

March 2020 WELLNESS CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 1:30 Chapel Service - 3S 2:00 Cranium Crunches - 3S 3:00 Mexican Train Dominoes - 3S	2 9:30 This Week - 2N 10:30 Global Tour -3S 11:15 Bike Rides- 2N 1:30 Exercise - 3N 2:30 Crafts - 3N 3:30 Devotions - 3S 4:15 Bell Choir Practice – 3S 7:00 Movie Night - 1N	3 9:30 Intergenerational Games - 3S 9:45 Resident Council - 2N 10:30 Intergenerational Craft- 3S 11:00 Intergenerational Social – 3S 11:15 Bike Rides- 2N 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	4 9:30 Looking Ahead - 3N 10:30 Matins- 3S 11:15 Bike Rides- 2N 1:30 Exercise: Balls- 3N 2:15 Bingo - 2N 5:00 Pottery - 3S	5 9:00 Dollar Tree Shopping Outing- Sign up! 9:30 Expressive Art - 2N 10:00 AA Meeting - 1S 10:30 Hymn-story-3S 11:15 Bike Rides- 2N 1:30 Exercise – 3N 3:30 Manicures - 3rd floor Only 4:30 History Hour- 2N 3:30 Crazy 8's- 3S 7:00 Dominoes - 3N	6 9:30 Manicures 1N 10:30 Newsletter Committee - 3N 11:15 Bike Rides- 2N 1:30 Handicrafts for Hope- 3S 2:30 National Nutrition Month Trivia Challenge- 2N 3:30 Chaplain Chat -3S	7 10:00 Bingo - 2N 11:15 Documentary Hour - 2N 1:30 Crafty Hour- 3N 2:15 St. Helena's Cover Up – 2N 3:30 Popcorn and a Movie - 3N
8 1:30 Chapel Service - 3S 2:00 Independent Crafts – 3S 3:00 Mexican Train Dominoes - 3S	9 9:30 This Week - 2N 10:30 Global Grooves – 3S 11:15 Bike Rides- 2N 1:30 Exercise - 3N 2:30 Crafts-3N 3:30 Devotions - 3S 7:00 Movie Night - 1N	10 9:30 News & Views-3S 10:30 Handicraft Hour 2N 12:00 McDonald's Lunch Bunch- 1S 2:30 Greeting Card Club - 3N 3:30 Bible Art -3S 4:30 Trivia Time!- 2N 7:00 Movie Night – 3N	11 9:30 Word Game Wednesday - 3N 10:30 Catholic Communion Service – 3S 11:15 Bike Rides- 2N 1:30 Exercise: Weights - 3N 2:15 Bingo - 2N 3:30 Piano Sing Along – 2N 5:00 Pottery - 3S	12 9:30 Expressive Art - 2N 10:00 AA Meeting - 1S 10:30 Hymn-Story - 3S 11:15 Bike Rides- 2N 1:30 Exercise: Balls- 3N 2:30 Women's Club-1N 3:30 Manicures - 2N Only 3:30 Crazy 8's- 3S 4:30 History Hour- 2N 7:00 Dominoes - 3N	13 8:30 Donut Sale - 1S 9:30 Manicures - 1N only 10:30 Newsletter Committee Meeting-3N 11:15 Bike Rides- 2N 1:30 Men's Club: Uno-3S 2:30 Bunco-3N 3:30 Chaplain Chat -3S	14 10:00 Bingo - 2N 11:15 Music Concert Viewing - 2N 2:30 Praise and Worship Music – 2N 3:30 Popcorn and a Movie – 3N
15 1:30 Chapel Service - 3S 2:00 Cranium Crunches – 3S 3:00 Mexican Train Dominoes - 3S	16 9:30 This Week - 2N 10:30 Global Tour – 3S 11:15 Bike Rides- 2N 1:30 Exercise - 3N 2:30 St. Paddy's Day Craft - 3N 3:30 Devotions - 3S 7:00 Movie Night - 1N	17 9:30 St Patty's Trivia-2N 10:30 Animal Ambassadors Exotic Animal Show – 2N 2:00 Saint Patty's Day Party – 2N 3:30 Bible Art -3S 7:00 Word of Grace Hymn Sing- 3N	18 9:30 Word Game Wednesday - 3N 10:30 Matins- 3S 11:15 Bike Rides- 2N 1:30 Exercise: Weights- 3N 2:15 Bingo - 2N 3:30 Food Committee Meeting - 2N 5:00 Pottery - 3S	19 9:30 Expressive Art - 2N 10:00 AA Meeting - 1S 10:30 Hymn-story - 3S 11:15 Bike Rides- 2N 1:30 Exercise: Balls - 3N 2:30 Bell Choir Practice – 3S 3:30 Manicures - 3rd floor Only 3:30 Crazy 8's- 3S 6:30 Art Show- 3S 7:00 Dominoes - 3N	20 9:30 Manicures - 1N only 10:30 Rhythm Band – 3S 11:15 Bike Rides- 2N 1:30 Exercise: Stretching – 3N 2:30 Handicrafts for Hope- 3S 3:30 Chaplain Chat -3S	21 10:00 Bingo - 2N 11:15 Documentary Hour- 2N 1:30 Hymn Sing – 3S 2:30 Tzu Chi Foundation Program - 2N
22 1:30 Chapel Service - 3S 2:00 Coloring Club – 3S 3:00 Mexican Train Dominoes - 3S	23 9:30 Coffee with the Chef – 2N 10:30 Famous Faces- 2N 11:15 Bike Rides- 2N 1:30 Exercise - 3N 2:30 Crafts - 3N 3:30 Devotions - 3S 7:00 Movie Night - 1N	24 9:30 News & Views-3S 10:30 Baker's Corner – 3S 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	25 9:30 Word Game Wednesday - 3N 10:30 Catholic Communion Service – 3S 11:15 Bike Rides- 2N 1:30 Exercise Balls - 3N 2:15 Bingo - 2N 3:30 Piano Sing Along – 2N 5:00 Pottery - 3S	26 9:30 Expressive Arts – 2N 10:00 AA Meeting - 1S 10:30 Hymn-story - 3S 10:30 Conservatory Outing- Sign up! 3:30 Crazy 8's- 3S 4:30 History Hour 3S 7:00 Dominoes - 3N	27 8:30 Donut Sale - 1S 9:30 Manicures - 1N only 10:30 ProvPlace Volunteers- 3S 11:15 Bike Rides- 2N 1:30 Music and Relaxation – 3S 2:30 Birthday Party with Mary Hall – 2N 3:30 Chaplain Chat -3S	28 10:00 Bingo - 2N 11:15 Music Concert Viewing - 2N 1:30 Meditative Coloring 2:30 St. Helena's Musical Troop - 3N

29	30 9:30 This Week - 2N 10:30 Global Grooves 11:15 Bike Rides- 2N 1:30 Exercise - 3N 2:30 Crafts - 3N 3:30 Devotions - 3S 7:00 Movie Night - 1N	31 9:30 News & Views-3S 10:30 Handicraft Hour - 2N 1:30 Exercise Weights- 3N 2:30 3:30 Bible Art -3S 4:30 Trivia Time!- 2N 7:00 Movie Night – 3N				
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