

**March 2019 WELLNESS CALENDAR**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 9:00 Donut Sale – 1S 9:30 Blackjack with Jack - 2N 9:30 Manicures- 1N only 10:30 Communion Service – 3S 11:00: Newsletter Distribution (All Floors) 1:30 Bell Choir Practice– 3S 2:30 Where in the World? 3N 3:30 Bunco-3N 7:00 Game Night: Murder She Wrote -1N	2 10:00 Bingo – 2N 11:15 Manicures – 3S ONLY 1:30 Uno – 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 Pastor Holm - - 3S	4 9:30 Trivia - 2N - 10:30 Chaplain Chat – 2N 11:15 Poker – 1N 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 1:30 Exercise: Weights– 3N 2:30 Fat Tuesday Pancake Party- 2N 3:30 Looking Ahead: March-2N 7:00 Movie Night– 1N	6 9:30 Word Game Wednesday- 2N 10:30 Ash Wednesday Service – 3S 11:15 Newsletter Committee – 3S 1:30 Exercise: Balls – 3N- 2:15 Bingo –2N 3:30 Piano Sing Along – 2N 5:00 Pottery Group-3N 7:00 Relax and Restore- 3N	7 9:00 Walmart Shopping Outing 10:00 AA Meeting – Community Room 10:30 Devotions– 3S 11:00 Cycle Club – 3N 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 9:30 Morning Exercise-3N 9:30 Manicures- 1N only 10:30 Communion Service – 3S 1:30 Bell Choir Practice– 3S 2:30 Where in the World? - 3N 3:30 Greeting Card Club–3N 7:00 Game Night: Monopoly -1N	9 10:00 Bingo - 2N 11:15 Documentary Hour – 2N 1:30 Scattergories – 3N 2:30 Spring Poems – 3N 3:30 Popcorn and a Movie – 3N
10 10:30 Independent Crafts – 3N 1:30 Chapel Service with Pastor Holm – 3S	11 9:30 Coffee with the Chef – 2N 10:30 Chaplain Chat – 2N 11:15 Poker - 1N 1:30 Exercise– 3N 2:30 Trivia- 2N 3:30 World Jamboree Dance – 3S 7:00 Movie Night– 3N	12 9:45 Resident Council- 2N 10:30 Hymn Sing – 3S 1:30 Exercise: Weights– 3N 2:30 Card Bingo – 3N 3:30 Gardening Club – 3N 7:00 Movie Night– 1N	13 9:30 Jeopardy-2N 10:30 Catholic Communion Service – 3S 11:15 Newsletter Committee – 3S 1:30 Exercise: Balls – 3N- 2:15 Bingo – 2N 3:30 Piano Sing Along – 2N 5:00 Pottery Group – 3N 7:00 Relax and Restore- 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 Music Trivia – 3N 3:30 Crazy 8's – 3S 3:30 Manicures -3N Only 7:00 Dominos with Jean & Finn – 3N	15 9:00 Donut Sale – 1S 9:30 Manicures- 1N only 10:30 Communion Service – 3S 10:30 Wellness Spotlight – 2N 1:30 Where in the World? 2N 2:30 St Patty's Party with Bobby and Christine – 2N 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 - 2N 10:30 Chaplain Chat – 2N 11:15 Blackjack with Jack – 1N 1:30 Exercise– 3N 2:30 Crafts– 3N 3:30 World Tour – 3S 7:00 Movie Rental Night – 3N	19 9:30 News and Views – 2N 10:30 Hymn Sing – 3S 12:00 McDonald's Lunch Bunch- 1S 2:30 Card Bingo – 3N 3:30 Writer's Circle-2N 7:00 Word of Grace Hymn Sing – 3N	20 9:30 Word Game Wednesday- 2N 10:30 Healing Prayer Service – 3S 11:15 Newsletter Committee – 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 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	22 9:30 Manicures- 1N only 9:30 Coloring Group-2N 10:30 Communion Service – 3S 1:30 Bell Choir Practice– 3S 2:30 Veteran Social - 2N 3:30 Women's Club: Coffee and Conversation—1N 7:00 Game Night: Apples to Apples -1N	23 10:00 Bingo – 2N 11:15 Music Concert Showing – 2N 1:30 Bowling-3N 2:30 St. Helena's Musical Troop – 3N
24 10:30 Cranium Crunchers – 3N 1:30 Chapel Service with Chaplain Randy – 3S	25 9:30 Trivia Special 2N 10:30 Chaplain Chat – 2N 11:15 Poker – 1N 1:30 Exercise– 3N 2:30 Crafts– 3N 3:30 Hound Hangout - 3S 7:00 Movie Night- 3N	26 9:30 News and Views – 2N 10:30 Hymn Sing – 3S 1:30 Exercise: Weights – 3N 2:30 Card Bingo – 3N 3:30 Gardening Club – 3N 7:00 Movie Night– 1N	27 9:30 Family Feud-2N 10:30 Catholic Communion Service – 3S 11:15 Newsletter Committee – 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	28 9:30 Expressive Arts – 2N 10:00 AA Meeting – Community Room <b>10:30 Conservatory Outing – Sign up!</b> 10:30 Devotions– 3S 3:30 Crazy 8's – 3S 7:00 Dominos with Jean & Finn – 3N	29 9:00 Donut Sale – 1S 9:30—Where in the World? 2N 9:30 Manicures- 1N only 10:30 Communion Service – 3S 1:30 Bell Choir Practice– 3S 2:30 Men's Club - 2N 3:30 Bunco-3N 7:00 Game Night: Murder She Wrote -1N	30 10:00 Bingo - 2N 11:15 Documentary Hour – 2N 1:30 Manicures – 3S ONLY 2:30 Uno – 3N 3:30 Popcorn and a Movie – 3N
31 10:30 Coloring Club – 3N 1:30 Chapel Service with Chaplain Randy – 3S						

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

