 Cranium Crunchers – 3N 1:30 Chapel Service with Rev. Grigsby - – 3N	7 9:30 Looking Ahead - 2N 10:30 Chaplain Chat – 2N 11:15 Poker – 1N 1:30 Exercise– 3N 2:30 Trivia – 2N 3:30 Garden Club Salad Party! – 3N 7:00 Movie Rental Night - 3S	8 9:45 Resident Council- 2N 10:30 Hymn Sing – 3S 1:30 Exercise: Weights – 3N 2:30 Elvis Social – 2N 3:30 Famous Faces – 3N 7:00 Movie Night: Viva Las Vegas– 1N	9 9:30 Jeopardy - 2N 10:30 Catholic Communion Service – 3N 1:30 Exercise: Balls – 3N 2:15 Bingo – 2N 7:00 Game Night: Scattergories - 1N	10 9:30 Adult Coloring Club- 2N 10:00 AA Meeting – Community Service Room 10:30 Devotions– 3N 1:30 Exercise: Flexibility- 3N 2:30 Musical Wheel of Fortune – 3N 3:30 Manicures- 2N Only 7:00 Dominos with Jean & Finn – 3N	11 9:30 News & Views- 2N 10:30 Communion Service – 3S 11:15 Newsletter Committee – 3N 1:30 Bell Choir Practice– 3N 2:30 Veterans Voices - 2N 3:30 Bunco-3N 7:00 Game Night: Are you smarter than a 5 th grader? -1N	12 10:00 Bingo - 2N 11:15 Music Concert Viewing—2N 1:30 Uno - 3N 2:30 Trivia special - 3N 3:30 Popcorn and a Movie – 3N
13 10:30 Coloring Club – 3N 1:30 Chapel Service with Pastor Holm - 3N	14 9:30 Coffee with the Chef – 2N 10:30 Chaplain Chat – 2N 11:15 Poker – 1N 1:30 Exercise– 3N 2:30 Crafts– 3N 3:30 Activity with Judy – 3S 7:00 Movie Night: The Producers - 3S	15 9:30 News & Views – 2N 10:30 Hymn Sing – 3S 1:30 Exercise: Weights– 3N 2:30 Card Bingo – 3N 3:30 Women's Club: Coffee and Conversation-1N 7:00 Movie Night: The Bucket List– 1N	16 9:30 Word Game Wednesday- 2N 10:30 Healing Prayer Service – 3N 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	17 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 Musical Jeopardy – 3N 3:30 Crazy 8's – 3S 3:30 Manicures -3N Only 7:00 Dominos with Jean & Finn – 3N	18 9:00 Donut Sale – 1S 9:30 Let's Bake! –3S 10:30 Communion Service – 3S 11:15: Newsletter Committee-3N 1:30 Bell Choir Practice– 3N 2:30 Where in the World? 2N 3:30 Happy Hour-3N 7:00 Game Night: Murder She Wrote -1N	19 10:00 Bingo – 2N 11:15 Manicures – 3S Only 1:30 Uno – 3N 2:30 Tzu Chi Foundation Program – 2N
20 10:30 Cranium Crunchers – 3N 1:30 Chapel Service with Chaplain Randy - 3N	21 9:30 Trivia Dice- 2N 10:30 Chaplain Chat – 2N 11:15 Poker – 1N 1:30 Exercise– 3N 2:30 This Day in History - 2N 3:30 Activity with Judy – 3S 7:00 Movie Rental Night - 3S	22 9:30 News and Views – 2N 10:30 Hymn Sing – 3S 12:00 Baked Potato Bar Lunch Bunch – Sign up! 1:30 Exercise: Weights – 3N 2:30 Card Bingo – 3N 3:30 Gardening Club – 3N 7:00 Word of Grace Hymn Sing – 3N	23 9:30 Word Game Wednesday- 2N 10:30 Catholic Communion Service – 3N 1:30 Exercise: Balls – 3N 2:15 Bingo – 2N 5:00 Pottery Group – 3N 7:00 Tea and Poetry – 3N	24 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 Who's That Classical Composer? – 3N 3:30 Crazy 8's – 3S 3:30 Manicures –2N ONLY 7:00 Dominos with Jean & Finn – 3N	25 9:30 Manicures- 1N only 9:30 Activity with Brenna-2N 10:30 Wellness Spotlight-New Year, New You: Setting Goals for Better Health – 2N 10:30 Communion Service – 3S 11:15 Newsletter Committee – 3N 1:30 Bell Choir Practice– 3N 2:30 Friday Party with The World's Most Dangerous Polka Band – 2N 3:30 Bunco-3N 7:00 Game Night: Apples to Apples -1N	26 10:00 Bingo – 2N 11:15 Documentary Hour – 2N 1:30 Board Games – 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>27 10:30 Independent Crafts – 3N 1:30 Chapel Service with Chaplain Randy - 3N</p>	<p>28 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: Aviator - 3S</p>	<p>29 9:30 News and Views – 2N 10:30 Hymn Sing – 3S 1:30 Exercise: Weights – 3N 2:30 Card Bingo – 3N 3:30 Writer’s Circle—3S 7:00 Movie Night: 27 Dresses– 1N</p>	<p>30 9:30 Family Feud-2N 10:30 Quarterly Memorial Service – 3N 1:30 Exercise: Balls – 3N 2:15 Bingo – 2N 5:00 Pottery Group – 3N 7:00 Tea and Poetry – 3N</p>	<p>31 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 Famous Faces – 3N 3:30 Crazy 8’s – 3S 3:30 Manicures –3N ONLY 7:00 Dominos with Jean & Finn – 3N</p>		
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