

May 2019 WELLNESS CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9:30 Word Game Wednesday-2N 10:30 Communion Service – 3S 11:15 Newsletter Committee – 3N 12:30 Green Books – 1N 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	2 9:30 Expressive Arts 2N 10:00 AA Meeting – Community Room 10:30 Devotions– 3S 1:30 Exercise: Flexibility- 3N 2:30 Crazy 8s – 3S 3:30 Manicures- 3N Only 7:00 Dominos with Jean & Finn – 3N	3 9:30 Manicures-1N only 9:30 Kentucky Derby Trivia-2N 10:30 Communion Service – 3S 1:30 Bell Choir Practice-3S 2:30 Wellness Spotlight: Move More in May-2N 3:30 Bunco-2N 7:00 Game Night: Murder She Wrote -1N	4 10:00 Bingo – 2N 11:15 Documentary Hour – 2N 1:30 Horse Racing-2N 2:15 St. Helena's Cover Up – 2N 3:15 Popcorn and a Movie – 3N
5 10:30 Cranium Crunchers – 3N 1:30 Chapel Service with Pastor Holm -- 3S	6 9:30 Trivia Special 10:30 Chaplain Chat – 2N 11:15 Poker – 1N 1:30 Exercise– 3N 2:30 Crafts -3N 3:30 World Tour – 3S 5:00 Music Recital – 2N 7:00 Movie Rental Night – 3N	7 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	8 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 Food Committee Meeting – 2N	9 9:00 Dollar Store Shopping Outing 9:30 Coloring club - 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 Manicures- 2N Only 7:00 Dominos with Jean & Finn – 3N	10 9:00 Donut Sale – 1S 9:30 Manicures- 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 – Chess and Checkers – 2N 3:30 Greeting Card Club-2N 7:00 Game Night: Monopoly -1N	11 10:00 Bingo - 2N 11:15 Documentary Hour – 2N 1:30 Manicures – 3S ONLY 2:30 Uno – 3N 3:15 Popcorn and a Movie – 3N
12 10:30 Independent Crafts – 3N 1:30 Chapel Service with Pastor Holm – 3S	13 9:30 Coffee with the Chef – 2N 10:30 Chaplain Chat – 2N 11:15 Poker - 1N 1:30 Exercise– 3N 3:15 Mother's Day Social -2N 7:00 Movie Night – 3N	14 9:45 Resident Council- 2N 10:30 Hymn Sing – 3S 12:00 Mama Sheila's Soul Food Lunch Bunch-1S 2:30 Card Bingo – 3N 3:30 Writing Club-2N 5:00 Music Recital – 2N 7:00 Movie Night - 1N	15 9:30 Word Game Wednesday -2N 10:30 Healing Prayer Service – 3S 11:15 Newsletter Committee – 3N 2:00 Bingoathon – 2N 3:30 Piano Sing Along – 2N	16 9:30 Expressive Arts – 2N 10:00 AA Meeting – Community Room 10:30 Devotions– 3S 1:30 Exercise: Flexibility- 3N- 2:30 Quarter Sale - 2N 3:30 Manicures -3N Only 6:30 Art Show – 1S 7:00 Dominos with Jean & Finn – 3N	17 9:30 Manicures- 1N only 9:30 Morning Exercise-3N 10:00 Jewelry Sale - Lobby 10:30 Communion Service – 3S 1:30 Bell Choir Performance– 3S 2:30 Ice Cream Social-2N 3:30 Women's Club-1N 7:00 Game Night: Scrabble -1N	18 10:00 Bingo – 2N 11:15 Music Concert Showing-2N 1:30 Scrabble– 3N 2:30 Tzu Chi Foundation Program – 2N
19 10:30 Cranium Crunchers – 3N 1:30 Chapel Service with Chaplain Randy – 3S	20 9:30 This Week in History-2N 10:30 Chaplain Chat – 2N 1:30 Exercise– 3N 2:30 Crafts– 3N 3:30 World Tour – 3S 7:00 Movie Rental Night – 3N	21 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 Word of Grace Hymn Sing – 3N	22 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	23 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 Manicures -3N Only 5:00 Music Recital – 2N 7:00 Dominos with Jean & Finn – 3N	24 9:00 Donut Sale – 1S 9:30 Manicures- 1N only 10:30 Communion Service – 3S 1:30 Where in the World? 2N 2:30 Veterans Social - 2N 3:30 Happy Hour-3N 7:00 Game Night: Apples to Apples -1N	25 10:00 Bingo – 2N 11:15 Manicures – 3S ONLY 1:30 Uno – 3N 2:30 St. Helena's Musical Troop – 3N
26 10:30 Coloring Club – 3N 1:30 Chapel Service with Chaplain Randy – 3S	27 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 I Night – 3N	28 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	29 9:30 Word Game Wednesday 10:30 Memorial Service – 3S 11:15 Newsletter Committee – 3N 1:30 Exercise: Balls – 3N 2:15 Bingo – 2N 5:00 Pottery Group – 3N 7:00 Relax and Restore- 3N	30 9:30 Expressive Arts-2N 10:00 AA Meeting – Community Room 10:30 Devotions– 3S 11:00 Raptor Center Outing – Sign up! 3:30 Crazy 8's – 3S 7:00 Dominos with Jean & Finn – 3N	31 9:30 Let's Bake! – 3S 10:30 Communion Service – 3S 1:30 Bell Choir Practice– 3S 2:30 Friday Party with Bill Cagely – 2N 3:30 Bunco-2N 7:00 Game Night: Murder She Wrote -1N	

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

