

July 2019 WELLNESS CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:30 Black Jack-2N 10:30 Hymn Sing – 3S 1:30 Exercise– 3N 2:30 Crafts – 3N 3:30 Outdoor Visits– 3S 7:00 Movie Rental Night – 3N	2 9:30 News and Views – 2N 10:30 Expressive Arts-3S 1:30 Exercise: Weights– 3N 2:30 Card Bingo – 3N 3:30 Bell Choir Practice – 3S 7:00 Movie Night - 3N	3 9:30 Looking Ahead: July -3N 10:30 Newsletter Committee – 3N 1:30 Exercise: Balls – 3N- 2:15 Bingo –2N 3:30 Piano Sing Along – 2N 5:00 Pottery Group – 3S 7:00 Relax and Restore- 3N	4 10:00 Bag toss – 2N 12:00 Grill Out-Courtyard 2:30 Fireworks!-3N 7:00 Dominos with Jean & Finn –	5 9:00 Donut Sale – 1S 10:00-Manicures- 1N only 2:00 Music: Independence and Beyond – 3N 7:00 Game Night: Monopoly -1N	6 10:00 Bingo – 2N 11:15 Manicures – 3S ONLY 2:15 St. Helena’s Cover Up – 2N 3:30 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 Hymn Sing – 3S 1:30 Exercise– 3N 2:30 Who’s That Classical Composer? – 3N 3:30 Outdoor Visits– 3S 7:00 Movie Night – 3N	9 9:45 Resident Council- 2N 10:30 Garden Club- 3N 1:30 Exercise: Weights– 3N 2:30 Card Bingo – 3N 3:30 Bell Choir Practice – 3S 7:00 Movie Night - 3N	10 9:30 Word Game Wednesday -3N 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 – 3S 7:00 Relax and Restore- 3N	11 9:00 Target Shopping Outing 9:30 Coloring Club - 2N 10:00 AA Meeting – 1S 1:30 Exercise: Flexibility- 3N 2:30 Crazy 8s – 3S 3:30 Manicures- 3N Only 7:00 Dominos with Jean & Finn – 3N	12 9:30 Activity with Brenna – 3N 1:30 Musical Jeopardy – 3N 3:00 Happy Hour Luau-2N 7:00 Game Night: Monopoly -1N	13 10:00 Bingo - 2N 11:15 Documentary Hour: Horses-2N 1:30 Bowling-3N 2:30 Uno-3S 3:30 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 Hymn Sing – 3S 1:30 Exercise– 3N 2:30 Crafts – 3N 3:30 Outdoor Visits– 3S 7:00 Movie Rental Night – 3N	16 9:30 News and Views – 2N 10:30 Black Jack- 1N 1:30 Exercise: Weights– 3N 2:30 Card Bingo – 3N 3:30 Bell Choir Practice – 3S 7:00 Word of Grace Hymn Sing – 3N	17 9:30 Word Game Wednesday -3N 10:30 Newsletter Committee – 3N 1:30 Exercise: Balls – 3N- 2:15 Bingo –2N 3:30 Food Committee – 2N 5:00 Pottery Group-3S 7:00 Relax and Restore- 3N	18 9:30 Expressive Arts – 2N 10:00 AA Meeting – 1S 1:30 Exercise: Flexibility- 3N- 2:30 Crazy 8s – 3S -Judy 3:30 Manicures -2N Only 7:00 Dominos with Jean & Finn – 3N	19 9:00 Donut Sale – 1S 9:30 Activity with Brenna – 3N 1:30 Music and Relaxation– 3S 3:00 Wellness Spotlight – 2N 7:00 Game Night: Scrabble -1N	20 10:00 Bingo – 2N 11:15 Manicures – 3S ONLY 1:30 Musical Wheel of Fortune – 3N 2:30 Tzu Chi Foundation Program – 2N
21 10:30 Cranium Crunchers – 3N 1:30 Chapel Service with Chaplain Randy – 3S	22 9:30 This Week – 2N 10:30 Hymn Sing – 3S 1:30 Exercise– 3N 2:30 Crafts– 3N 3:30 Outdoor Visits– 3S 7:00 Movie Night – 3N	23 8:00 Fishing Outing – Sign up! 10:30 Garden Club- 3N 1:30 Exercise: Weights– 3N 2:30 Card Bingo – 3N 3:30 Bell Choir Practice – 3S 7:00 Movie Night - 3N	24 9:30 Word Game Wednesday-3N 10:30 Catholic Communion Service – 3S 11:15 Newsletter Committee-3N 1:30 Exercise: Balls – 3N 2:15 Bingo – 2N 5:00 Pottery Group – 3S 7:00 Relax and Restore- 3N	25 9:30 Expressive Arts-2N 10:00 AA Meeting – 1S 1:30 Exercise: Flexibility- 3N 2:30 Crazy 8’s -Judy 3:30 Manicures -3N Only 7:00 Dominos with Jean & Finn – 3N	26 9:30 Manicures- 1N only 10:30 Activity with Brenna – 3N 1:30 Famous Faces – 3N 2:30 Friday Party with Cindy Scheffer – 2N 7:00 Game Night: Apples to Apples -1N	27 10:00 Bingo – 2N 11:15 Documentary-2N 1:30 Outdoor Visits– 3S 2:30 St. Helena’s Musical Troop – 3N
28 10:30 Coloring Club – 3N 1:30 Chapel Service with Chaplain Randy – 3S	29 9:30 Trivia – 2N 10:30 Hymn Sing – 3S 1:30 Exercise– 3N 2:30 Crafts– 3N 3:30 Outdoor Visits– 3S 7:00 Movie Night – 3N	30 9:30 News and Views – 2N 10:30 Activity with Lisa – 3N 1:30 Exercise: Weights – 3N 2:30 Card Bingo – 3N 3:30 Bell Choir Practice – 3S 7:00 Movie Night - 3N	31 9:30 Word Game Wednesday -3N 10:30 ProvPlace Volunteers-3S 1:30 Exercise: Balls – 3N 2:15 Bingo – 2N 3:30 Piano Sing Along – 2N 5:00 Pottery Group -3S 7:00 Relax and Restore- 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.**

