## August 2019 WELLNESS CALENDAR

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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</table>
| 4      | 10:30 Cranium Crunchers - 3N  
1:30 Chapel Service with Pastor Holm - 3S | 5:00 Pottery Group - 2N  
10:00 Game Night: Scrabble - 1N | 5:00 Pottery Group - 2N  
10:00 Game Night: Scrabble - 1N | 5:00 Pottery Group - 2N  
10:00 Game Night: Scrabble - 1N | 5:00 Pottery Group - 2N  
10:00 Game Night: Scrabble - 1N | 5:00 Pottery Group - 2N  
10:00 Game Night: Scrabble - 1N |
|        |        |         |           |          |        |          |
| 11     | 10:30 Independent Crafts - 3N  
1:30 Chapel Service with Pastor Holm - 3S | 2:30 Outdoor Visits - 3S  
7:00 Movie Rental Night - 3N | 2:30 Outdoor Visits - 3S  
7:00 Movie Rental Night - 3N | 2:30 Outdoor Visits - 3S  
7:00 Movie Rental Night - 3N | 2:30 Outdoor Visits - 3S  
7:00 Movie Rental Night - 3N | 2:30 Outdoor Visits - 3S  
7:00 Movie Rental Night - 3N |
|        |        |         |           |          |        |          |
| 18     | 10:30 Cranium Crunchers - 3N  
1:30 Chapel Service with Pastor Holm - 3S | 2:30 Outdoor Visits - 3S  
7:00 Movie Night - 3N | 2:30 Outdoor Visits - 3S  
7:00 Movie Night - 3N | 2:30 Outdoor Visits - 3S  
7:00 Movie Night - 3N | 2:30 Outdoor Visits - 3S  
7:00 Movie Night - 3N | 2:30 Outdoor Visits - 3S  
7:00 Movie Night - 3N |
|        |        |         |           |          |        |          |
| 25     | 10:30 Coloring Club - 3N | 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 | 9:30 Word Game Wednesday - 3N  
10:30 Newsletter Committee - 3N  
1:30 Exercise: Flexibility - 3N  
2:30 Bingo - 3N  
5:00 Pottery Group - 3S  
7:00 Relax and Restore - 3N | 9:00 Dollar Store Shopping Outing - Sign up!  
9:30 Expressive Arts - 2N  
10:00 AA Meeting - 1S  
1:30 Exercise: Flexibility - 3N  
2:30 Bingo - 3N  
5:00 Pottery Group - 3S  
7:00 Relax and Restore - 3N | 9:30 Manicures - 1N only  
10:30 Greeting Card Club - 3N  
1:30 Bell Choir Practice - 3S  
5:00 Women’s Club: Kiss Thist - 1N | 10:00 Bingo - 2N  
11:15 Documentary - 2N  
1:30 Uno - 3N  
2:30 Outdoor Visits - 3S  
3:30 Popcorn and a Movie - 3N | 10:00 Bingo - 2N  
11:15 Documentary - 2N  
1:30 Uno - 3N  
2:30 Outdoor Visits - 3S  
3:30 Popcorn and a Movie - 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.**
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