MAY



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
			8:00 Daily Chronicle Delivery 9:30 Tina Time 10:00 In Room Visits 10:00 Carmack Blvd Church of Christ 1:30 Devotions 2:00 Whack a Balloon 3:00 Glamour Nails 6:00 Wind Down Wednesday	8:00 Daily Chronicle Delivery9:30 Tina Time10:15 Seated Exercise1:30 Bingo3:00 Planting flowers6:00 Coloring Club	2 8:00 Daily Chronicle Delivery 9:30 Tina Time 10:00 In Room Visits 10:15 Seated Hiit Exercise 1:30 Painting with a twist 3:00 Karaoke 6:00 Movie Night	3 9:30 Exercise 10:15 Finish the Lyric 1:30 Bingo 3:00 Armchair Travel 6:00 Local News Hour	4
9:30 Bingo with Tina 10:00 Music and Memories 2:00 Church Service 3:00 Gather and Gossip	5 8:00 Daily Chronicle Delivery 9:30 Tina Time 10:15 Seated Streching 1:30 Bingo 3:00 Flower Art 6:00 Classic Sitcoms	6 8:00 Daily Chronicle Delivery 9:30 Bingo with Tina 10:15 High Impact Chair Exercise 1:30 Pokeno Game 3:00 Momilies 6:00 Evening Social	 8:00 Daily Chronicle Delivery 9:30 Tina Time 10:00 In Room Visits 10:15 Chair Yoga 1:30 Devotions 2:00 Patient Council 2:30 Whack a Balloon 6:00 Wind Down Wednesday 	8 8:00 Daily Chronicle Delivery 9:30 Tina Time 10:15 Seated Exercise 1:30 Bingo 2:30 Ice Cream Social 6:00 Coloring Club	9 Mother's Day Breakfast 8:00 Mother's Day Breakfast 8:00 Daily Chronicle Delivery 9:30 Tina Time 10:00 In Room Visits 10:15 Seated Hiit Exercise 1:30 Penny Toss 3:00 Art 6:00 Movie Night	10 9:30 Exercise 10:00 I Love Lucy 1:30 Bingo 3:00 Karaoke 6:00 Local News Hour	11
9:30 Exercise 10:00 Music and Memories 1:30 Pentecostals of Columbia 3:00 Gather and Gossip	12 8:00 Daily Chronicle Delivery 9:30 Tina Time 10:15 Seated Streching 1:30 Bingo 3:00 Puzzles 6:00 Classic Sitcoms	13 8:00 Daily Chronicle Delivery 9:30 Bingo with Tina 10:15 High Impact Chair Exercise 1:30 Ron Perry Gospel Music 2:30 Pokeno Game 6:00 Evening Social	148:00 Daily Chronicle Delivery 9:30 Tina Time 10:00 Carmack Blvd Church of Christ 10:00 In Room Visits 1:30 Devotions 2:00 Whack a Balloon 3:00 Glamour Nails 6:00 Wind Down Wednesday	 8:00 Daily Chronicle Delivery 9:30 Tina Time 10:15 Seated Exercise 1:30 Bingo 3:00 Summer Crafts 6:00 Coloring Club 	16 8:00 Daily Chronicle Delivery 9:30 Tina Time 10:00 In Room Visits 10:15 Seated Hiit Exercise 2:00 CNA Graduation 3:00 Activity Packets 6:00 Movie Night	17 9:30 Exercise 10:00 Line Dance 1:30 Bingo 3:00 Armchair Travel 6:00 Local News Hour	18
9:30 Bingo with Tina 10:00 Music and Memories 2:00 Church Service 3:00 Gather and Gossip	19 8:00 Daily Chronicle Delivery 9:30 Tina Time 10:15 Seated Streching 1:30 Bingo 3:00 Puzzles 6:00 Classic Sitcoms	20 8:00 Daily Chronicle Delivery 9:30 Bingo with Tina 10:15 High Impact Chair Exercise 1:30 Pokeno Game 3:00 Everybody Knows 6:00 Evening Social	21 8:00 Daily Chronicle Delivery 9:30 Tina Time 10:00 In Room Visits 10:15 Chair Yoga 1:30 Devotions 2:00 Whack a Balloon 3:00 Glamour Nails 6:00 Wind Down Wednesday	22 Happy Birthday! 8:00 Daily Chronicle Delivery 9:30 Tina Time 10:15 Seated Exercise 2:00 Birthday Party 6:00 Coloring Club	23 8:00 Daily Chronicle Delivery 9:30 Tina Time 10:00 In Room Visits 10:15 Seated Hiit Exercise 1:30 Price is Right 3:00 Art 6:00 Movie Night	24 9:30 Exercise 10:00 Carol Burnett 1:30 Bingo 3:00 Singing with Joy 6:00 Local News Hour	25
9:30 Exercise 10:00 Music and Memories 1:30 Pentecostals of Columbia 3:00 Gather and Gossip	26 Memorial Day 8:00 Daily Chronicle Delivery 9:30 Tina Time 10:15 Seated Streching 1:30 A Poppy to Remember 2:00 Memorial Day Service 6:00 Classic Sitcoms	27 8:00 Daily Chronicle Delivery 9:30 Bingo with Tina 10:15 High Impact Chair Exercise 1:30 Pokeno Game 3:00 Name 5 6:00 Evening Social	28 8:00 Daily Chronicle Delivery 9:30 Tina Time 10:00 Carmack Blvd Church of Christ 10:00 In Room Visits 1:00 Devotions 1:30 Whack a Balloon 3:00 Glamour Nails 6:00 Wind Down Wednesday	29 8:00 Daily Chronicle Delivery 9:30 Tina Time 10:15 Seated Exercise 1:30 Bingo 3:00 Puzzles 6:00 Coloring Club	30 8:00 Daily Chronicle Delivery 9:30 Tina Time 10:00 In Room Visits 10:15 Seated Hiit Exercise 1:30 Butterbean Auction 3:00 Art 6:00 Movie Night	31	

NHC HEALTHCARE COLUMBIA | 101 WALNUT LANE | COLUMBIA, TN 38401 | 931-381-3112

Health Center