

Recreation Schedule



April 2020



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






Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Location Guide: W3=Back of Wing 3 FDR= Family Dining Room MDR= Main Dining Room CC= Center Core IR=In Room Activity OTH=On the hall TBD= To Be Determined</p>			<p>1 9:15 Absentee Voting (IR) 10:00 Hymn Study and Sing Along with Phil (OTH) 1:00 Room to Room Activities Cart with Fun Facts Trivia (OTH) 2:00 Individualized Programs (IR)</p>	<p>2 9:15 Art Project- Decorating Salt Dough Ornaments (IR) 2:00 Ice Cream (IR) 2:30 Resident Council (IR)</p>	<p>3 9:15 Bookmobile (IR) 10:00 Hallway Exercise with Lisa (OTH) 2:00 Bible Study w/ Phil (OTH) 3:00 Happy Hour on Wheels (IR)</p>	<p>4 9:15 Sing Along (OTH) 10:00 Individualized Programs (IR) 1:30 Ice Cream Sandwiches (IR) 3:15 Room to Room Activities Cart (IR)</p>
<p>5 9:45 Online Church Service (IR) 2:00 Warm Muffins (IR)</p>	<p>6 <u>National Twinkie Day</u> 9:30 Individualized Programs (IR) 10:00 Rosary Prayer with Phil (IR) 2:30 Bingo with Fried Twinkies (OTH)</p>	<p>7 9:00 Pretty Nails (IR) 9:15-11:00 Tech Time with Dylan (IR) (Don't forget to make an Appointment) 1:30 Ice Cream (IR) 3:00 Room Service Cart with independent supplies (OTH)</p>	<p>8 9:15 Hallway Exercise with Nancy 10:00 Hymn Study and Sing Along with Phil (OTH) 1:00 Happy Hour Drink Cart (OTH) 2:00 Individualized Programs (IR)</p>	<p>9 9:15 Art Project- Decorating Eggs (IR) 2:00 Hallways Easter Bingo with special prizes (OTH)</p>	<p>10 GOOD FRIDAY 9:15 Bookmobile (IR) 10:00 Hallway Exercise with Lisa (OTH) 2:00 Easter Carnival Celebration! Hanging eggs around the residents rooms</p>	<p>11 9:15 Golfing with Dylan (OTH) 10:00 Individualized Programs (IR) 1:30 Peeps/Jelly Bean Snack Cart (IR) 3:15 Room to Room Activities Cart (IR) Hang eggs around the</p>
<p>12 9:45 Online Church Service (IR) 2:00 Room Easter Egg Hunt & Handing out Easter Baskets</p>	<p>13 9:30 Individualized Programs (IR) 10:00 Rosary Prayer with Phil (IR) 2:30 Bingo with fresh baked cookies (OTH)</p>	<p>14 9:00 Pretty Nails (IR) 9:15-11:00 Tech Time with Dylan (Don't forget to make an Appointment) 1:30 Ice Cream (IR) 3:00 Room Service Cart with independent supplies (OTH)</p>	<p>15 9:15 Hallway Exercise with Nancy 10:00 Hymn Study and Sing Along with Phil (OTH) 1:00 Nutrition Class with Ana (TBD) 2:00 Individualized Programs (IR)</p>	<p>16 9:15 Yam Art-Making Lambs (IR) 10:00 Room to Room Activity Cart 1:00 Therapeutic Circle (IR) 2:00 Bingo and Ice Cream (OTH)</p>	<p>17 9:15 Bookmobile (IR) 10:00 Hallway Exercise with Lisa (OTH) 2:00 Bible Study w/ Phil (OTH) 3:00 Happy Hour on Wheels (IR)</p>	<p>18 9:15 Sing Along (MDR) 10:00 Individualized Programs (IR) 1:30 Specialty Drink Cart (IR) 3:15 Room to Room Activities Cart (IR)</p>
<p>19 9:45 Online Church Service (IR) 2:00 Warm Cookies (IR)</p>	<p>20 9:30 Individualized Programs (IR) 10:00 Rosary Prayer with Phil (IR) 2:30 Bingo with warm pretzels (OTH)</p>	<p>21 9:00 Pretty Nails (IR) 9:15-11:00 Tech Time with Dylan (Don't forget to make an Appointment) 1:30 Ice Cream (IR) 3:00 Room Service Cart with independent supplies (OTH)</p>	<p>22 9:15 Hallway Exercise with Nancy 10:00 Hymn Study and Sing Along with Phil (OTH) 1:00 Cooking Demo with Ana (TBD) 2:00 Individualized Programs (IR)</p>	<p>23 9:15 Art Project- Making Sun Catchers (IR) 10:00 Room to Room Activity Cart 1:00 Therapeutic Circle (IR) 2:00 Bingo and Ice Cream (OTH)</p>	<p>24 9:15 Bookmobile (IR) 10:00 Volunteer Thank You Calls (IR) 2:00 Bible Study with Phil (OTH) 3:00 Brownie Sundaes on Wheels (IR)</p>	<p>25 9:15 Cornhole with Dylan (OTH) 10:00 Individualized Programs (IR) 1:30 Fresh baked Cinnamon Rolls (IR) 3:15 Room to Room Activities Cart (IR)</p>
<p>26 9:45 Online Church Service (IR) 2:00 Cupcakes Snack (IR)</p>	<p>27 9:30 Individualized Programs (IR) 10:00 Rosary Prayer with Phil (IR) 2:30 Bingo with Spring Cupcakes (OTH)</p>	<p>28 9:00 Pretty Nails (IR) 9:15-11:00 Tech Time with Dylan (Don't forget to make an Appointment) 1:30 Ice Cream (IR) 3:00 Room Service Cart with independent supplies (OTH)</p>	<p>29 9:15 Hallway Exercise with Nancy (IR) 10:00 Hymn Study and Sing Along with Phil (OTH) 2:30 Monthly Birthday Party (IR)</p>	<p>30 9:15 Art Project- Watercolor Painting (IR) 10:00 Room to Room Activity Cart 1:00 Therapeutic Circle (IR) 2:00 Ice Cream (IR) 2:30 Bingo (OTH)</p>	<p>Beauty Shop is open by appointment only. See your nurse to sign up. Individualized Programming provided regularly. Programming scheduled to change as needed.</p>	<p>Independent Activity and Stationary Supplies Available 24 hours a day. See Recreation Dept. or Nurses Station for assistance</p>

