

## August 2019 TWO SOUTH WELLNESS CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 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 Popsicle Social 5:00 Local News 7:00 Yoga & Relaxation	2 9:30 Activity with Erin 10:30 Musical Wheel of Fortune 11:30 Revive and Refresh 1:30 Exercise 2:15 Walking Group 2:30 Golf 4:00 Bingo 5:00 Local News 7:00 Movie Night	3 9:30 Classic TV 10:30 Ball Toss 1:30 Book Club 2:30 Looking Ahead: August 4:00 Saturday Show Tunes
4 9:30 Balloon Volleyball 2:30 Chapel Service 4:30 Finish the Phrase	5 9:30 Activity Time 10:30 This Day in History 11:30 Revive and Refresh 1:30 Manicures 2:15 Walking Group 2:30 Mindfulness and Movement 4:30 Bean Bag Baseball 7:00 Music & Massage	6 9:30 Name 10 10:30 News & Views 11:30 Revive and Refresh 1:30 Exercise 2:15 Walking Group 2:30 Expressive Arts 4:00 National Night Out	7 9:30 Activity with Erin 10:30 Bike Rides 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	8 9:00 Dollar 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	9 9:30 Activity with Erin 10:30 Famous Faces 11:30 Revive and Refresh 1:30 Exercise 2:15 Walking Group 2:30 Jigsaw Puzzles 4:00 Bingo 5:00 Local News 7:00 Movie Night	10 9:30 Music and Movement 10:30 Manicures 11:30 Revive and Refresh 1:30 Book Club 2:30 Outdoor Visits 4:00 Saturday Show Tunes
11 9:30 Ball Toss 2:30 Chapel Service 4:30 Alphabetics	12 9:30 Activity Time 10:30 News & Views 11:30 Revive and Refresh 1:30 Women's Club: Kiss This! 2:15 Walking Group 2:30 Mindfulness and Movement- 4:00 Outside visits 5:00 Local News 7:00 Music & Massage	13 9:30 Activity with Erin 10:30 Price is Right 11:30 Revive and Refresh 1:30 Exercise 2:00 Afternoon Movie 4:00 Story Time with Lisa 5:00 Local News 7:00 Greater Friendship Church – 3N	14 9:30 Name 10 10:30 Bike Rides 10:30 Catholic Communion Service – 3S 11:30 Revive and Refresh 1:30 Exercise 2:15 Walking Group 2:30 Pottery 4:30 Dances Around the World 5:00 Local News 7:00 Storytime	15 9:30 Poetry Project 10:30 Recall & Reminisce 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	16 9:30 Activity with Erin 10:00 Price is Right 11:30 Revive and Refresh 1:30 Afternoon Exercise 2:15 Walking Group 2:30 Gardening Club 4:15 Bingo 5:00 Local News 7:00 Movie Night	17 9:30 I Love Lucy 10:30 Noodle Ball 11:30 Revive and Refresh 1:30 Art History 2:30 Tzu Chi Foundation Program – 2N 4:00 Saturday Show Tunes:
18 9:30 Balloon Volleyball 2:30 Chapel Service 4:30 Trivia Time	19 9:30 Activity Time 10:30 This Day in History 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	20 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 Margarita Happy Hour 5:00 Local News 7:00 Word of Grace-3N	21 9:30 Activity with Erin 10:30 Bike Rides 11:00 Twins Game – Sign up! 1:00 Afternoon Movie 4:30 Dances Around the World 5:00 Local News 7:00 Poetry Corner	22 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	23 9:30 Activity with Erin 10:30 Musical Circles 11:30 Revive and Refresh 1:30 Afternoon Exercise 2:15 Walking Group 2:30 Wellness Event 4:00 Bingo 7:00 Movie Night	24 9:30 Activity with Brenna 10:30 Outdoor Visits 11:30 Revive and Refresh 1:30 Book Club 2:30 St. Helena's Musical Troop – 3N 4:00 Saturday Show Tunes
25 9:30 Ball Toss 2:30 Chapel Service 4:30 Alphabetics	26 9:30 Activity Time 10:30 News & Views 12:00 State Fair Lunch Bunch- sign up! 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	27 9:30 Name 10 10:30 Sing Along 11:30 Revive and Refresh 1:30 Exercise 2:15 Walking Group 2:30 Fair Games – 2N 4:30 State Fair Fun Facts 5:00 Local News 7:00 Tea Time	28 9:30 Activity with Erin 10:30 Bike Rides 10:30 Catholic Communion Service – 3S 11:30 Revive and Refresh 1:30 Edible Auction- 2N 2:15 Walking Group 2:30 Pottery 4:30 Dances Around the World 5:00 Local News 7:00 Storytime	29 9:00 State Fair Outing 9:30 Poetry Project 10:30 The Price is Right 1:30 Afternoon Movie 4:30 Outside Visits 7:00 Yoga and Relaxation	30 9:30 Activity with Erin 10:30 Hymn Sing 11:30 Revive and Refresh 1:30 Afternoon Exercise 2:15 Walking Group 2:30 Social on a Stick with The Maple Street Ramblers – 2N 4:00 Bingo 7:00 Movie Night	31 9:30 Classic TV 10:30 Basketball 11:30 Revive and Refresh 1:30 Book Club 2:30 Outdoor Visits 4:00 Saturday Show Tunes

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

