

July 2019 TWO SOUTH WELLNESS CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:30 Trivia 10:30 News & Views 11:30 Revive and Refresh 1:30 Manicures 2:15 Walking Group 2:30 Mindfulness and Movement 4:30 Aim for the Stars 7:00 Music & Massage	2 9:30 Name 10 10:30 Sing Along 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 Let's Travel: Mount Rushmore 10:30 Bike Rides 11:30 Revive and Refresh 1:30 Afternoon Exercise 2:15 Walking Group 2:30 Pottery 4:30 Dances Around the World 5:00 Local News 7:00 Storytime	4 10:00 Fireworks! 11:30 Revive and Refresh 12:00 Grill Out—Sign up! 2:30 Bean bag toss 3:00 Afternoon Movie	5 9:30 Activity with Erin 10:30 Poetry Project 11:30 Revive and Refresh 1:30 Exercise 2:15 Walking Group 2:30 Gardening Club 3:30 Bingo 5:00 Local News 7:00 Movie Night	6 9:30 Classic TV 10:30 Ball Toss 11:30 Revive and Refresh 1:30 Book Club 2:30 Coloring Club 4:00 Saturday Show Tunes
7 9:30 Balloon Volleyball 2:30 Chapel Service 4:30 Finish the Phrase	8 9:30 Activity Time 10:30 News & Views 11:30 Revive and Refresh 1:30 Manicures 2:15 Walking Group 2:30 Mindfulness and Movement 3:00 Afternoon Movie 7:00 Music & Massage	9 10:00 The Price is Right 10:30 Songwriting 11:30 Revive and Refresh 1:30 Exercise 2:15 Walking Group 2:30 Expressive Arts 4:30 Where in the World? 5:00 Local News 7:00 Tea Time	10 9:30 Activity with Erin 10:30 Bike Rides 10:30 Catholic Communion Service – 3S 11:30 Revive and Refresh 1:30 Afternoon Exercise 2:15 Walking Group 2:30 Coloring 4:30 Dances Around the World 5:00 Local News 7:00 Poetry Corner	11 9:00 Target Store Outing 10:30 Hymn Sing 11:30 Revive and Refresh 1:30 Afternoon Exercise 2:15 Walking Group 2:30 Crafts 4:30 Outside Visits 5:00 Local News 7:00 Yoga and Relaxation	12 9:30 Activity with Erin 10:30 Famous Faces 11:30 Revive and Refresh 1:30 Exercise 2:15 Walking Group 2:30 Rhythm Band 4:15 Bingo 5:00 Local News 7:00 Movie Night	13 9:30 Morning Exercise 10:30 Book Club 11:30 Revive and Refresh 1:30 Exercise 2:30 Outdoor Visits 4:00 Saturday Show Tunes
14 9:30 Ball Toss 2:30 Chapel Service 4:30 Alphabetics	15 9:30 Activity Time 10:30 News & Views 11:30 Revive and Refresh 1:30 Manicures 2:15 Walking Group 2:30 Mindfulness and Movement 4:30 Shake it Loose 5:00 Local News 7:00 Music & Massage	16 9:30 Moon Trivia 10:30 Sing Along 11:30 Revive and Refresh 1:30 Exercise 2:15 Walking Group 2:30 Expressive Arts 4:30 Remembering Apollo 11 5:00 Local News 7:00 Word of Grace-3N	17 9:30 Activity with Erin 10:30 Bike Rides 11:30 Revive and Refresh 1:30 Exercise 2:30 Pottery Group 4:30 Dances Around the World 5:00 Local News 7:00 Storytime	18 9:30 Poetry Project 10:30 Hymn Sing 11:30 Revive and Refresh 1:30 Afternoon Exercise 2:15 Walking Group 2:30 Crafts 4:30 Outside Visits 5:00 Local News 7:00 Yoga & Relaxation	19 9:30 Activity with Erin 10:30 Musical Wheel of Fortune 11:30 Revive and Refresh 1:30 Afternoon Exercise 2:15 Walking Group 3:00 Wellness Spotlight (2N) 4:15 Bingo 5:00 Local News 7:00 Movie Night	20 9:30 Music and Exercise 10:30 Manicures 11:30 Revive and Refresh 1:30 Book Club 2:30 Tzu Chi Foundation Program – 2N 4:00 Saturday Show Tunes
21 9:30 Balloon Volleyball 2:30 Chapel Service 4:30 Trivia Time	22 9:30 Activity Time 10:30 News & Views 11:30 Revive and Refresh 1:30 Manicures 2:15 Walking Group 2:30 Mindfulness and Movement 4:30 Bowling 5:00 Local News 7:00 Music & Massage	23 8:00 Fishing Outing 10:00 The Price is Right 10:30 Sensory Explorations 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	24 9:30 Activity with Erin 10:30 Catholic Communion Service – 3S 10:30 Bike Rides 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	25 9:30 Poetry Project 10:30 Hymn Sing 11:30 Revive and Refresh 1:30 Afternoon Exercise 2:15 Walking Group 2:30 Crafts 4:30 Outside Visits 7:00 Yoga and Relaxation	26 9:30 Activity with Erin 10:30 Rhythm Band 11:30 Revive and Refresh 1:30 Afternoon Exercise 2:15 Walking Group 2:30 Friday Party with Cindy Scheffler – 2N 4:00 Bingo 7:00 Movie Night	27 9:30 News & Views 10:30 Book Club 11:30 Revive and Refresh 1:30 Parachute Games 2:30 St. Helena's Musical Troop – 3N 4:00 Saturday Show Tunes
28 9:30 Ball Toss 2:30 Chapel Service 4:30 Alphabetics	29 9:30 Activity Time 10:30 News & Views 11:30 Revive and Refresh 1:30 Manicures 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 Name 10 10:30 Sing Along 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	31 9:30 Activity with Erin 10:30 Bike Rides 11:30 Revive and Refresh 1:30 Exercise 2:15 Walking Group 2:30 Pottery Group 4:30 Dances Around the World 5:00 Local News 7:00 Storytime			

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