Ivy House
Activity Calendar



APRIL 2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10:00 Individualized Programs (IR) 10:45 Move To Music 1:30 Aromatherapy Spa Time 2:30 Prayer Time with Phil	2 10:00 Dancing w/ the Star'f 10:45 Therapeutic Circle 1:30 Ice Cream Sundaes 3:00 Comhole	3 10:00 Individualized Programs (IR) 10:45 What's That Smell? 1:30 Sing Along with Nancy	4 Good Morning Greeting Residents Pledge, Month, Day, Weather Next Holiday 10:30 Watercolor Painting 2:15 Move To Music
5 Good Morning Greeting Residents Pledge, Month, Day, Weather Next Holiday 10:30 Church Online 3:00 Adult Coloring	6 10:00 Individualized Programs (IR) 10:45 Morning Worship with Phil 1:30 Therapeutic Circle 3:00 Milk Shake Monday and Reminisce about childhood snacks	7 10:30 Daily Devotions with Phil 2:30 Easter Carnival Celebration 	8 10:00 Individualized Programs (IR) 10:45 Hallway Soccer 1:30 Aromatherapy Spa Time 2:30 Prayer Time with Phil	9 10:00 Dancing w/ the Star'f 10:45 Therapeutic Circle 1:30 Ice Cream Sundaes 3:00 Parachute	10 GOOD FRIDAY 10:00 Individualized Programs (IR) 10:45 Whose baby is that? 1:30 Sing Along with Nancy	11 Good Morning Greeting Residents Pledge, Month, Day, Weather Next Holiday 10:30 Comhole 2:15 Name 5
12 HAPPY EASTER!! Good Morning Greeting Residents Pledge, Month, Day, Weather Next Holiday 10:30 Church Online 3:00 Balloon Volleyball	13 10:00 Individualized Programs (IR) 10:45 Inspirational Readings 1:30 Therapeutic Circle 3:00 Milk Shake Monday and Reminisce about past Easters	14 10:30 Sing Along with Nancy 1:45 Making Rice Krispy Eggs 2:45 Art Project- Flower Collage	15 10:00 Individualized Programs (IR) 10:45 Move To Music 1:30 Aromatherapy Spa Time 2:30 Prayer Time with Phil	16 10:00 Dancing w/ the Star'f 10:45 Therapeutic Circle 1:30 Ice Cream Sundaes 3:00 Putt Putt Golf	17 10:00 Individualized Programs (IR) 10:45 Have You Ever Been There? 1:30 Sing Along with Nancy	18 Good Morning Greeting Residents Pledge, Month, Day, Weather Next Holiday 10:30 Bean Bag Toss 2:15 Move To Music
19 Good Morning Greeting Residents Pledge, Month, Day, Weather Next Holiday 10:30 Church Online 3:00 Adult Coloring	20 10:00 Individualized Programs (IR) 10:45 Morning Worship with Phil 1:30 Therapeutic Circle 3:00 Milk Shake Monday and Reminisce about raising children	21 10:30 Daily Devotions with Phil 1:45 Making Banana Splits 2:45 Art Project- Golf Ball Painting	22 10:00 Individualized Programs (IR) 10:30 Hallway Kickball 1:30 Aroma Therapy Spa Time 2:30 Prayer Time with Phil	23 10:00 Dancing with the Star'f 10:45 Therapeutic Circle 2:00 Monthly Birthday Party 	24 10:00 Individualized Programs (IR) 10:45 What sound is that? 1:30 Sing Along with Nan	25 Good Morning Greeting Residents Pledge, Month, Day, Weather Next Holiday 10:30 Win Lose and Draw 2:15 Name 5
26 Good Morning Greeting Residents Pledge, Month, Day, Weather Next Holiday 10:30 Church Online 3:00 Parachute	27 10:00 Individualized Programs (IR) 10:45 Morning Worship with Phil 1:30 Therapeutic Circle 3:00 Milk Shake Monday and Reminisce about family	28 10:30 Daily Devotions with Phil 1:45 Making Brownie Sundaes 2:45 Art Project- Making spring door hangers	29 10:00 Individualized Programs (IR) 10:30 Move To Music 1:30 Aromatherapy Spa Time 2:30 Prayer Time with Phil	30 10:00 Dancing with the Star'f 10:45 Therapeutic Circle 1:30 Ice Cream Sundaes 3:00 Parachute	Independent Activity Supplies are always available. Please see a Recreation or Nursing Partner for assistance.	Programming scheduled to change as needed to meet the needs of the residents. 

