 

**NHC Joplin September 2020**

**Wellness Programming**

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| **SUNDAY** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
| **Location Key**  MDR – Main Dining Room  ADR – Assisted Dining Room  AR—Activity Room  OTH—On The Hall  IR—In Room Activities | \*Activities are subject to change as the conditions change and to meet the needs of our residents\* | 1  10:00am Morning Stretches-MDR  10:15 Manicures- IR  11:30 One on One Programs –IR  2:00pm Ice Cream Social-MDR | 2  10:00am Bingo-MDR  11:30am One on One Programs -IR  2:00pm Veterans Appreciation Celebration | 3  10:00am Morning Stretches-MDR  11:30 One on One Programs -IR  2:00pm Ice Cream Social-MDR | 4  10:00am Bingo-MDR  11:30am One on One Programs –IR  2:00pm Happy Hour Cart w/ Fresh Popcorn | 5  10:30am Bingo-MDR  Snacks on the hall  Independent Activities |
| 6  11:00 am Church Services-MDR  Independent Activities | 7 **HAPPY LABOR DAY**  10:00am Bingo-MDR  11:30am One on One Programs –IR  2:00 pm I am Second Bible study Testimony by Phil Robertson- AR | 8  10:00am Morning Stretches-MDR  10:15am Manicures- IR  11:30am One on One Programs –IR  1:00pm Resident Council-MDR  2:00pm Ice Cream Social-MDR | 9  10:00am Bingo –MDR  11:30am One on One Programs-IR  2:00 pm- Colored pencil tutorial Cherries drawing | 10  10:00am Morning Stretches-MDR  11:30 One on One Programs -IR  2:00pm Ice Cream Social-MDR | 11  10:00am Bingo-MDR  11:30am One on One Programs –IR  2:00pm Happy Hour Cart w/ Fresh Popcorn | 12 **CHOCOLATE MILKSHAKE DAY**  10:30am Bingo-MDR  Chocolate Milkshakes - on the hall  Independent Activities |
| 13 **HAPPY GRANDPARENTS DAY**  11:00 am Bible Study -MDR  Independent Activities | 14  10:00am Bingo-MDR  11:30am One on One Programs –IR  2:00 pm \*\*Manic Monday\*\* Partner and Resident Karaoke | 15  10:00am Morning Stretches-MDR  10:15 Manicures- IR  11:30 One on One Programs –IR  2:00pm Ice Cream Social-MDR | 16  10:00am Bingo-MDR  11:30am One on One Programs- IR  2:00pm \*\*We love Rock and Roll\*\*\* Rock and Roll Drum Circle  3:00pm Veterans Club | 17  10:00am Morning Stretches-MDR  11:30 One on One Programs -IR  2:00pm Ice Cream Social-MDR | 18  10:00am Bingo-MDR  11:30am One on One Programs –IR  2:00pm Happy Hour Cart w/ Fresh Popcorn | 19  10:30am Bingo-MDR  Snacks on the hall  Independent Activities |
| 20  11:00 am Church Services-MDR  Independent Activities | 21  10:00am Bingo-MDR  11:30am One on One Programs -IR  2:00pm -Intro to watercolors -Watercolor mountain landscape- MDR | 22  10:00am Morning Stretches-MDR  10:15am Manicures- IR  11:30am One on One Programs –IR  2:00pm Ice Cream Social-MDR | 23  10:00am Bingo-MDR  11:30am One on One Programs- IR  2:00pm Movie of the Month-MDR | 24  10:00am Morning Stretches-MDR  11:30 One on One Programs –IR  2:00 pm Ice Cream Social-MDR  3:00 pm NHC Derby- Horse Racing MDR | 25  10:00am Bingo-MDR  11:30am One on One Programs –IR  2:00pm Happy Hour Cart w/ Fresh Popcorn | 26  10:30am Bingo-MDR  Snacks on the hall  Independent Activities |
| 27  11:00 am Bible Study-MDR  Independent Activities | 28  10:00am Bingo-MDR  11:30am One on One Programs -IR  2:00pm- Intro to Acrylics lead by Carol (resident)- Outdoor Scenery | 29  10:00am Morning Stretches-MDR  10:15am Manicures- IR  11:30am One on One Programs –IR  2:00pm Ice Cream Social-MDR | 30  10:00am Bingo-MDR  11:30am One on One Programs- IR  2:00 pm \*\*Boot Scooting Boogie\*\* Country Line Dance Partners and Residents |  |  |  |