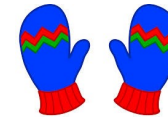



Recreation Schedule



January 2018



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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 HAPPY NEW YEAR!! 9:30 New Years Day Reminisc 10:30 Lutheran Church 1:30 Football in FDR	2 9:00 Pretty Nails 1:15 Therapeutic Circle 2:00 Ice Cream Parlor	3 9:00 Music w/ Jill 10:00 Catholic Communion 11:00 EWTN Catholic Mass 1:30 Popcorn	4 9:30 Snowball Fight 11:00 EWTN Catholic Mass 1:30 Ice Cream Parlor 2:30 Resident Council	5 9:30 Therapeutic Circle 11:00 EWTN Catholic Mass 1:00 Individualized Room Visit 2:00 Bible Study w/Phil 3:00 Happy Hour W/ Rodney Connor	6 9:30 Movie: "Home Alone—The Holiday Heist" 1:00 Popcorn 2:15 Bingo
7 9:30 Therapeutic Circle 10:30 Church of Christ 2:00 Ice Cream Social	8 9:00 Individualized Program 10:30 Exercise Class 11:00 EWTN Catholic Mass 2:00 Elvis Presley's B'Day	9 9:00 Pretty Nails 11:00 Mentors Luncheon 2:00 Ice Cream Parlor and Piano w/ Rekha Dravina	10 9:00 Exercise Class 10:00 Catholic Communion 11:00 EWTN Catholic Mass 1:30 Popcorn 3:00 Wii—Bowling	11 9:30 Mo. Botanical Gardens 11:00 EWTN Catholic Mass 2:00 Ice Cream Parlor 2:00 The Club w/Phil 7:00 Words & Way	12 9:30 Therapeutic Circle 11:00 EWTN Catholic Mass 2:00 Bible Study w/Phil 3:00 Happy Hour w/ Brad Allen	13 9:30 Movie: "Home Alone" 1:00 Popcorn 2:15 Bingo
14 9:30 Therapeutic Circle 10:30 Church of Christ 12:30 Calvary Chapel 2:00 Ice Cream	15 Martin Luther King Jr Day 9:30 Lutheran Church 11:00 EWTN Catholic Mass 1:30 Martin Luther King Speech—Family D.R. 2:30 Bingo, Exercise & Beverage	16 9:00 Pretty Nails 1:15 Therapeutic Circle 2:00 Ice Cream Parlor 2:30 Hymn's w/ Angie	17 9:30 Exercise Class 10:00 Catholic Communion 11:00 EWTN Catholic Mass 1:30 Popcorn 3:00 January Craft	18 9:30 Light n Lively 11:00 EWTN Catholic Mass 2:00 Ice Cream Social 3:00 The Chat Room	19 9:30 Therapeutic Circle 11:00 EWTN Catholic Mass 2:00 Bible Study w/Phil 3:00 Happy Hour w/ George Hinds	20 9:30 Movie: Home Alone 2— Lost in New York" 1:00 Popcorn 2:15 Bingo
21 9:30 Therapeutic Circle 10:30 Church of Christ 2:00 Ice Cream Parlor	22 9:00 Exercise Class 11:00 EWTN Catholic Mass 2:30 Big Buck Bingo	23 9:00 Pretty Nails 2:30 Ice Cream & Monthly B'Day Party w/ Elizabeth LaKemp	24 9:30 Exercise Class 10:00 Catholic Communion 11:00 EWTN Catholic Mass 1:30 Popcorn 3:00 You Be the Judge	25 9:30 Light n Lively 11:00 EWTN Catholic Mass 2:00 Ice Cream Social	26 9:30 Therapeutic Circle 11:00 EWTN Catholic Mass 3:00 Happy Hour w/ Luke Queen	27 9:30 Movie: "Home Alone 3" 1:00 10th Life Cats 2:15 Bingo
28 9:30 Therapeutic Circle 10:30 Church of Christ 2:00 Glad Tidings Quartet	29 9:00 Therapeutic Circle 10:00 Exercise Class 11:00 EWTN Catholic Mass 2:30 Big Buck Bingo	30 9:00 Pretty Nails 2:00 Ice Cream Parlor 3:30 Resident Auction	31 9:30 Exercise Class 10:00 Catholic Communion 11:00 EWTN Catholic Mass 11:30 DINE IN—CECIL'S 1:30 Popcorn	Sign up for Dine-ins with the Recreation Office Stationary Supplies Available in the Activity Department	Independent Activity Supplies Available 24 hours a day See Recreation Dept. or Nurses Station	Beauty Shop Open Monday - Friday Individualized Programming Provided weekly