Meadows
Activity Calendar



APRIL 2020



NHC Maryland Heights
"Caring in a better way,
day by "day."

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Thank you for your patience and understanding as we continue working to keep everyone connected and engaged.</p> <p><i>Thank You!</i></p> <p>We appreciate you and hope to see you soon.</p>			<p>1 Good Morning Greeting Residents Pledge, Month, Day , Weather Next Holiday</p> <p>9:30 Move To Music</p> <p>2:30 Ice Cream Social</p>	<p>2 Good Morning Greeting Residents Pledge, Month, Day , Weather Next Holiday</p> <p>9:30 Dancing w/ the Star f</p> <p>1:45 Prayer Time w/Phil</p>	<p>3 Good Morning Greeting Residents Pledge, Month, Day , Weather Next Holiday</p> <p>9:30 Daily Devotions with Phil</p> <p>2:30 Flower Collage</p>	<p>4 Good Morning Greeting Residents Pledge, Month, Day , Weather Next Holiday</p> <p>9:30 Watercolor Painting</p> <p>2:45 What's That Sound?</p>
<p>5 Good Morning Greeting Residents Pledge, Month, Day , Weather Next Holiday</p> <p>9:30 Church Online</p> <p>2:30 Comhole</p>	<p>6 Good Morning Greeting Residents Pledge, Month, Day , Weather Next Holiday</p> <p>9:30 Aromatherapy Hand Massages</p> <p>2:00 Milk Shake Monday and Easter Trivia</p>	<p>7 Good Morning Greeting Residents Pledge, Month, Day , Weather Next Holiday</p> <p>9:30 Moming Worship with Phil</p> <p>2:00 Aromatherapy Spa Time</p>	<p>8 Good Morning Greeting Residents Pledge, Month, Day , Weather Next Holiday</p> <p>9:30 Hallway Soccer</p> <p>2:30 Decorating Easter cookies</p>	<p>9 Good Morning Greeting Residents Pledge, Month, Day , Weather Next Holiday</p> <p>9:30 Dancing w/ the Star f</p> <p>2:30 Easter Carnival Celebration</p>	<p>10 GOOD FRIDAY Good Morning Greeting Residents Pledge, Month, Day , Weather Next Holiday</p> <p>9:30 Daily Bread Readings</p> <p>2:30 Mini Muffins Snack</p>	<p>11 Good Morning Greeting Residents Pledge, Month, Day , Weather Next Holiday</p> <p>9:30 Bean Bag Toss</p> <p>2:45 Whose Baby Is that?</p>
<p>12 Happy Easter</p> <p>Good Morning Greeting Residents Pledge, Month, Day , Weather Next Holiday</p> <p>9:30 Church Online</p> <p>2:30 Balloon Volleyball</p>	<p>13 Good Morning Greeting Residents Pledge, Month, Day , Weather Next Holiday</p> <p>9:30 Aromatherapy Hand Massages</p> <p>2:00 Milk Shake Monday and Bingo</p>	<p>14 Good Morning Greeting Residents Pledge, Month, Day , Weather Next Holiday</p> <p>9:30 Daily Bread Readings</p> <p>2:00 Aromatherapy Spa Time</p>	<p>15 Good Morning Greeting Residents Pledge, Month, Day , Weather Next Holiday</p> <p>9:30 