

April 2019 TWO SOUTH WELLNESS CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:30 Devotions 10:30 Looking Ahead: April 11:30 Revive and Refresh 1:30 Card Club 2:15 Walking Group 2:30 Mindfulness and Movement 4:30 Ring Toss 5:00 Local News 7:00 Chapel Strings Concert (3N)	2 9:30 Communion Service 10:30 News & Views 11:30 Revive and Refresh 1:30 Exercise 2:15 Walking Group 2:30 Expressive Arts 4:30 This Day in History 5:00 Local News 7:00 Tea Time	3 9:30 Morning Cheer with Chaplain Randy 10:30 Noodle Ball 10:30 Catholic Communion Service – 3S 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	4 9:30 Hymn Sing 10:30 Trivia Dice 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	5 9:30 Chaplain Chat 10:30 Where in the World? 11:30 Revive and Refresh 1:30 Exercise 2:15 Walking Group 2:30 Wellness Spotlight – 2N 4:15 Bingo 5:00 Local News 7:00 Movie Night	6 9:30 Basketball 10:00 The Beverly Hillbillies 11:30 Revive and Refresh 1:30 Weekend Grooves 2:30 Trivia 3:30 Manicures 4:00 Saturday Show Tunes:
7 9:30 Balloon Volleyball 2:30 Chapel Service 4:30 Finish the Phrase	8 9:30 Devotions 10:30 The Week Ahead 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	9 9:30 Communion Service 10:30 News & Views 11:30 Revive and Refresh 1:30 Exercise 2:15 Walking Group 2:30 Expressive Arts 4:30 Jeopardy 5:00 Local News 7:00 Greater Friendship Church	10 9:30 Morning Cheer with Chaplain Randy 10:30 Noodle Ball 10:30 Catholic Communion Service – 3S 11:30 Revive and Refresh 1:30 Afternoon Exercise 2:15 Walking Group 2:30 Pottery Group 4:30 Dances Around the World 5:00 Local News 7:00 Storytime	11 9:00 Target Outing 9:30 Hymn Sing 10:30 Trivia Dice 11:30 Revive and Refresh 1:30 Afternoon Exercise 2:15 Walking Group 2:30 Grilled Cheese Party! 3:30 Book Club 4:30 People, Places & Things 5:00 Local News 7:00 Yoga and Relaxation	12 9:30 Chaplain Chat 10:30 Famous Faces 11:30 Revive and Refresh 1:30 Exercise 2:15 Walking Group 2:30 Friday Party with Mary Hall – 2N 4:15 Bingo 5:00 Local News 7:00 Movie Night	13 9:30 Family Feud 10:30 News & Views 11:30 Revive and Refresh 1:30 Bowling 2:30 Stories of the Heart 3:30 Manicures 4:00 Saturday Show Tunes::
14 9:30 Ball Toss 2:30 Chapel Service 4:30 Alphabetics	15 9:30 Devotions 10:30 Sing Along 11:30 Revive and Refresh 1:30 Card Club 2:15 Walking Group 2:30 Mindfulness and Movement 4:30 Bean Bag Toss 5:00 Local News 7:00 Music & Massage	16 9:30 Communion Service 10:30 News & Views 11:30 Revive and Refresh 12:00 Wendy's Lunch Bunch-1S 2:30 Expressive Arts 4:30 This Day in History 5:00 Local News 7:00 Word of Grace Hymn Sing	17 9:30 Morning Cheer with Chaplain Randy 10:30 Healing Prayer Service 10:30 Basketball 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	18 9:30 Hymn Sing 10:30 Activity Time 11:30 Revive and Refresh 1:30 Afternoon Exercise 2:15 Walking Group 2:30 Easter Egg Dying 3:30 Book Club 4:30 People, Places & Things 5:00 Local News 7:00 Yoga & Relaxation	19 9:30 Chaplain Chat 10:30 Name That Tune 11:30 Revive and Refresh 1:30 Afternoon Exercise 2:15 Walking Group 2:30 Wellness Spotlight – 2N 4:15 Bingo 5:00 Local News 7:00 Movie Night	20 9:30 Creative Storytelling 10:30 News & Views 11:30 Revive and Refresh 1:30 Parachute Games 2:30 Tzu Chi Foundation Program – 2N 3:30 Manicures 4:00 Saturday Show Tunes:
21 9:30 Balloon Volleyball 2:30 Chapel Service 4:30 Trivia Time	22 9:30 Devotions 10:30 Musical Wheel of Fortune 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	23 9:30 Communion Service 10:30 News & View 11:30 Revive and Refresh 1:30 Exercise 2:15 Walking Group 2:30 Expressive Arts 4:30 Tree History 5:00 Local News 7:00 Tea Time	24 9:30 Morning Cheer with Chaplain Randy 10:30 Catholic Communion Service – 3S 10:30 Noodle Ball 11:30 Revive and Refresh 1:30 Exercise 2:15 Walking Group 2:30 Pottery Group 4:30 Trivia Dice 5:00 Local News 7:00 Storytime	25 9:30 Hymn Sing 10:30 History Center Outing 11:30 Revive & Refresh 4:30 Name 10 5:00 Local News 7:00 Yoga and Relaxation	26 9:30 Chaplain Chat 10:30 Songwriting 11:30 Revive and Refresh 1:30 Afternoon Exercise 2:15 Walking Group 2:30 Gardening Club 4:15 Bingo 7:00 Movie Night	27 9:30 Word Games 10:30 News & Views 11:30 Revive and Refresh 1:30 Ring Toss 2:30 St. Helena's Musical Troop – 3N 3:30 Manicures 4:00 Saturday Show Tunes:
28 9:30 Ball Toss 2:30 Chapel Service 4:30 Alphabetics	29 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 4:30 Ball Toss & Trivia 5:00 Local News 7:00 Music & Massage	30 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! Lemon Bars 4:30 Art History 5:00 Local News 7:00 Tea Time & Treats				

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

