



**January 2020 2South WELLNESS CALENDAR**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<p>2 9:30 Bible Study 10:30 New Year's Resolutions 11:30 Revive &amp; Refresh 1:30 Exercise 2:30 Coloring- Natalie 4:30 Global Tour 7:00 Yoga and Relaxation</p>	<p>3 9:30 Chaplain Chat 10:30 History Hour; New Years 11:30 Revive &amp; Refresh 1:30 Exercise 2:30 Cocoa and Carols 4:00 Bingo 7:00 Movie Night</p>	<p>4 9:30 Hymn Sing 10:30 Manicures 11:30 Revive &amp; Refresh 1:30 Looking Ahead 2:30 Card Game 3:30 Saturday Show Tunes</p>
<p>5 9:30 Ball Toss 2:30 Chapel Service 4:30 Trivia Time</p>	<p>6 9:30 Devotions 10:30 Famous Faces 11:30 Revive &amp; Refresh 1:30 Manicures 2:30 Exercise 4:30 Bean Bag Football 7:00 Story Time</p>	<p>7 9:30 Hymn-story 10:30 News and Views 11:30 Revive &amp; Refresh 1:30 Exercise 2:30 Expressive Arts 4:30 This Day in History 7:00 Tea Time</p>	<p>8 9:30 Bible Art 10:30 Bike Rides 10:30 Catholic Communion Service (3S) 11:30 Revive &amp; Refresh 1:30 Exercise 2:30 Pottery 4:30 Dances Around the World 7:00 Poetry Corner</p>	<p>9 9:00 Walmart Shopping Outing- Sign up! 9:30 Bible Study 10:30 Sing Along 11:30 Revive &amp; Refresh 1:30 Exercise 2:30 Coloring 4:30 Global Tour 7:00 Yoga and Relaxation</p>	<p>10 9:30 Chaplain Chat 10:30 History Hour: Tea Time 11:30 Revive &amp; Refresh 1:30 Exercise 2:30 Rhythm Band 4:00 Bingo 7:00 Movie Night</p>	<p>11 9:30 Activity with Natalie 10:30 Manicures 11:30 Revive &amp; Refresh 1:30 Story Writing 2:30 Activity Time 3:30 Saturday Show Tunes</p>
<p>12 9:30 Ball Toss 2:30 Chapel Service 4:30 Finish the Phrase</p>	<p>13 9:30 Devotions 10:30 Musical Wheel of Fortune 11:30 Revive &amp; Refresh 1:30 Manicures 2:30 Exercise 4:30 Story Time</p>	<p>14 9:30 Hymn-story 10:30 News and Views 12:00 Chinese Lunch Bunch- Sign up! 2:30 Expressive Arts 4:30 Art History 7:00 Tea Time</p>	<p>15 9:30 Bible Art 10:30 Activity with Kathryn 10:30 Bike Rides 11:30 Revive &amp; Refresh 1:30 Exercise 2:30 Crafts 4:30 Dances Around the World 7:00 Poetry Corner</p>	<p>16 9:30 Bible Study 10:30 Word Games 11:30 Revive &amp; Refresh 1:30 Exercise 2:30 Voter Registration 4:30 Global Tour 7:00 Yoga and Relaxation</p>	<p>17 9:30 Chaplain Chat 10:30 History Hour 11:30 Revive &amp; Refresh 1:30 Exercise 2:30 Golf 4:00 Bingo 7:00 Movie Night</p>	<p>18 9:30 Balloon Volleyball 10:30 Classic TV 11:30 Revive &amp; Refresh 1:30 Manicures 2:30 Tzu Chi Foundation Program - 2N 3:30 Saturday Show Tunes</p>
<p>19 9:30 Ball Toss 2:30 Chapel Service 4:30 Trivia Time</p>	<p>20 9:30 Devotions 10:30 Who's That Classical Composer? 11:30 Revive &amp; Refresh 1:30 Manicures 2:30 Exercise 4:30 Jeopardy 7:00 Story Time</p>	<p>21 9:30 Hymn-story 10:30 News and Views 11:30 Revive &amp; Refresh 1:30 Exercise 2:30 Marshmallow Snowmen 4:30 This Day in History 7:00 Word of Grace (3N)</p>	<p>22 9:30 Bible Art 10:30 Bike Rides 11:30 Revive &amp; Refresh 1:30 Exercise 2:30 Pottery 4:30 Dances Around the World 7:00 Poetry Corner</p>	<p>23 9:30 Bible Study 10:30 Sing Along 11:30 Revive &amp; Refresh 1:30 Exercise 2:30 Coloring 4:30 Global Tour 7:00 Yoga and Relaxation</p>	<p>24 9:30 Chaplain Chat 10:30 History Hour: Martin Luther King 11:30 Revive &amp; Refresh 1:30 Exercise 2:30 Birthday Party with Curtis and Loretta - 2N 4:00 Bingo 7:00 Movie Night</p>	<p>25 9:30 Morning Stretch 10:30 Activity with Natalie 11:30 Revive and Refresh 1:30 Manicures 2:30 St. Helena's Musical Troop - 3N 3:30 Saturday Show Tunes</p>
<p>26 9:30 Ball Toss 2:30 Chapel Service 4:30 Alphabetic</p>	<p>27 9:30 Devotions 10:30 Famous Faces 11:30 Revive &amp; Refresh 1:30 Manicures Exercise 4:30 Bowling 7:00 Story Time</p>	<p>28 9:30 Hymn-story 10:30 News and Views 11:30 Revive &amp; Refresh 1:30 Exercise 2:30 Expressive Arts 4:30 Trivia Time 7:00 Tea Time</p>	<p>29 9:30 Bible Art 10:30 Activity with Kathryn 10:30 Bike Rides 11:30 Revive &amp; Refresh 1:30 Exercise 2:30 Crafts 4:30 Dances Around the World 7:00 Poetry Corne</p>	<p>30 9:00 Capitol Outing 9:30 Bible Study 10:30 Activity Time 11:30 Revive &amp; Refresh 1:30 Exercise 2:30 Coloring 4:30 Global Tour 7:00 Yoga and Relaxation</p>	<p>31 9:30 Chaplain Chat 10:30 History Hour: Chinese New Year 11:30 Revive &amp; Refresh 1:30 Exercise 2:30 Puzzles 4:00 Bingo 7:00 Movie Night</p>	

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

