

### March 2019 TWO SOUTH WELLNESS CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 9:30 Chaplain Chat 10:30 Sing Along 11:30 Revive and Refresh 1:30 Exercise 2:15 Walking Group 2:30 This week in History 4:15 Bingo 5:00 Local News 7:00 Movie Night	2 9:30 News & Views 10:30 Creative Storytelling 11:30 Revive and Refresh 1:30 Parachute Games 2:30 Coloring Club 3:30 Manicures 4:00 Saturday Show Tunes
3 9:30 Balloon Volleyball 2:30 Chapel Service 4:30 Finish the Phrase	4 9:30 Devotions 10:30 Music History 11:30 Revive and Refresh 1:30 Card Club 2:15 Walking Group 2:30 Mindfulness and Movement 4:30 Shake it Loose 5:00 Local News 7:00 Music & Massage	5 9:30 Communion Service 10:30 News & Views 11:30 Revive and Refresh 1:30 Exercise 2:15 Walking Group 2:30 Fat Tuesday Pancake Party – 2N 4:30 This Day in History 5:00 Local News 7:00 Tea Time	6 9:30 Morning Cheer with Chaplain Randy 10:30 Noodle Ball 10:30 Ash Wednesday Service – 3N 11:30 Revive and Refresh 1:30 Afternoon Exercise 2:15 Walking Group 2:30 coloring Club 4:30 Dances Around the World 5:00 Local News 7:00 Poetry Corner	7 9:00 Walmart Shopping Outing 9:30 Hymn Sing 10:30 Musical Wheel of Fortune 11:30 Revive and Refresh 1:30 Afternoon Exercise 2:15 Walking Group 2:30 Crafts 3:30 Book Club 4:30 People, Places & Things 5:00 Local News 7:00 Yoga and Relaxation	8 9:30 Chaplain Chat 10:30 Name That Tune 11:30 Revive and Refresh 1:30 Exercise 2:15 Walking Group 2:30 Jigsaw puzzles 4:15 Bingo 5:00 Local News 7:00 Movie Night	9 9:30 News & Views 10:30 Family Feud 11:30 Revive and Refresh 1:30 Ring Toss 2:30 Stories of the Heart 3:30 Manicures 4:00 Saturday Show Tunes
10 9:30 Ball Toss 2:30 Chapel Service 4:30 Alphabetics	11 9:30 Devotions 10:30 Musical Circles 11:30 Revive and Refresh 1:30 Card Club 2:15 Walking Group 2:30 Mindfulness and Movement- Judy 4:30 Corn Hole/ Bean Bag Toss 5:00 Local News 7:00	12 9:30 Communion Service 10:30 News & Views 11:30 Revive and Refresh 1:30 Exercise 2:30 Expressive Arts 4:30 Where in the World? 5:00 Local News 7:00 Tea Time	13 9:30 Morning Cheer with Chaplain Randy 10:30 Catholic Communion Service – 3N 10:30 Basketball 11:30 Revive and Refresh 1:30 Exercise 2:15 Walking Group 2:30 Pottery Group 4:30 Dances Around the World 5:00 Local News 7:00 Storytime	14 9:30 Hymn Sing 10:30 Famous Faces 11:30 Revive and Refresh 1:30 Afternoon Exercise 2:15 Walking Group 2:30 Crafts 3:30 Book Club 4:30 People, Places & Things 5:00 Local News 7:00 Yoga & Relaxation	15 9:30 Chaplain Chat 10:30 Activity with Chloe 11:30 Revive and Refresh 1:30 Afternoon Exercise 2:15 Walking Group 2:30 St. Patty's Day Party with Bobby and Christine – 2N 4:15 Bingo 5:00 Local News 7:00 Movie Night	16 9:30 News & Views 10:30 Remembering the Luck of the Irish 11:30 Revive and Refresh 1:30 Skee Ball 2:30 Tzu Chi Foundation Program – 2N 3:30 Manicures 4:00 Saturday Show Tunes
17 9:30 Balloon Volleyball 2:30 Chapel Service 4:30 Finish the Phrase	18 9:30 Devotions 10:30 The Week Ahead - Judy 11:30 Revive and Refresh 1:30 Card Clubs 2:15 Walking Group 2:30 Mindfulness and Movement - 4:30 Bowling 5:00 Local News 7:00 Music & Massage	19 9:30 Communion Service 10:30 News & View 11:30 Revive and Refresh 12:00 McDonald's Lunch Bunch- 1S 2:15 Walking Group 2:30 Expressive Arts 4:30 Art History 5:00 Local News 7:00 Word of Grace Hymn Sing	20 9:30 Morning Cheer with Chaplain Randy 10:30 Healing Prayer Service 10:30 Noodle Ball 11:30 Revive and Refresh 1:30 Exercise 2:15 Walking Group 2:30 Coloring Club 4:30 Dances Around the World 5:00 Local News 7:00 Poetry Corner	21 9:30 Hymn Sing 10:30 Who's That Classical Composer? 11:30 Revive and Refresh 1:30 Afternoon Exercise 2:15 Walking Group 2:30 Crafts 3:30 Book Club 4:30 People, Places & Things 5:00 Local News 7:00 Yoga and Relaxation	22 9:30 Chaplain Chat 10:30 Sing Along 11:30 Revive and Refresh 1:30 Afternoon Exercise 2:15 Walking Group 2:30 Gardening Club 4:15 Bingo 7:00 Movie Night	23 9:30 Trivia special 10:30 News and Views 11:30 Revive and Refresh 1:30 Where in the World? 2:30 St. Helena's Musical Troop – 3N 3:30 Manicures 4:00 Saturday Show Tunes
24 9:30 Ball Toss 2:30 Chapel Service 4:30 Alphabetics	25 9:30 Devotions 10:30 Musical Wheel of Fortune 11:30 Revive and Refresh 1:30 Card Club 2:15 Walking Group 2:30 Mindfulness and Movement 4:30 Ball Toss & Trivia 5:00 Local News 7:00 Music & Massage	26 9:30 Communion Service 10:30 News & Views 11:30 Revive and Refresh 1:30 Exercise 2:15 Walking Group 2:30 Let's Bake! 4:30 March Birthday Party 5:00 Local News 7:00 Tea Time	27 9:30 Morning Cheer with Chaplain Randy 10:30 Catholic Communion Service – 3N 11:30 Revive and Refresh 1:30 Exercise 2:15 Walking Group 2:30 Pottery Group 4:30 Dances Around the World 5:00 Local News 7:00 StoryTime	28 9:30 Hymn Sing 10:30 Conservatory Outing 11:30 Revive and Refresh 1:00 Afternoon Movie 4:30 People, Places & Things 5:00 Local News 7:00 Yoga & Relaxation	29 9:30 Chaplain Chat 10:30 Sing Along 11:30 Revive and Refresh 1:30 Afternoon Exercise 2:15 Walking Group 2:30 Slime Time! 4:15 Bingo 7:00 Movie Night	30 9:30 News & Views 10:30 Creative Storytelling 11:30 Revive and Refresh 1:30 Bowling 2:30 Coloring Club 3:30 Manicures 4:00 Saturday Show Tunes

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

