 

**NHC Joplin September 2020**

**Wellness Programming**

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| **SUNDAY** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY**  |
| **Location Key**MDR – Main Dining RoomADR – Assisted Dining RoomAR—Activity RoomOTH—On The HallIR—In Room Activities | \*Activities are subject to change as the conditions change and to meet the needs of our residents\* | 110:00am Morning Stretches-MDR10:15 Manicures- IR11:30 One on One Programs –IR2:00pm Ice Cream Social-MDR | 210:00am Bingo-MDR11:30am One on One Programs -IR2:00pm Veterans Appreciation Celebration | 310:00am Morning Stretches-MDR11:30 One on One Programs -IR2:00pm Ice Cream Social-MDR | 410:00am Bingo-MDR11:30am One on One Programs –IR2:00pm Happy Hour Cart w/ Fresh Popcorn | 510:30am Bingo-MDRSnacks on the hallIndependent Activities |
| 611:00 am Church Services-MDRIndependent Activities | 7 **HAPPY LABOR DAY**10:00am Bingo-MDR11:30am One on One Programs –IR2:00 pm I am Second Bible study Testimony by Phil Robertson- AR | 810:00am Morning Stretches-MDR10:15am Manicures- IR11:30am One on One Programs –IR1:00pm Resident Council-MDR2:00pm Ice Cream Social-MDR | 910:00am Bingo –MDR11:30am One on One Programs-IR2:00 pm- Colored pencil tutorial Cherries drawing  | 1010:00am Morning Stretches-MDR11:30 One on One Programs -IR2:00pm Ice Cream Social-MDR | 1110:00am Bingo-MDR11:30am One on One Programs –IR2:00pm Happy Hour Cart w/ Fresh Popcorn | 12 **CHOCOLATE MILKSHAKE DAY**10:30am Bingo-MDRChocolate Milkshakes - on the hallIndependent Activities |
| 13 **HAPPY GRANDPARENTS DAY**11:00 am Bible Study -MDRIndependent Activities | 14 10:00am Bingo-MDR11:30am One on One Programs –IR2:00 pm \*\*Manic Monday\*\* Partner and Resident Karaoke | 1510:00am Morning Stretches-MDR10:15 Manicures- IR11:30 One on One Programs –IR2:00pm Ice Cream Social-MDR | 1610:00am Bingo-MDR11:30am One on One Programs- IR2:00pm \*\*We love Rock and Roll\*\*\* Rock and Roll Drum Circle3:00pm Veterans Club | 1710:00am Morning Stretches-MDR11:30 One on One Programs -IR2:00pm Ice Cream Social-MDR | 1810:00am Bingo-MDR11:30am One on One Programs –IR2:00pm Happy Hour Cart w/ Fresh Popcorn | 1910:30am Bingo-MDRSnacks on the hallIndependent Activities |
| 2011:00 am Church Services-MDRIndependent Activities | 2110:00am Bingo-MDR11:30am One on One Programs -IR2:00pm -Intro to watercolors -Watercolor mountain landscape- MDR | 22 10:00am Morning Stretches-MDR10:15am Manicures- IR11:30am One on One Programs –IR2:00pm Ice Cream Social-MDR | 2310:00am Bingo-MDR11:30am One on One Programs- IR2:00pm Movie of the Month-MDR | 2410:00am Morning Stretches-MDR11:30 One on One Programs –IR2:00 pm Ice Cream Social-MDR3:00 pm NHC Derby- Horse Racing MDR | 2510:00am Bingo-MDR11:30am One on One Programs –IR2:00pm Happy Hour Cart w/ Fresh Popcorn | 2610:30am Bingo-MDRSnacks on the hallIndependent Activities |
| 2711:00 am Bible Study-MDRIndependent Activities | 2810:00am Bingo-MDR11:30am One on One Programs -IR2:00pm- Intro to Acrylics lead by Carol (resident)- Outdoor Scenery  | 2910:00am Morning Stretches-MDR10:15am Manicures- IR11:30am One on One Programs –IR2:00pm Ice Cream Social-MDR | 3010:00am Bingo-MDR11:30am One on One Programs- IR 2:00 pm \*\*Boot Scooting Boogie\*\* Country Line Dance Partners and Residents |  |  |  |