JANUARY



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Unit 3 Courtyard Unit 3 Day Room Unit 3 Dining Room Unit 1 Dining Room Unit 4 Dining Room Unit 4 Small Dining Room Unit 4 Courtyard Unit 1 Courtyard Brandon's Bistro Nourishment room/ AL Hall way	9:30 Day Room Discussions 10:00 Restorative Exercise Group 1:00 Bible in a Year 1:30 Glamour Nails 2:30 Bingo	1 9:30 Hand Massages 10:00 Restorative Exercise Group 1:00 Bible in a Year 1:30 Telling jokes 2:30 Bingo	2 9:30 Bible Study w/ Sister C 10:00 Restorative Exercise Group 10:30 Chair Zumba 1:00 Bible in a Year 2:30 Bingo	3 9:45 Methodist Church 10:00 Restorative Exercise Group 1:00 Bible in a Year 1:30 Glamour Nails 2:30 Bingo	4 9:45 NEW YEAR CRAFTS 10:00 Restorative Exercise Group 1:00 Bible in a Year 1:30 celabrating Jan birthdays 2:30 Bingo	5 10:00 Fun and Games 1:00 Bible in a year 1:30 Glamour Nails 2:30 Bingo 3:30 Exercise Group	6
	7 9:30 Day Room Discussions 10:00 Restorative Exercise Group 1:00 Bible in a Year 1:30 crossword puzzles 2:30 Bingo	8 9:30 Tea Room 10:00 Restorative Exercise Group 1:00 Bible in a Year 1:30 Free Will Baptist Church 2:30 Bingo	9:30 BIBLE STUDY WITH SISTER C 10:00 Restorative Exercise Group 10:30 CHAIR ZUMBA 1:00 Bible in a Year 2:30 Bingo	10 9:45 Methodist Church 10:00 Restorative Exercise Group 1:00 Bible in a Year 1:30 fun and games 2:30 Bingo	9:45 Coffee Klatch 10:00 Restorative Exercise Group 1:00 Bible in a Year 1:30 Snacking Squad 2:30 Bingo	12 9:30 fun and games 10:00 Fun and Games 1:00 Bible in a year 1:30 Glamour Nails 2:30 Bingo 3:30 Exercise Group	13
9:30 Church of Christ Service 1 1:00 Bible in a year 1:30 Card Games 2:30 Bingo 3:30 Exercise Group	4 9:30 Day Room Discussions 10:00 Restorative Exercise Group 1:00 Bible in a Year 1:30 Glamour Nails Room to Room 2:30 Bingo	15 9:30 Hand Massages 10:00 Restorative Exercise Group 1:00 Bible in a Year 1:30 crafts 2:30 Bingo	16 9:30 BIBLE STUDY WITH SISTER C 10:00 Restorative Exercise Group 10:30 CHAIR ZUMBA 1:00 Bible in a Year 1:30 CHAIR ZUMBA 2:30 Bingo	17 9:45 Methodist Church 10:00 Restorative Exercise Group 1:00 Bible in a Year 1:30 Glamour Nails 2:30 Bingo	18 9:45 SOCAIL TALK 10:00 Restorative Exercise Group 1:00 Bible in a Year 1:30 Snacking Squad 2:30 Bingo	19 10:00 Fun and Games 1:00 Bible in a year 1:30 Glamour Nails 2:30 Bingo 3:30 Exercise Group	20
9:30 Church of Christ Service 2 1:00 Bible in a year 1:30 Card Games 2:30 Bingo 3:30 Exercise Group	9:30 Patient Council Brunch 10:00 Restorative Exercise Group 1:00 Bible in a Year 1:30 Glamour Nails 2:30 Bingo	22 9:30 Tea Room 10:00 Restorative Exercise Group 1:00 Bible in a Year 1:30 Free Will Baptist Church 2:30 Bingo	23 9:30 BIBLE STUDY WITH SISTER C 10:00 Restorative Exercise Group 10:30 CHAIR ZUMBA 1:00 Bible in a Year 1:30 singing songs 2:30 Bingo	24 9:45 Methodist Church 10:00 Restorative Exercise Group 1:00 Bible in a Year 1:30 Glamour Nails 2:30 Bingo	25 9:45 CRAFTS 10:00 Restorative Exercise Group 1:00 Bible in a Year 1:30 Snacking Squad 2:30 Bingo	26 10:00 Fun and Games 1:00 Bible in a year 1:30 Glamour Nails 2:30 Bingo 3:30 Exercise Group	27
9:30 Church of Christ Service 2 1:00 Bible in a year 1:30 Card Games 2:30 Bingo 3:30 Exercise Group	8 9:30 Day Room Discussions 10:00 Restorative Exercise Group 1:00 Bible in a Year 1:30 Glamour Nails Room to Room 2:30 Bingo	29 9:30 Tea Room 10:00 Restorative Exercise Group 1:00 Bible in a Year 1:30 fun and crafts 2:30 Bingo	30 9:30 BIBLE STUDY WITH SISTER C 10:00 Restorative Exercise Group 10:30 CHAIR ZUMBA 1:00 Bible in a Year 1:30 word search puzzle 2:30 Bingo	31			

NHC HEALTHCARE DICKSON | 812 NORTH CHARLOTTE STREET | DICKSON, TN 37055 | 615-446-8046

Health Center