

February 2020 WELLNESS CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<p>1 10:00 Bingo - 2N 11:15 Music Concert Viewing - 2N 1:30 Valentine's Day Craft – 3N 2:15 St. Helena's Cover Up - 2N 3:30 Popcorn and a Movie - 3N</p>
<p>2 1:30 Chapel Service - 3S 2:00 Cranium Crunches - 3S 3:00 Mexican Train Dominoes - 3S 5:30 Super Bowl – Fox Ch. 9</p>	<p>3 9:30 This Week - 2N 10:30 Global Tour -3S 11:15 Bike Rides 1:30 Exercise - 3N 2:30 Crafts - 3N 3:30 Devotions - 3S 7:00 Movie Night - 1N</p>	<p>4 9:30 Intergenerational Science - 1S 10:30 Intergenerational Dance - 1S 11:00 Intergenerational Art - 1S 11:15 Bike Rides 1:30 Exercise: Weights- 3N 2:30 Card Bingo - 3N 3:30 Bible Art -3S 4:30 Trivia Time!- 2N 7:00 Movie Night – 3N</p>	<p>5 9:30 Looking Ahead - 3N 10:30 Prayer and Preaching- 3S 11:15 Bike Rides 1:30 Exercise: Balls- 3N 2:15 Bingo - 2N 3:30 Afternoon Tea – 1S 5:00 Pottery - 3S</p>	<p>6 9:00 Target Shopping Outing- Sign up! 9:30 Expressive Art - 2N 10:00 AA Meeting - 1S 10:30 Precious Moment-3S 11:15 Bike Rides 1:30 Exercise – 3N 2:30 Bell Choir Practice – 3S 3:30 Manicures - 3rd floor Only 4:30 History Hour- 2N 3:30 Crazy 8's- 3S 7:00 Dominoes - 3N</p>	<p>7 9:30 Manicures -1N 10:30 Newsletter Committee - 3N 11:15 Bike Rides 1:30 Famous Faces – 2N 2:30 Baker's Corner – 3S 3:30 Chaplain Chat -3S 4:30 Handicrafts for Hope -3S</p>	<p>8 10:00 Bingo - 2N 11:15 Documentary Hour - 2N 1:30 Meditative Coloring – 3N 2:30 Blue Tree Music Education Recital- 2N 3:30 Popcorn and a Movie - 3N</p>
<p>9 1:30 Chapel Service - 3S 2:00 Independent Crafts – 3S 3:00 Mexican Train Dominoes - 3S</p>	<p>10 9:30 Coffee with the Chef – 2N 10:30 Global Grooves – 3S 11:15 Bike Rides 1:30 Exercise - 3N 2:30 Bowling-3N 3:30 Devotions - 3S 7:00 Movie Night - 1N</p>	<p>11 9:45 Resident Council - 2N 9:30 Intergenerational Science - 1S 10:30 Intergenerational Dance - 1S 11:00 Intergenerational Art - 1S 11:15 Bike Rides 2:30 Greeting Card Club - 3N 3:30 Bible Art -3S 4:30 Trivia Time!- 2N 7:00 Greater Friendship Church – 3N</p>	<p>12 9:30 Word Game Wednesday - 3N 10:30 Catholic Communion Service – 3S 11:15 Bike Rides 1:30 Exercise: Weights - 3N 2:15 Bingo - 2N 3:30 Piano Sing Along – 2N 5:00 Pottery - 3S</p>	<p>13 9:30 Expressive Art - 2N 10:00 AA Meeting - 1S 10:30 Hymn-Story - 3S 11:15 Bike Rides 12:00 Wendy's Lunch Bunch – Sign up! 2:30 Bell Choir Practice – 3S 3:30 Manicures - 2N Only 3:30 Crazy 8's- 3S 4:30 History Hour- 2N 7:00 Dominoes - 3N</p>	<p>14 9:00 Donut Sale - 1S 9:30 Manicures - 1N only 9:30 Newsletter Committee Meeting-3N 2:30 Valentines Social – 2N 3:30 Chaplain Chat -3S 4:00 Technology Tutoring – 3N</p>	<p>15 10:00 Bingo - 2N 11:15 Music Concert Viewing - 2N 1:30 Meditative Coloring -3S 2:30 Tzu Chi Foundation Program - 2N</p>
