

September 2019 WELLNESS CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:30 Cranium Crunchers – 3N 1:30 Chapel Service with Chaplain Jared -- 3S	2 Labor Day 10:30 Yard Games-3N 2:00 Labor Day Social – Courtyard 7:00 Movie Night – 3N	3 9:30 News and Views – 3S 10:30 Chaplain Chat – 2N 1:30 Exercise: Weights– 3N 2:30 Card Bingo – 3N 3:30 Bell Choir Practice – 3S 6:00 Twins @ Boston- FSN	4 9:30 Word Game Wednesday -3N 10:30 Communion Service – 3S 1:30 Exercise: Balls – 3N 2:15 Bingo –2N 3:30 Piano Sing Along – 2N	5 9:30 Outdoor Visits – 3S 10:00 AA Meeting – 1S 1:30 Exercise: Flexibility- 3N- 2:30 Greeting Card Club – 3N 3:30 Crazy 8s – 3S 3:30 Manicures -2N Only 7:00 Dominos with Jean & Finn – 3N	6 10:30 Communion Service – 3S 11:15 Newsletter Committee – 3N 1:30 Manicures – 1N only 3:00 Happy Hour-3N 7:00 Twins vs. Cleveland- FSN	7 10:00 Bingo – 2N 11:15 Music Concert Viewing - 2N 1:30 Outdoor Visits – 3S 2:15 St. Helena's Cover Up – 2N 3:30 Popcorn and a Movie – 3N 6:00 Twins vs. Cleveland - FSN
8 10:30 Cranium Crunchers – 3N 1:00 Twins vs. Cleveland - FSN 1:30 Chapel Service with Chaplain Jared -- 3S	9 9:30 Coffee with the Chef – 2N 10:30 Devotions – 3S 1:30 Exercise– 3N 2:30 Famous Faces – 3N 3:30 Outdoor Visits– 3S	10 9:45 Resident Council- 2N 10:30 Chaplain Chat – 2N 1:30 Exercise: Weights– 3N 2:30 Card Bingo – 3N 3:30 Bell Choir Practice – 3S 6:30 Twins vs, Washington - FSN	11 9:30 Word Game Wednesday -3N 10:30 Catholic Communion Service – 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	12 9:00 Dollar Store Shopping Outing- 9:30 Expressive Arts – 2N 10:00 AA Meeting – 1S 1:30 Exercise: Flexibility- 3N 2:30 Women's Club – 1N 3:30 Crazy 8s – 3S 3:30 Manicures- 3N Only 7:00 Dominos with Jean & Finn – 3N	13 9:00 Donut Sale – 1S 9:30 Manicures – 1N 10:30 Communion Service – 3S 11:15 Newsletter Committee – 3N 1:30 Black Jack – 2N 3:00 Bunco-3N 6:00 Twins @ Cleveland - FSN	14 10:00 Bingo - 2N 11:15 Manicures- 3S Only 1:30 Art History-3N 2:30 Painting-3N 3:30 Popcorn and a Movie – 3N 6:00 Twins @ Cleveland - FSN
15 10:30 Independent Crafts – 3N 12:00 Twins @ Cleveland - FSN 1:30 Chapel Service with Chaplain Jared – 3S	16 9:30 This Week – 2N 10:30 Devotions – 3S 1:30 Exercise– 3N 2:30 Crafts– 3N 3:30 Outdoor Visits– 3S 6:30 Twins vs Chicago - FSN	17 9:30 News and Views – 3S 10:30 Chaplain Chat – 2N 1:30 Exercise: Weights– 3N 2:30 Card Bingo – 3N 3:30 Bell Choir Practice – 3S 7:00 Word of Grace Hymn Sing – 3N	18 9:30 Jeopardy-3N 10:30 Healing Prayer Service – 3S 1:30 Exercise: Balls – 3N 2:15 Bingo – 2N 3:30 Food Committee – 2N 5:00 Pottery Group – 3S 6:30 Twins vs Chicago - FSN	19 9:30 Expressive Arts – 2N 10:00 AA Meeting – 1S 10:30 Como Zoo Outing 2:30 Crazy 8s – 3S 7:00 Dominos with Jean & Finn – 3N	20 10:30 Garden Club- 3N 1:30 Musical Jeopardy – 3N 2:30 Friday Party with Curtis and Loretta – 2N 7:00 Twins vs. Kansas City - FSN	21 10:00 Bingo – 2N 11:15 Wildlife documentary-2N 2:30 Tzu Chi Foundation Program – 2N 6:00 Twins vs. Kansas City - FSN
22 10:30 Cranium Crunchers – 3N 1:00 Twins vs. Kansas City - FSN 1:30 Chapel Service with Pastor Holm -- 3S	23 9:30 This Week – 2N 10:30 Devotions – 3S 1:30 Exercise– 3N 2:30 Crafts– 3N 3:30 Outdoor Visits– 3S 7:00 Movie Rental Night – 3N	24 9:30 News and Views – 3S 10:30 Chaplain Chat – 2N 12:00 Pizza Lunch Bunch- 1S 2:30 Card Bingo – 3N 3:30 Bell Choir Practice – 3S 6:30 Twins @ Detroit - FSN	25 9:30 Word Game Wednesday -3N 10:30 Catholic Communion Service – 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	26 9:30 Expressive Arts-2N 10:00 AA Meeting – 1S 10:30 Hymn Sing – 3S 1:30 Exercise: Weights- 3N 2:30 Bunco – 3N 3:30 Crazy 8's 3:30 Manicures -3N Only 7:00 Dominos with Jean & Finn – 3N	27 9:00 Donut Sale – 1S 9:30 Manicures- 1N only 10:30 Communion Service – 3S 11:15 Newsletter Committee – 3N 1:30 Songwriting – 3N 2:30 Wellness Spotlight – 2N 7:00 Twins @ Kansas City - FSN	28 10:00 Bingo – 2N 11:15 Manicures- 3S Only 2:30 St. Helena's Musical Troop – 3N 6:00 Twins @ Kansas City - FSN
29 10:30 Coloring Club – 3N 1:30 Chapel Service with Pastor Holm -- 3S 2:00 Twins @ Kansas City - FSN	30 9:30 This Week- 2N 10:30 Devotions – 3S 1:30 Exercise– 3N 2:30 Crafts– 3N 3:30 Outdoor Visits– 3S 7:00 Movie Night – 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.**

