

### August 2019 WELLNESS CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 10:30 Expressive Arts – 2N 10:00 AA Meeting – 1S 1:30 Exercise: Flexibility- 3N- 2:30 Crazy 8s – 3S 3:30 Manicures -2N Only 7:00 Dominos with Jean & Finn – 3N	2 9:00 Donut Sale – 1S 9:30 Manicures – 1N only 10:30 Looking Ahead: August-3N 1:30 Musical Jeopardy – 3N 3:00 Happy Hour-3N 7:00 Game Night: Monopoly -1N	3 10:00 Bingo – 2N 11:15 Manicures – 3S ONLY 2:15 St. Helena's Cover Up – 2N 3:30 Popcorn and a Movie – 3N
4 10:30 Cranium Crunchers – 3N 1:30 Chapel Service with Pastor Holm – 3S	5 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	6 9:45 Resident Council- 2N 10:30 Garden Club- 3N 1:30 Exercise: Weights– 3N 2:30 Card Bingo – 3N 4:00- 7:00 National Night Out	7 9:30 Word Game Wednesday -3N 10:30 Newsletter Committee – 3N 1:30 Exercise: Balls – 3N- 2:15 Bingo –2N 5:00 Pottery Group – 3S 7:00 Relax and Restore - 3N	8 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 Crazy 8s – 3S 3:30 Manicures- 3N Only 7:00 Dominos with Jean & Finn – 3N	9 9:30 Manicures – 1N only 10:30 Greeting Card Club-3N 1:30 Bell Choir Practice – 3S 3:00 Women's Club: Kiss This!-1N 7:00 Game Night: Monopoly -1N	10 10:00 Bingo - 2N 11:15 Documentary Hour - 2N 1:30 Uno – 3N 2:30 Outdoor Visits – 3S 3:30 Popcorn and a Movie – 3N
11 10:30 Independent Crafts – 3N 1:30 Chapel Service with Pastor Holm – 3S	12 9:30 Coffee with the Chef – 2N 10:30 This Week in History-3S 1:30 Exercise– 3N 2:30 Poetry and Prose – 3N 3:30 Outdoor Visits– 3S 7:00 Movie Rental Night – 3N	13 10:00 News and Views – 2N 1:30 Exercise: Weights– 3N 2:30 Card Bingo – 3N 7:00 Greater Friendship Church – 3N	14 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	15 9:30 Expressive Arts – 2N 10:00 AA Meeting – 1S 1:30 Exercise: Flexibility- 3N 2:30 Crazy 8s – 3S 3:30 Manicures -2N Only 7:00 Dominos with Jean & Finn – 3N	16 9:00 Donut Sale – 1S 9:30 Manicures – 1N only 1:30 Art History-3S 3:00 Bean Bag Baseball – 2N 7:00 Game Night: Scrabble -1N	17 10:00 Bingo – 2N 11:15 Manicures – 3S ONLY 2:30 Tzu Chi Foundation Program – 2N
18 10:30 Cranium Crunchers – 3N 1:30 Chapel Service with Pastor Holm – 3S	19 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	20 9:30 News and Views – 2N 10:30 Garden Club- 3N 1:30 Exercise: Weights– 3N 2:30 Card Bingo – 3N 3:30 Bell Choir Practice – 3S 7:00 Word of Grace Hymn Sing – 3N	21 9:30 Jeopardy-3N 10:30 Newsletter Committee-3N 11:00 Twins Game 2:15 Bingo – 2N 3:30 Food Committee – 2N 5:00 Pottery Group – 3S 7:00 Relax and Restore - 3N	22 9:30 Expressive Arts-2N 10:00 AA Meeting – 1S 1:30 Exercise: Flexibility- 3N 2:30 Crazy 8's 3:30 Manicures -3N Only 7:00 Dominos with Jean & Finn – 3N	23 9:30 Manicures- 1N only 10:30 ProvPlace Volunteers-3N 1:30 Music and Relaxation – 3S 2:30 Wellness Spotlight – 2N 7:00 Game Night: Apples to Apples -1N	24 10:00 Bingo – 2N 11:15 Documentary– 2N 1:30 Golf – 3N 2:30 St. Helena's Musical Troop – 3N
25 10:30 Coloring Club – 3N	26 9:30 Trivia- 2N 10:30 Hymn Sing – 3S 12:00 State Fair Lunch Bunch – Sign up! 1:30 Exercise– 3N 2:30 Crafts– 3N 3:30 Outdoor Visits– 3S 7:00 Movie Night – 3N	27 9:30 News and Views – 2N 10:30 Scattergories– 3N 1:30 Exercise: Weights – 3N 2:30 Fair Games – 2N 3:30 Bell Choir Practice – 3S 7:00 Movie Night - 1N	28 9:30 Word Game Wednesday -3N 10:30- Catholic Communion Service – 3S 11:15 Newsletter Committee-3N 1:30 Edible Auction – 2N 2:15 Bingo – 2N 3:30 Piano Sing Along – 2N 5:00 Pottery-3S 7:00 Relax and Restore - 3N	29 9:00 State Fair Outing – Sign up! 9:30 Expressive Arts – 2N 10:00 AA Meeting – 1S 2:30 Crazy 8s – 3S 7:00 Dominos with Jean & Finn – 3N	30 9:00 Donut Sale – 1S 9:30 Manicures- 1N only 10:30 Bunco-3N 1:30 Famous Faces – 3N 2:30 Social on a Stick with The Maple Street Ramblers– 2N 7:00 Game Night: Apples to Apples -1N	31 10:00 Bingo - 2N 11:15 Manicures – 3S ONLY 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.**

