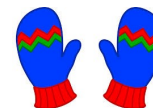



# Recreation Schedule



# January 2019



NHC Maryland Heights  
*"Caring in a Better Way  
 Day by Day"*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Sign up for Dine-ins with the Recreation Office  Stationary Supplies Available in the Activity Department	<b>1 New Year's Day</b> 9:00 Pretty Nails 1:30 Football Game 2:00 Ice Cream Parlor	2 9:30 Exercise Class 10:00 Catholic Communion 11:00 EWTN Catholic Mass 1:00 Therapeutic Circle 1:30 Popcorn 3:00 Chat - Winter Birds	3 9:30 Snowball Fight 11:00 EWTN Catholic Mass <b>1:30 Ice Cream Parlor</b> 2:30 Resident Council	<b>4 National Trivia Day</b> 9:30 Exercise 11:00 EWTN Catholic Mass 1:00 Trivia 2:00 Bible Study w/Phil <b>3:00 Happy Hour W/ "Lyrics that Last" Paul Gibbs</b>	5 9:30 <b>Movie: "The Longest Yard"</b> 1:00 Popcorn 2:15 Bingo
6 10:30 Church of Christ 2:00 Ice Cream Social	7 9:30 Piano w/ Jill 11:00 EWTN Catholic Mass <b>2:00 Snow Flake Bingo</b>	8 9:00 Pretty Nails 1:00 Therapeutic Circle 2:00 Elvis Presley's Birthday w/ Root beer Floats	9 9:30 Exercise Class 10:00 Catholic Communion 11:00 EWTN Catholic Mass 1:30 Popcorn 2:30 Craft Pinecone Bird Feeders	10 9:30 Mo. Botanical Gardens 11:00 EWTN Catholic Mass 2:00 Ice Cream Parlor 2:00 Club w/Phil <b>7:00 Words &amp; Way</b>	11 10:15 - 10:45 Bookmobile 11:00 EWTN Catholic Mass 2:00 Bible Study w/Phil <b>3:00 Happy Hour w/ Fun X2</b>	12 <b>9:30 ODD Fellows Trivia - FDR</b>  1:00 Popcorn 2:15 Bingo
<h2>National Lose Weight - Feel Great Week</h2>						
13 10:30 Church of Christ 2:00 Ice Cream	14 9:30 Exercise Class 11:00 EWTN Catholic Mass 1:00 <b>Annual Martin Luther King Holiday Program</b>	15 9:00 Pretty Nails 1:00 Therapeutic Circle <b>1:00 CST</b> 2:00 Ice Cream Parlor <b>2:30 Circle of Friends</b>	16 9:30 Exercise Class 10:00 Catholic Communion 11:00 EWTN Catholic Mass 1:30 Popcorn 3:00 Hot Cocoa & Smores <b>6:30 Men's Night Out</b>	17 9:30 Chair Tai Chi 11:00 EWTN Catholic Mass <b>1:00 CST</b> 2:00 Ice Cream Social 3:00 Travel Log - Greenland, Siberia, Antarctica	18 9:30 Exercise 11:00 EWTN Catholic Mass 2:00 Bible Study w/Phil <b>3:00 Happy Hour w/ Tim Laramore</b>	19 <b>National Popcorn Day</b> 9:30 <b>Movie: "Rocky"</b> 1:00 Popcorn 2:15 Bingo
20 10:30 Church of Christ 2:00 Ice Cream Parlor	<b>Martin Luther King Jr Day</b> 9:30 Exercise 10:30 Lutheran Church 11:00 EWTN Catholic Mass 2:30 Bingo	22 9:00 Pretty Nails 1:00 Therapeutic Circle <b>1:00 CST</b> 2:30 Ice Cream &	<b>23 National Pie Day</b> 9:30 Exercise Class 10:00 Catholic Communion 11:00 EWTN Catholic Mass <b>2:00 Monthly Birthdays Party w/ Don Stevens</b> <b>6:30 Ladies Night Out</b>	24 9:30 Exercise 11:00 EWTN Catholic Mass <b>1:00 CST</b> 2:00 Ice Cream Social	25 10:15-10:45 Bookmobile 11:00 EWTN Catholic Mass 2:00 Bible Study w/Phil 3:00 <b>Happy Hour w/ Lee Carter</b>	26 9:30 <b>Movie: "The King and I"</b>  <b>1:00 Cat Visits</b> 2:15 Bingo
27 10:30 Church of Christ 2:00 Glad Tidings Quartet	28 9:00 10:00 Exercise Class 11:00 EWTN Catholic Mass 2:30 <b>Big Buck Bingo</b>	29 9:00 Pretty Nails 1:00 Therapeutic Circle <b>1:00 CST</b> 2:00 Ice Cream Parlor	30 9:30 Exercise Class 10:00 Catholic Communion 11:00 EWTN Catholic Mass 11:30 Dine In- Cecil Whitaker's 1:30 Popcorn 3:00 Winter Craft	31 9:30 Dancing w/ Star'f 11:00 EWTN Catholic Mass <b>1:00 CST</b> 2:00 Ice Cream Social 3:00 Resident Auction	Independent Activity Supplies Available 24 hours a day See Recreation Dept. or Nurses Station	Beauty Shop Open Monday - Friday  Individualized Programming Provided weekly