


Recreation Schedule



October 2018



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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 9:30 Music w/ Jill 10:00 Exercise Class 11:00 EWTN Catholic Mass 2:30 Bingo-Cise	2 9:00 Pretty Nails 1:15 Therapeutic Circle 1:30 CST 2:00 Ice Cream Social 3:00 Wing 2 Halloween Decorating	3 9:30 Exercise Class 10:00 Catholic Communion 1:00 Back of Wing 3 Halloween Decorating 2:00 Norma's Syncopated Seniors	4 9:30 Dancing w/ Star'F 11:00 EWTN Catholic Mass 1:30 CST 2:00 Ice Cream Social 2:30 Resident Council	5 9:00 Walking Club 10:15 Book Mobile 11:00 EWTN Catholic Mass 2:00 Bible Study w/ Phil 3:00 Happy Hour w/ Rekha Dravina	6 9:30 Movie: "Gorilla's in the Mist" 1:00 Popcorn 2:15 Bingo
	7 10:30 Church of Christ 2:00 Ice Cream Social	8 9:30 Exercise Dice 11:00 EWTN Catholic Mass 1:00 "I Got It" 2:30 Candy Corn Bingo	9 9:00 Pretty Nails 11:00 Mentor's Luncheon 1:30 CST 2:00 Ice Cream Parlor 3:00 Pokeno	10 9:30 Exercise Class 10:00 Catholic Communion 11:00 EWTN Catholic Mass 1:30 Popcorn 2:30 Candy Corn Bowling	11 9:30 Mo. Botanical Garden Class 11:00 EWTN Catholic Mass 1:30 CST 3:00 Fall Jewelry Making	12 9:30 Walking Club 11:00 EWTN Catholic Mass 2:00 Bible Study w/ Phil 3:00 Happy Hour w/ Jim Edwards
14 10:30 Church of Christ 2:00 Ice Cream Social	15 9:00 Exercise Class 10:30 Lutheran Church 11:00 EWTN Catholic Mass 1:30 Travel to Yosemite National Park 2:30 Bingo-cise	16 9:00 Pretty Nails 1:15 Therapeutic Circle 1:30 CST 2:00 Ice Cream Social 3:00 Pumpkin Pie in a Mug	17 9:00 Exercise Class 10:00 Catholic Communion 11:00 EWTN Catholic Mass 1:30 Popcorn 3:00 Pumpkin Decorating	18 9:30 Dancing w/ Star'f 11:00 EWTN Catholic Mass 1:00 Individualized Program 1:30 CST 2:00 Chuck Berry Birthday & Resident Monthly Birthday Party w/ JEM Express & Rootbeer Floats	19 9:30 Exercise 10:15 Bookmobile 11:00 EWTN Catholic Mass 2:00 Bible Study w/ Phil 3:00 Happy Hour Chad Evans	20 9:30 Movie: "Ghostbusters" 1:00 Popcorn 2:15 Bingo
21 10:30 Church of Christ 2:00 Ice Cream Social	22 9:00 Exercise Class 11:00 EWTN Catholic Mass 1:30 Circle of Friends 2:30 Boo Bingo	23 9:00 Pretty Nails 1:15 Therapeutic Circle 1:30 CST 2:00 Halloween Craft	24 9:30 Exercise Class 10:00 Catholic Communion 11:00 EWTN Catholic Mass 1:30 Popcorn 3:00 Halloween Hangman	25 9:30 Therapeutic Circle And Dancing w/ Star'F 11:00 EWTN Catholic Mass 1:30 CST 2:00 Ice Cream Social Club w/ Phil 3:00 Resident Auction	26 9:00 Exercise Class 10:00— Outing: Eckert's Pumpkin Patch & Lunch 11:00 EWTN Catholic Mass 3:00 Happy Hour/ Luke Queen	27 9:30 Movie: "Abbott & Costello Meet Frankenstein" 1:00 Cats Visits 2:15 Bingo
28 10:30 Church of Christ 2:00 Glad Tiding	29 9:00 Exercise 11:00 EWTN Catholic Mass 1:00 Pumpkin Carving or Painting 2:30 Halloween Bingo	30 9:00 Pretty Nails 1:15 Therapeutic Circle 1:30 CST 2:00 Ice Cream Parlor 2:30 Hymns w/ Angie	31 HALLOWEEN 9:00 Pumpkin Decorating Contest Begins 10:00 Cake Walk (\$\$RC) 1:30 Halloween Parade & Voting for Best Costumes 2:00 Halloween Party w/ Mixology 3:30-5:30 Safe Trick or Treating	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