

# Recreation Schedule



# November 2018



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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Sign up for Dine-ins with the Recreation Office</p> <p>Stationary Supplies Available in the Activity Department</p>	<p>Beauty Shop Open Monday - Friday</p> <p>Individualized Programming Provided weekly</p>			<p>1 9:30 Mo. Botanical Gardens 11:00 EWTN Catholic Mass 2:00 Ice Cream Parlor 2:30 Resident Council</p>	<p>2 9:30 Dancing w/ Star'F 10:15 Bookmobile 11:00 EWTN Catholic Mass 2:00 3:00 Happy Hour w/ JEM Express</p>	<p>3 9:30 <b>Movie:</b> "7th Heaven" 1:00 Popcorn 2:15 Bingo</p>
<p>4 <b>Daylight Savings</b> 10:30 Church of Christ 2:00 Ice Cream Social</p>	<p>5 9:30 Piano w/Jill 11:00 EWTN Catholic Mass 1:00 Knitting Club 2:30 Bingo-cise</p>	<p>6 9:00 Pretty Nails 2:00 Ice Cream Parlor 2:30 Wii Hour w/ Wheel of Fortune</p>	<p>7 9:30 Tai-Chi 10:00 Catholic Communion 11:00 EWTN Catholic Mass 1:30 Popcorn 2:00 Resident Council Food Truck Committee—Dine In 6:30 Men's Night out in Family Dinning Room</p>	<p>8 9:30 Mo. Botanical Garden 11:00 EWTN Catholic Mass 2:00 Ice Cream Parlor  7:00 Words &amp; Way</p>	<p>9 9:30 Exercise 1:30 <b>Veteran's Day Ceremony</b> w/ Friends 4 Music 3:00 <b>Happy Hour w/ Bob Callemeyer</b></p>	<p>10 9:30 <b>Movie:</b> "Seven Brides for Seven Brothers" 1:00 Popcorn 2:15 Bingo</p>
<p>11 <b>Veteran's Day</b> 10:30 Church of Christ 2:00 Ice Cream</p>	<p>12 9:00 Exercise Class 11:00 EWTN Catholic Mass 2:30 Bingo-cise</p>	<p>13 9:00 Pretty Nails 2:00 Ice Cream Parlor</p>	<p>14 9:00 Exercise Class 10:00 Catholic Communion 1:30 Wood Working 6:30 Ladies Night Out in Family Dinning Room</p>	<p>15 9:30 Dancing w/ Star'f 11:00 EWTN Catholic Mass 2:00 Ice Cream Social 2:00 Club w/ Phil</p>	<p>16 9:30 Exercise 11:00 EWTN Catholic Mass 2:00 Bible Study w/ Phil 3:00 <b>Happy Hour w/ Fun x2</b> 6:30-8:00 <b>Family Thanksgiving Pie Social w/ Mixology</b></p>	<p>17 9:30 <b>Movie:</b> "Without A Paddle" 10:00 Girl Scout Troop # 3108 1:00 Popcorn 2:15 Bingo</p>
<p>18 10:30 Church of Christ 2:00 <b>Glad Tiding</b></p>	<p>19 9:00 Individualized Program 10:30 Lutheran Church 11:00 EWTN Catholic Mass 2:30 <b>Bingo,Beverage&amp;Excercise</b></p>	<p>20 9:00 Pretty Nails 1:15 Therapeutic Circle 2:00 Ice Cream Parlor 2:30 Hymns w/ Angie</p>	<p>21 9:30 Exercise Class 10:00 Catholic Communion 10:00 Individualized Program 11:00 EWTN Catholic Mass 2:30 <b>Monthly Birthday Party w/ Cameo Club</b></p>	<p>22 <b>Happy Thanksgiving</b>  9:00 Penny Pitch 11:00 EWTN Catholic Mass 10:30 <b>THANKSGIVING TREATS</b></p>	<p>23 9:00 Therapeutic Circle 11:00 EWTN Catholic Mass 1:00 Balloon Volleyball 3:00 <b>Happy Hour/ George Hinds</b></p>	<p>24 9:30 <b>Movie:</b> "Love is a Many Splendid Thing" 1:00 Popcorn 2:15 Bingo</p>
<p>25 10:30 Church of Christ 2:00 <b>Friends 4 Music</b></p>	<p>26 9:30 Exercise Class 11:00 EWTN Catholic Mass 2:30 <b>Bingo,Beverage&amp;Excercise</b></p>	<p>27 9:00 Pretty Nails 1:15 Therapeutic Circle 2:00 Ice Cream Parlor 3:00 Decorate Christmas Tree and T-Area Wing 3</p>	<p>28 9:30 Thai-Chi 10:00 Catholic Communion 10:00 Decorate Wing 2 Christmas Tree 11:00 EWTN Catholic Mass 1:30 Popcorn 2:30 Resident Auction</p>	<p>29 9:00 Therapeutic Circle 11:30 Dine In... Resident Council Food Truck 11:00 EWTN Catholic Mass 2:30 Travel Log-- Dallas Texas</p>	<p>30 9:00 Bookmobile 10:00 <b>Outing: Walmart &amp; Lunch</b> 3:00 Happy Hour w/ Tom Anslern</p>	<p>Independent Activity Supplies Available 24 hours a day See Recreation Dept. or Nurses Station</p>