

April 2019 WELLNESS CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:30 Trivia - 2N - 10:30 Chaplain Chat – 2N 11:15 Poker – 1N 1:30 Exercise– 3N 2:30 Crafts-3N 3:30 Looking Ahead: April-3N 7:00 Chapel Strings Concert- 3N	2 9:30 News and Views – 2N 10:30 Hymn Sing – 3S 1:30 Exercise: Weights– 3N 2:30 Card Bingo – 3N 3:30 Book Club-3N 7:00 Movie Night– 1N	3 9:30 Word Game Wednesday- 2N 10:30 Communion Service – 3S 11:15 Newsletter Committee – 3N 1:30 Exercise: Balls – 3N- 2:15 Bingo –2N 3:30 Piano Sing Along – 2N 5:00 Pottery Group-3N 7:00 Game Night: Scattergories- 1N 7:00 Relax and Restore- 3N	4 9:30 Expressive Arts 2N 10:00 AA Meeting – Community Room 10:30 Devotions– 3S 11:00 Cycle Club – 3N 1:30 Exercise: Flexibility- 3N- 2:30 Crazy 8s – 3S 3:30 Manicules- 3N Only 7:00 Dominos with Jean & Finn – 3N	5 9:30 Morning Exercise-3N 10:30 Communion Service – 3S 2:30 Wellness Spotlight – 2N 3:30 Bunco-2N 7:00 Game Night: Murder She Wrote -1N	6 10:00 Bingo – 2N 11:15 Documentary Hour – 2N 2:15 St. Helena's Cover Up – 2N 3:15 Popcorn and a Movie – 3N
7 10:30 Cranium Crunchers – 3N 1:30 Chapel Service with Pastor Holm – 3S	8 9:30 Coffee with the Chef – 2N 10:30 Chaplain Chat – 2N 11:15 Poker – 1N 1:30 Exercise– 3N - Judy 2:30 Crafts -3N 3:30 World Tour – 3S 7:00 Movie Night – 3N	9 9:45 Resident Council- 2N 10:30 Hymn Sing – 3S 1:30 Exercise: Weights– 3N 2:30 Card Bingo – 3N 3:30 Garden Club- 3N 7:00 Greater Friendship Church – 3N	10 9:30 Jeopardy-2N 10:30 Catholic Communion Service – 3S 11:15 Newsletter Committee – 3N 1:30 Exercise: Balls – 3N- 2:15 Bingo –2N 3:30 Piano Sing Along – 2N 5:00 Pottery Group-3N 7:00 Game Night: Scattergories- 1N 7:00 Relax and Restore- 3N	11 9:30 Expressive Arts 2N 10:00 AA Meeting – Community Room 10:30 Devotions– 3S 11:00 Cycle Club – 3N 1:30 Exercise: Flexibility- 3N- 2:30 Musical Jeopardy – 3N 3:30 Manicules- 2N Only 3:30 Crazy 8s – 3S 7:00 Dominos with Jean & Finn – 3N	12 9:00 Donut Sale – 1S 9:30 Let's Bake! -3S 10:30 Communion Service – 3S 1:30 Bell Choir Practice– 3S 2:30 Friday Party with Mary Hall – 2N 3:30 Greeting Card Club-2N 7:00 Game Night: Monopoly -1N	13 10:00 Bingo - 2N 11:15 Documentary Hour – 2N 1:30 Manicules – 3S ONLY 2:30 Uno – 3N 3:15 Popcorn and a Movie – 3N
14 10:30 Independent Crafts – 3N 1:30 Chapel Service with Pastor Holm – 3S	15 9:30 Trivia - 2N - 10:30 Chaplain Chat – 2N 11:15 Poker - 1N 1:30 Exercise– 3N 2:30 Crafts-3N 3:30 World Jamboree Dance – 3S 7:00 Movie Rental Night– 3N	16 9:30 News and Views – 2N 10:30 Hymn Sing – 3S 12:00 Wendy's Lunch Bunch -1S 2:30 Card Bingo – 3N 3:30 Writer's Circle-2N 7:00 Word of Grace Hymn Sing – 3N	17 9:30 Word Game Wednesday - 2N 10:30 Healing Prayer Service – 3S 11:15 Newsletter Committee – 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	18 9:30 Expressive Arts – 2N 10:00 AA Meeting – Community Room 10:30 Devotions– 3S 1:30 Exercise: Flexibility- 3N- 2:30 Music Trivia – 3N 3:30 Crazy 8's – 3S 3:30 Manicules -3N Only 7:00 Dominos with Jean & Finn – 3N	19 9:30 Manicules- 1N only 9:30 This Week in History-3N 10:30 Communion Service – 3S 1:30 Bell Choir Practice– 3S 2:30 Wellness Spotlight – 2N 3:30 Women's Club-1N 7:00 Game Night: Murder She Wrote -1N	20 10:00 Bingo – 2N 11:15 Nature documentary – 2N 1:30 Black jack with Jack – 2N 2:30 Tzu Chi Foundation Program – 2N
21 10:30 Cranium Crunchers – 3N 1:30 Chapel Service with Chaplain Randy – 3S	22 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 – 3N	23 9:30 News and Views – 2N 10:30 Hymn Sing – 3S 1:30 Exercise: Weights– 3N 2:30 Card Bingo – 3N 3:30 Garden Club- 3N 7:00 Movie Night– 1N	24 9:30 Family Feud-2N 10:30 Catholic Communion Service – 3S 11:15 Newsletter Committee – 3N 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	25 9:30 Coloring club - 2N 10:00 AA Meeting – Community Room 10:30 Devotions– 3S 10:30 History Center Outing 7:00 Dominos with Jean & Finn – 3N	26 9:00 Donut Sale – 1S 9:30 Manicules- 1N only 9:30 Where in the world? 2N 10:30 Communion Service – 3S 1:30 Bell Choir Practice– 3S 2:30 Men's Club - 2N 3:30 Happy Hour-3N 7:00 Game Night: Apples to Apples -1N	27 10:00 Bingo – 2N 11:15 Manicules – 3S ONLY 1:30 Uno – 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.**

28 10:30 Coloring Club – 3N 1:30 Chapel Service with Chaplain Randy – 3S	29 9:30 Trivia Special 2N 10:30 Chaplain Chat – 2N 11:15 Poker – 1N 1:30 Exercise– 3N 2:30 Crafts– 3N 3:30 World Jamboree Dance 7:00 Movie Rental Night– 3N	30 9:30 News and Views – 2N 10:30 Hymn Sing – 3S 1:30 Exercise: Weights – 3N 2:30 Card Bingo – 3N 3:30 Book Club-3N 7:00 Movie Night1N				