Move To Music</p> <p>2:30 Making Biscuit Pizzas</p>	<p>16 Good Morning Greeting Residents Pledge, Month, Day , Weather Next Holiday</p> <p>9:30 Dancing w/ the Star f</p> <p>2:30 Prayer Time with Phil</p>	<p>17 Good Morning Greeting Residents Pledge, Month, Day , Weather Next Holiday</p> <p>9:30 Daily Devotions with Phil</p> <p>2:30 Playdough Flowers</p>	<p>18 Good Morning Greeting Residents Pledge, Month, Day , Weather Next Holiday</p> <p>9:30 Adult Coloring</p> <p>2:45 Have You Ever Been Here?</p>
<p>19 Good Morning Greeting Residents Pledge, Month, Day , Weather Next Holiday</p> <p>9:30 Church Online</p> <p>2:30 Parachute</p>	<p>20 Good Morning Greeting Residents Pledge, Month, Day , Weather Next Holiday</p> <p>9:30 Aromatherapy Hand Massages</p> <p>2:00 Milk Shake Monday and Spring Trivia</p>	<p>21 Good Morning Greeting Residents Pledge, Month, Day , Weather Next Holiday</p> <p>9:30 Moming Worship with Phil</p> <p>2:00 Aromatherapy Spa Time</p>	<p>22 Good Morning Greeting Residents Pledge, Month, Day , Weather Next Holiday</p> <p>9:30 Balloon Volley with Noodles down the hall</p> <p>2:30 Warm Brownie Snack</p>	<p>23 Good Morning Greeting Residents Pledge, Month, Day , Weather Next Holiday</p> <p>9:30 Dancing with the Star f</p> <p>2:30 Prayer Time with Phil</p> <p>3:00 Monthly Birthday Party</p>	<p>24 Good Morning Greeting Residents Pledge, Month, Day , Weather Next Holiday</p> <p>9:30 Daily Devotions with Phil</p> <p>2:30 Root Beer Floats</p>	<p>25 Good Morning Greeting Residents Pledge, Month, Day , Weather Next Holiday</p> <p>9:30 Win, Lose or Draw</p> <p>2:45 Name 5</p>
<p>26 Good Morning Greeting Residents Pledge, Month, Day , Weather Next Holiday</p> <p>9:30 Church Online</p> <p>2:30 Kickball</p>	<p>27 Good Morning Greeting Residents Pledge, Month, Day , Weather Next Holiday</p> <p>9:30 Aromatherapy Hand Massages</p> <p>2:00 Milk Shake Monday and Bingo</p>	<p>28 Good Morning Greeting Residents Pledge, Month, Day , Weather Next Holiday</p> <p>9:30 Moming Worship with Phil</p> <p>2:00 Aromatherapy Spa Time</p>	<p>29 Good Morning Greeting Residents Pledge, Month, Day , Weather Next Holiday</p> <p>9:30 Move To Music</p> <p>2:30 Making Fruit Crepes</p>	<p>30 Good Morning Greeting Residents Pledge, Month, Day , Weather Next Holiday</p> <p>10:45 Dancing w/ the Star f</p> <p>2:30 Prayer Time with Phil</p>	<p>Independent Activity Supplies are always available. Please see a Recreation or Nursing Partner for assistance.</p>	<p>Programming scheduled to change as needed to meet the needs of the residents.</p>