

**March 2020 2South WELLNESS CALENDAR**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:30 Ball Toss 2:30 Chapel Service 4:30 Trivia Time	2 9:30 Basketball 10:30 Devotions 11:30 Revive & Refresh 1:30 Manicures 2:30 Exercise 4:30 This Day in History 7:00 Story Time	3 9:30 History Hour 10:30 Hymn-story 11:30 Revive & Refresh 1:30 Exercise 2:30 Expressive Arts 4:30 Shake it Loose 7:00 Tea Time	4 9:30 Bible Art 10:30 Sing Along 11:30 Revive & Refresh 1:30 Exercise 2:30 Pottery 4:30 Global Grooves 7:00 Poetry Corner	5 9:00 Shopping Outing- Sign up! 9:30 Bible Study 10:30 Music History 11:30 Revive & Refresh 1:30 Exercise 2:30 Coloring 4:30 Global Tour 7:00 Yoga and Relaxation	6 9:30 News and Views 10:30 Chaplain Chat 11:30 Revive & Refresh 1:30 Exercise <b>2:30 National Nutrition Month</b> Trivia Challenge – 2N 4:00 Bingo 7:00 Movie Night	7 9:30 A Week in Review 10:30 Manicures 11:30 Revive & Refresh 1:30 Parachute Games 2:30 Coloring 3:30 Saturday Show Tunes
8 9:30 Ball Toss 2:30 Chapel Service 4:30 Finish the Phrase	9 9:30 Story Writing 10:30 Devotions 11:30 Revive & Refresh 1:30 Manicures 2:30 Exercise 4:30 Art History 7:00 Story Time	10 9:30 History Hour 10:30 Hymn-story 11:30 Revive & Refresh 12:00 McDonald's Lunch Bunch- sign up! 2:30 Expressive Arts 4:30 Jeopardy 7:00 Tea Time	11 9:30 Bible Art 10:30 Catholic Communion Service (3S) 10:30 Bike Rides 11:30 Revive & Refresh 1:30 Exercise 2:30 Crafts 4:30 Dances Around the World 7:00 Poetry Corner	12 9:30 Bible Study 10:30 Word Puzzlers 11:30 Revive & Refresh 1:30 Exercise 2:30 Coloring 4:30 Global Tour 7:00 Yoga and Relaxation	13 9:30 News and Views 10:30 Chaplain Chat 11:30 Revive & Refresh 1:30 Exercise 2:30 Name that Profession! 4:00 Bingo 7:00 Movie Night	14 9:30 Noodle Ball 10:30 Classic TV 11:30 Revive & Refresh 1:30 Activity Time 2:30 Praise and Worship Music – 2N 3:30 Saturday Show Tunes
15 9:30 Ball Toss 2:30 Chapel Service 4:30 Trivia Time	16 9:30 Scattergories 10:30 Devotions 11:30 Revive & Refresh 1:30 Manicures 2:30 Exercise 4:30 Bowling 7:00 Story Time	17 9:30 St. Patrick's Day Trivia 10:30 Hymn-story 10:30 Animal Ambassadors Exotic Animal Show – 2N 11:30 Revive & Refresh 2:00 St. Pat's Day Party (2N) 4:30 Trivia Toss 7:00 Word of Grace (3N)	18 9:30 Bible Art 10:30 Sing Along 11:30 Revive & Refresh 1:30 Exercise 2:30 Pottery 4:30 Dances Around the World 7:00 Poetry Corner	19 9:30 Bible Study 10:30 Word Puzzlers 11:30 Revive & Refresh 1:30 Exercise 2:30 Coloring 4:30 Parachute Games 6:30 Art Show	20 9:30 News and Views 10:30 Chaplain Chat 11:30 Revive & Refresh 1:30 Exercise 2:30 Rhythm Band 4:00 Bingo 7:00 Movie Night	21 9:30 Music and Movement 10:30 Famous Faces 11:30 Revive and Refresh 1:30 Manicures 2:30 Tzu Chi Foundation Program - 2N 3:30 Saturday Show Tunes
22 9:30 Ball Toss 2:30 Chapel Service 4:30 Alphabetics	23 9:30 Basketball 10:30 Devotions 11:30 Revive & Refresh 1:30 Manicures 2:30 Exercise 4:30 Women's Spotlight 7:00 Story Time	24 9:30 History Hour 10:30 Hymn-story 11:30 Revive & Refresh 1:30 Exercise 2:30 Expressive Arts 4:30 Name that Flower 7:00 Tea Time	25 9:30 Bible Art 10:30 Catholic Communion Service (3S) 10:30 Bike Rides 11:30 Revive & Refresh 1:30 Exercise 2:30 Crafts 4:30 Dances Around the World 7:00 Poetry Corner	26 9:30 Bible Study 10:30 Conservatory Outing 1:30 Afternoon Movie 4:30 Global Tour 7:00 Yoga and Relaxation	27 9:30 News and Views 10:30 Chaplain Chat 11:30 Revive & Refresh 1:30 Exercise 2:30 Birthday Party with Mary Hall – 2N 4:00 Bingo 7:00 Movie Night	28 9:30 A Week in Review 10:30 Manicures 11:30 Revive & Refresh 1:30 Ring Toss 2:30 St. Helena's Musical Troop - 3N 3:30 Saturday Show Tunes
29	30 9:30 Hand Massages 10:30 Devotions 11:30 Revive & Refresh 1:30 Manicures 2:30 Exercise 4:30 Jeopardy 7:00 Story Time	31 9:30 News and Views 10:30 Hymn-story 11:30 Revive & Refresh 1:30 Exercise 2:30 Expressive Arts 4:30 Science through the Years 7:00 Tea Time				

