

September 2019 TWO SOUTH WELLNESS CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:30 Balloon Volleyball 2:30 Chapel Service 4:30 Trivia Time	2 9:30 Ball Toss and Trivia 10:30 News & Views 11:30 Revive and Refresh 3:30 Treats on the Balcony	3 9:30 Communion Service 10:30 Story time 11:30 Revive and Refresh 1:30 Exercise 2:15 Walking Group 2:30 This Day in History 4:00 Baseball Toss 7:00 Movie Night	4 9:30 Precious Moments 10:30 Communion Service (3S) 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	5 9:30 Bible Study 10:30 Activity with Erin 11:30 Revive and Refresh 1:30 Afternoon Exercise 2:15 Walking Group 2:30 Musical Matinee 4:30 Outside Lounge 5:00 Local News 7:00 Yoga & Relaxation	6 9:30 Chaplain Chat 10:30 Activity with Erin 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	7 9:30 Word Games 10:30 Manicures 1:30 Book Club 2:30 Outdoor Visits 4:00 Saturday Show Tunes
8 9:30 Ball Toss 2:30 Chapel Service 4:30 Alphabetics	9 9:30 Devotions 10:30 News & Views 11:30 Revive and Refresh 1:30 Manicures 2:15 Walking Group 2:30 Mindfulness and Movement 4:30 Games with Judy 7:00 Music and Massage	10 9:30 Communion Service 10:30 Poetry Project 11:30 Revive and Refresh 1:30 Exercise 2:15 Walking Group 2:30 Making Mulled Cider & Ginger Cake 4:30 Where in the World? 7:00 Mulled Cider & Movies	11 9:30 Precious Moments 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	12 9:00 Dollar Store Outing 9:30 Bible Study 10:30 Activity with Erin 11:30 Revive and Refresh 1:30 Afternoon Exercise 2:15 Walking Group 2:30 Crafts 4:30 Outside Lounge 5:00 Local News 7:00 Yoga and Relaxation	13 9:30 Chaplain Chat 10:30 Famous Faces 11:30 Revive and Refresh 1:30 Exercise 2:15 Walking Group 2:30 Gardening Club 4:00 Bingo 5:00 Local News 7:00 Movie Night	14 9:30 Jeopardy 10:30 Manicures 11:30 Revive and Refresh 1:30 Book Club 2:30 Outdoor Visits 4:00 Saturday Show Tunes
15 9:30 Balloon Volleyball 2:30 Chapel Service 4:30 Trivia Time	16 9:30 Devotions 10:30 News & Views 11:30 Revive and Refresh 1:30 Manicures 2:15 Walking Group 2:30 Mindfulness and Movement- 4:30 Bean Bag Football 5:00 Local News 7:00 Music & Massage	17 9:30 Communion Service 10:30 Name 10 11:30 Revive and Refresh 1:30 Exercise 2:15 Walking Group 2:30 Expressive Arts 4:30 Art History 5:00 Local News 7:00 Word of Grace Hymn Sing – 3N	18 9:30 Precious Moments 10:30 Healing Prayer Service (3S) 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	19 10:30 Activity with Erin 11:30 Revive and Refresh 1:30 Afternoon Exercise 2:15 Walking Group 2:30 Crafts 4:30 Outside Lounge 5:00 Local News 7:00 Yoga & Relaxation	20 9:30 Activity Time 10:30 Name That Tune 11:30 Revive and Refresh 2:15 Walking Group 2:30 Friday Party with Curtis and Loretta – 2N 4:00 Bingo 5:00 Local News 7:00 Movie Night	21 9:30 Classic TV 10:30 Noodle Ball 11:30 Revive and Refresh 1:30 Outdoor Visits 2:30 Tzu Chi Foundation Program – 2N 4:00 Saturday Show Tunes
22 9:30 Ball Toss 2:30 Chapel Service 4:30 Alphabetics	23 9:30 Devotions 10:30 News & Views 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	24 9:30 Communion Service 10:30 Name 10 11:30 Revive and Refresh 1:30 Exercise 2:15 Walking Group 2:30 Expressive Arts 4:30 This Day in History 5:00 Local News 7:00 Tea Time	25 9:30 Precious Moments 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	26 9:30 Bible Study 10:30 Activity with Erin 11:30 Revive and Refresh 1:30 Afternoon Exercise 2:15 Walking Group 2:30 Crafts 4:30 Outside Lounge 7:00 Yoga and Relaxation	27 9:30 Chaplain Chat 10:30 Musical Circles 11:30 Revive and Refresh 1:30 Afternoon Exercise 2:15 Walking Group 2:30 Wellness Spotlight – 2N 4:00 Bingo 7:00 Movie Night: Some Like it Hot	28 9:30 Classic TV 10:30 Balloon Volleyball 11:30 Revive and Refresh 1:30 Book Club 2:30 St. Helena's Musical Troop – 3N 4:00 Saturday Show Tunes
29 9:30 Balloon Volleyball 2:30 Chapel Service 4:30 Trivia Time	30 9:30 Devotions 10:30 News & Views 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					

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

