

May 2019 TWO SOUTH WELLNESS CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9:30 Morning Cheer with Chaplain Randy 10:30 Basketball 10:30 Communion Service – 3S 11:30 Revive and Refresh 1:30 Afternoon Exercise 2:15 Walking Group 2:30 Expressive Arts 4:30 Dances Around the World 5:00 Local News 7:00 Poetry Corner	2 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	3 9:30 Chaplain Chat 10:30 Sing Along 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	4 9:30 Morning Exercise 10:30 News & Views 11:30 Revive and Refresh 1:30 Horse Racing (2N) 2:30 Coloring Club 3:30 Manicures 4:00 Saturday Show Tunes
5 9:30 Balloon Volleyball 2:30 Chapel Service 4:30 Finish the Phrase	6 9:30 Devotions 10:30 Who's That Classical Composer? 11:30 Revive and Refresh 1:30 Card Club 2:15 Walking Group 2:30 Mindfulness and Movement 5:00 Music Recital (2N) 7:00 Music & Massage	7 9:30 Communion Service 10:30 News & Views 11:30 Revive and Refresh 1:30 Exercise 2:15 Walking Group 2:30 Rhythm Band 4:30 What's the Story? 5:00 Local News 7:00 I Love Lucy	8 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 Storytime	9 9:00 Dollar Store Outing 9:30 Hymn Sing 10:30 Trivia Dice 11:30 Revive and Refresh 1:30 Afternoon Exercise 2:15 Walking Group 2:30 Name That Tune 3:30 Book Club 4:30 People, Places & Things 5:00 Local News 7:00 Yoga and Relaxation	10 9:30 Chaplain Chat 10:30 Sensory Explorations 11:30 Revive and Refresh 1:30 Exercise 2:15 Walking Group 2:30 Gardening! 4:15 Bingo 5:00 Local News 7:00 Movie Night	11 9:30 Family Feud 10:30 News & Views 11:30 Revive and Refresh 1:30 Parachute Games 2:30 Stories of the Heart 3:30 Manicures 4:00 Saturday Show Tunes
12 9:30 Ball Toss 2:30 Chapel Service 4:30 Alphabetics	13 9:30 Devotions 10:30 Famous Faces 11:30 Revive and Refresh 1:30 Card Club 2:15 Walking Group 2:30 Mindfulness and Movement 3:15 Mother's Day Social (2N) 5:00 Local News 7:00 Music & Massage	14 9:30 Communion Service 10:30 News & Views 12:00 Soul Food Lunch Bunch 11:30 Revive and Refresh 2:15 Walking Group 2:30 Storytime 5:00 Music Recital 5:00 Local News 7:00 The Beverly Hillbillies	15 9:30 Morning Cheer with Randy 10:30 Healing Prayer Service 10:30 Basketball 11:30 Revive and Refresh 2:00 Bingo-A-Thon (2N) 4:30 Dances Around the World 5:00 Local News 7:00 Poetry Corner	16 9:30 Hymn Sing 10:30 Trivia Dice 11:30 Revive and Refresh 1:30 Afternoon Exercise 2:15 Walking Group 2:30 Coloring Club 4:30 People, Places & Things 5:00 Local News 6:30 Art Show – 1S	17 9:30 Chaplain Chat 10:30 Sing Along 11:30 Revive and Refresh 1:30 Bell Choir Performance (3S) 2:15 Walking Group 2:30 Ice Cream Social(2N) 4:15 Bingo 5:00 Local News 7:00 Movie Night	18 9:30 Name 10 10:30 News & Views 11:30 Revive and Refresh 1:30 Afternoon Yoga 2:30 Tzu Chi Foundation Program – 2N 3:30 Manicures 4:00 Saturday Show Tunes
19 9:30 Balloon Volleyball 2:30 Chapel Service 4:30 Trivia Time	20 9:30 Devotions 10:30 Music Trivia 11:30 Revive and Refresh 1:30 Card Club 2:15 Walking Group 2:30 Mindfulness and Movement 4:30 Bowling 5:00 Local News 7:00 Music & Massage	21 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 This Day in History 5:00 Local News 7:00 Word of Grace Hymn Sing	22 9:30 Morning Cheer with 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	23 9:30 Hymn Sing 10:30 Name That Tune 11:30 Revive and Refresh 1:30 Afternoon Exercise 2:15 Walking Group 2:30 Crafts 3:30 Book Club 5:00 Music Recital – 2N 7:00 Yoga and Relaxation	24 9:30 Chaplain Chat 10:30 Creative Storytelling 11:30 Revive and Refresh 1:30 Afternoon Exercise 2:15 Walking Group 2:30 What's Your Profession? 4:15 Bingo 7:00 Movie Night	27 9:30 Where in the World? 10:30 News & Views 11:30 Revive and Refresh 1:30 Trivia Special 2:30 St. Helena's Musical Troop – 3N 3:30 Manicures 4:00 Saturday Show Tunes
26 9:30 Ball Toss 2:30 Chapel Service 4:30 Alphabetics	27 9:30 Devotions 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	28 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 Art History 5:00 Local News 7:00 Tea Time & Treats	29 9:30 Morning Cheer with Randy 10:30 Memorial Service (3S) 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 Poetry Corner	30 9:30 Hymn Sing 10:30 Raptor Center Outing 11:30 Revive and Refresh 1:30 Afternoon Movie 2:15 Walking Group 2:30 Global Soul 4:30 People, Places & Things 5:00 Local News 7:00 Yoga and Relaxation	31 9:30 Chaplain Chat 10:30 Musical Circles 11:30 Revive and Refresh 1:30 Afternoon Exercise 2:15 Walking Group 2:30 Friday Party with Bill Cagely – 2N 4:15 Bingo 7:00 Movie Night	

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