<p>16 1:30 Chapel Service - 3S 2:00 Cranium Crunches – 3S 3:00 Mexican Train Dominoes - 3S</p>	<p>17 9:30 This Week - 2N 10:30 Global Tour – 3S 11:15 Bike Rides 1:30 Exercise - 3N 2:30 Crafts - 3N 3:30 Devotions - 3S 4:30 Bell Choir Practice – 3S 7:00 Movie Night - 1N</p>	<p>18 9:30 Intergenerational Science - 1S 10:30 Intergenerational Dance - 1S 11:00 Intergenerational Art - 1S 11:15 Bike Rides 1:30 Exercise Weights- 3N 2:30 Card Bingo - 3N 3:30 Bible Art -3S 4:30 Trivia Time!- 2N 7:00 Word of Grace- 3N</p>	<p>19 9:30 Word Game Wednesday - 3N 10:30 Memoria Service- 3S 11:15 Bike Rides 1:30 Exercise Balls- 3N 2:15 Bingo - 2N 3:30 Food Committee Meeting - 2N 5:00 Pottery - 3S</p>	<p>20 Expressive Art - 2N 10:00 AA Meeting - 1S 10:30 Hymn-story - 3S 11:15 Bike Rides 1:30 Exercise Stretch - 3N 2:30 History Hour- 2N 3:30 Manicures - 3rd floor Only 3:30 Crazy 8's- 3S 7:00 Dominoes - 3N</p>	<p>21 9:30 Manicures - 1N only 10:30 Women's Club - 1N 11:15 Bike Rides 1:30 Ice Sculpture Contest Planning- 3N 2:30 Birthday Party with The Fire Spice Band – 2N 3:30 Chaplain Chat -3S 4:30 Handicrafts for Hope - 3S</p>	<p>22 10:00 Bingo - 2N 11:15 Manicures -1N only 1:30 Good News in the World 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.**

23 1:30 Chapel Service - 3S 2:00 Coloring Club – 3S 3:00 Mexican Train Dominoes - 3S	24 9:30 This Week - 2N 10:30 Global Grooves – 3S 11:15 Bike Rides 1:30 Exercise - 3N 2:30 Crafts - 3N 3:30 Devotions - 3S 4:30 Bell Choir Practice – 3S 7:00 Movie Night - 1N	25 9:00 Presidential Primary Election – 2N & 3N 9:30 Intergenerational Science - 1S 10:30 Intergenerational Dance - 1S 11:00 Intergenerational Art - 1S 1:30 Exercise Weights- 3N 2:30 Mardi Gras Pancake Party – 2N 3:30 Bible Art -3S 4:30 Trivia Time! – 2N 7:00 Movie Night – 3N	26 9:30 Word Game Wednesday - 3N 10:30 Catholic Communion Service – 3S 11:15 Bike Rides 1:30 Exercise Balls - 3N 1:30 Ash Wednesday Service – 3S 2:15 Bingo - 2N 3:30 Piano Sing Along – 2N 5:00 Pottery - 3S	27 9:30 Expressive Arts – 3N 10:00 AA Meeting - 1S 10:30 Hymn-story - 3S 11:15 Bike Rides 1:30 Exercise Stretch - 3N 2:30 Chili Cook Off – 2N 3:30 Manicures - 2N Only 3:30 Crazy 8's- 3S 4:30 History Hour- 2N 7:00 Dominoes - 3N	28 9:00 Donut Sale - 1S 9:30 Manicures - 1N only 10:30 ProvPlace Volunteers- 3S 11:15 Bike Rides 1:30 Music and Relaxation – 3S 2:30 Wellness Spotlight – 2N 3:30 Chaplain Chat -3S 4:00 Technology Tutoring – 3N	29 10:00 Bingo - 2N 11:15 Music Concert Viewing - 2N 1:30 Ice Sculpture Contest- 3N 3:30 Popcorn and a Movie – 3N
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