



Recreation Schedule



July 2018



NHC Maryland Heights
“Caring in a Better Way
Day by Day”

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 10:30 Church of Christ 2:00 Ice Cream Social	2 9:00 Exercise Class 10:00 Piano w/ Jill 11:00 EWTN Catholic Mass 1:00 TIE DYE T-SHIRT 2:30 Firecracker Bingo	3 1:30 CST 2:00 Ice Cream Parlor 6:30 Fourth of July Celebration JEM EXPRESS	4 Independent's Day 9:00 Exercise Class 10:30 Fourth of July Treats & Trivia 	5 9:00 Light n Lively 11:00 EWTN Catholic Mass 1:30 CST 1:30 Ice Cream Parlor 2:30 Resident Council	6 9:00 Exercise Class 11:00 EWTN Catholic Mass 2:00 Bible Study w/Phil 3:00 Happy Hour Mixology	7 9:30 Movie: "Greatest Story Ever Told" Part 2 1:00 Popcorn 2:15 Bingo
8 10:30 Church of Christ 2:00 Ice Cream Social	9 9:00 Exercise Class 11:00 EWTN Catholic Mass 2:30 Big Buck Bingo 6:30 The Muny (weather permitting) JERSEY BOYS	10 9:00 Pretty Nail 11:00 Mentors Luncheon 1:30 CST 2:00 Ice Cream Parlor	11 9:00 Exercise Class 10:00 Catholic Communion 11:00 EWTN Catholic Mass 1:30 Popcorn 3:00 Individualized Program	12 9:30 Mo. Botanical Gardens Class 11:00 EWTN Catholic Mass 1:30 CST 2:00 Ice Cream Parlor	13 9:00 Walking Club 11:00 EWTN Catholic Mass 2:00 Bible Study w/Phil 3:00 Happy Hour w/ Paul Gibbs	14 9:30 Movie: "Paint Your Wagon" Part 2 1:00 Popcorn 2:00 Bingo
15 10:30 Church of Christ 2:00 Ice Cream	16 9:00 Light n Lively 10:30 Lutheran Church 2:30 Candy Bingo	17 9:00 Pretty Nails 1:15 Therapeutic Circle 2:30 Monthly Birthday Party w/ Rekha Daving	18 9:00 Exercise Class 10:00 Catholic Communion 11:00 EWTN Catholic Mass 1:30 Popcorn 2:30 Baking—Cake in a Cup 6:30 Ladies Night Out	19 9:30 Parachute Exercise 11:00 EWTN Catholic Mass 2:00 The Club w/Phil 2:00 Ice Cream Social 3:00 Cards Crazy 8	20 9:00 Bookmobile 10:00 Exercise Group 11:00 EWTN Catholic Mass 3:00 Happy Hour Bob Callemeyer	21 9:30 Movie: "Hidden Figures" 1:00 Popcorn
22 10:30 Church of Christ 2:00 Glad Tiding	23 9:00 Exercise Class 11:00 EWTN Catholic Mass 2:30 Bingo	24 9:00 Pretty Nails 1:15 Therapeutic Circle 1:30 CST 1:30 Ice Cream Sandwiches	25 9:00 Exercise Class 10:00 Catholic Communion 11:00 EWTN Catholic Mass 1:30 Popcorn 3:00 Resident Auction 6:30 Moolah Shriners Band	26 11:30 Dine In—Twisted Taco 1:30 CST 2:00 Ice Cream Social	27 9:00 Bookmobile 10:30 OUTING – Shopping—Walmart 11:00 EWTN Catholic Mass 3:00 Happy Hour & Karaoke w/ Staff	28 9:30 Movie: "The Music Mn" 1:00 Cats Visits 2:00 Bingo
29 10:30 Church of Christ 2:00 Ice Cream	30 9:00 Exercise Class 11:00 EWTN Catholic Mass 2:30 Bingo-Cise	31 9:00 Pretty Nails 1:15 Therapeutic Circle 1:30 CST 2:00 Ice Cream Parlor		Sign up for Dine-ins with the Recreation Office Stationary Supplies Available in the Activity Department	Beauty Shop Open Monday - Friday Individualized Programming Provided weekly	Independent Activity Supplies Available 24 hours a day See Recreation Dept. or Nurses Station