



January 2020 WELLNESS CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
<p>5 1:30 Chapel Service - 3S 2:00 Cranium Crunches - 3S 3:00 Mexican Train Dominoes - 3S</p>	<p>6 9:30 This Week - 2N 10:30 Devotions - 3S 1:30 Exercise - 3N 2:30 Crafts - 3N 3:30 Global Grooves – 3S</p>	<p>7 9:30 Looking Ahead-3N 10:30 Constant Comment-3S 1:30 Exercise: Weights- 3N 2:30 Card Bingo - 3N 3:30 Bell Choir - 3S</p>	<p>8 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 - 3S 7:00 Movie Night - 1N</p>	<p>9 9:00 Walmart Shopping Outing- Sign up! 9:30 Expressive Art - 3N 10:00 AA Meeting - 1S 10:30 Precious Moment-3S 1:30 Exercise – 3N 2:30 History Hour: Art History- 2N 3:30 Manicures - 3rd floor Only 3:30 Crazy 8's- 3S 7:00 Dominoes - 3N</p>	<p>10 9:30 Manicures 1N 10:30 Chaplain Chat - 3S 11:15 Newsletter Committee - 3N 1:30 Famous Faces - 3N 3:00 Women's Club - 1N</p>	<p>11 10:00 Bingo - 2N 11:15 Documentary Hour - 2N 1:30 Handicrafts for Hope -3S 2:30 Meditative Coloring -3S 3:30 Popcorn and a Movie - 3N</p>
<p>12 1:30 Chapel Service - 3S 2:00 Independent Crafts – 3S 3:00 Mexican Train Dominoes - 3S</p>	<p>13 9:30 This Week - 2N 10:30 Devotions - 3S 1:30 Exercise - 3N 2:30 Winter Crafts - 3N 3:30 Global Moments -3S</p>	<p>14 9:45 Resident Council - 2N 10:30 Morning Prayer 3S 12:00 Chinese Lunch Bunch- Sign up! 2:30 Greeting Card Club - 3N 3:30 Bell Choir - 3S</p>	<p>15 9:30 Word Game Wednesday - 3N 10:30 Constant Comment- 3S 1:30 Exercise: Weights - 3N 2:15 Bingo - 2N 3:30 Food Committee Meeting - 2N 5:00 Pottery - 3S 7:00 Movie Night - 1N</p>	<p>16 9:30 Expressive Art - 3N 10:00 AA Meeting - 1S 10:30 Hymn-Story - 3S 1:30 Exercise- 3N 2:30 Voter Registration - 3N 3:30 Manicures - 2N Only 3:30 Crazy 8's- 3S 7:00 Dominoes - 3N</p>	<p>17 9:00 Donut Sale - 1S 9:30 Manicures - 1N only 10:30 Chaplain Chat - 3S 11:15 Newsletter Committee Meeting-3N 1:30 Music and Relaxation - 3S 2:30 Wellness Spotlight - 2N</p>	<p>18 10:00 Bingo - 2N 11:15 Music Concert Viewing - 2N 2:30 Tzu Chi Foundation Program - 2N</p>
<p>19 1:30 Chapel Service - 3S 2:00 Cranium Crunches – 3S 3:00 Mexican Train Dominoes - 3S</p>	<p>20 9:30 This Week - 2N 10:30 Devotions - 3S 1:30 Exercise - 3N 2:30 Crafts - 3N 3:30 Global Tour – 3S</p>	<p>21 9:30 Intergenerational Science - 1S 10:30 Intergenerational Dance - 1S 11:00 Intergenerational Art - 1S 1:30 Exercise Weights- 3N 2:30 Card Bingo - 3N 3:30 Bell Choir - 3S 7:00 Word of Grace- 3N</p>	<p>22 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 - 3S 7:00 Movie Night - 1N</p>	<p>23 Expressive Art - 3N 10:00 AA Meeting - 1S 10:30 Hymn-story - 3S 1:30 Exercise Stretch - 3N 2:30 History Hour: The Life of MLK Jr.- 2N 3:30 Manicures - 2N Only 3:30 Crazy 8's- 3S 7:00 Dominoes - 3N</p>	<p>24 9:30 Baking- 3S 10:30 Chaplain Chat - 3S 11:15 Newsletter Committee - 3N 1:30 Who's That Classical Composer? - 3N 2:30 Birthday Party with Curtis and Loretta - 2N</p>	<p>25 10:00 Bingo - 2N 11:15 Manicures -1N 1:30 Handicrafts for Hope 3S 2:30 St. Helena's Musical Troop - 3N</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.**

<p>26 1:30 Chapel Service - 3S 2:00 Coloring Club – 3S 3:00 Mexican Train Dominoes - 3S</p>	<p>28 9:30 This Week - 2N 10:30 Devotions - 3S 1:30 Exercise - 3N- N 2:30 Crafts - 3N 3:30 Global Moments - 3S 7:00 Monday Night Football- ESPN</p>	<p>28 :30 Intergenerational Science - 1S 10:30 Intergenerational Dance - 1S 11:00 Intergenerational Art - 1S 1:30 Exercise Weights- 3N 2:30 ProvPlace Volunteers- 3S 3:30 Bell Choir - 3S</p>	<p>29 9:30 Word Game Wednesday - 3N 10:30 Service of Prayer and Preaching- 3S 1:30 Exercise Balls - 3N 2:15 Bingo - 2N 3:30 Piano Sing Along – 2N 5:00 Pottery - 3S 7:00 Movie Night - 1N</p>	<p>30 9:00 Capitol Outing 10:00 AA Meeting - 1S 10:30 Hymn-story - 3S 1:30 Exercise Stretch - 3N 2:30 History Hour: Chinese New Year- 2N 3:30 Manicures - 2N Only 3:30 Crazy 8's- 3S 7:00 Dominoes - 3N</p>	<p>31 9:30 Manicures - 1N only 10:30 Chaplain Chat - 3S 1:30 Rhythm Band - 3S 3:00 Happy Hour-3N</p>	
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