

# November 2024

## NHC HealthCare Kingsport



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<u>Locations Legend</u> In-Room (IR) South Bistro (SB) West Bistro (WB)		Leisure supplies available to you in bistros and activity rooms. Please let us know if we can get anything for you!		8:00 1:1 Visits (IR) <b>1</b> 10:00 Better Balance (WB) 10:00 Manicures (IR) 2:00 Lightning Charlie Music Performance (WB)	12:00 Cards, Board Games, Word Puzzles (Bistro Areas) <b>2</b> 4:00 Movies Available (Bistro Areas)
10:00 10am Devotion on TV- Channel 8 <b>3</b> 12:00 Cards, Board Games, Word Puzzles (Bistro Areas)	8:00 1:1 Visits (IR) <b>4</b> 10:45 Wheelchair Fitness with Therapy (WB) 1:30 Pet Therapy (IR) 2:00 Mindfulness Monday (SB)	8:00 1:1 Visits (IR) <b>5</b> 10:00 Chaplain Visits (IR) 10:30 Bingo & Fitness (SB) 2:00 Karaoke (SB)	8:00 1:1 Visits (IR) <b>6</b> 10:45 Devotional Group (SB) 2:00 Bingo & Fitness (SB)	8:00 1:1 Visits (IR) <b>7</b> 9:00 Beauty Shop Visits 10:00 Chaplain Visits (IR) 2:00 Word Puzzle Packets (SB)	8:00 1:1 Visits (IR) <b>8</b> 10:00 Better Balance (WB) 1:00 Manicures (IR)	12:00 Cards, Board Games, Word Puzzles (Bistro Areas) <b>9</b> 4:00 Movies Available (Bistro Areas)
10:00 10am Devotion on TV- Channel 8 <b>10</b> 12:00 Cards, Board Games, Word Puzzles (Bistro Areas)	<b>Veteran's Day</b> <b>11</b> 8:00 1:1 Visits (IR) 10:45 WC Fitness w/Therapy (WB) 1:30 Pet Therapy (IR) 2:00 Mindfulness Monday (SB) 	8:00 1:1 Visits (IR) <b>12</b> 10:00 Chaplain Visits (IR) 10:30 Bingo & Fitness (SB) 2:00 Therapeutic Arts (SB)	8:00 1:1 Visits (IR) <b>13</b> 10:45 Devotional Group (SB) 2:00 Bingo & Fitness (SB)	8:00 1:1 Visits (IR) <b>14</b> 9:00 Beauty Shop Visits 10:00 Chaplain Visits (IR) 2:00 Word Puzzle Packets (SB)	8:00 1:1 Visits (IR) <b>15</b> 10:00 Better Balance (WB) 1:00 Manicures (IR)	12:00 Cards, Board Games, Word Puzzles (Bistro Areas) <b>16</b> 4:00 Movies Available (Bistro Areas)
10:00 10am Devotion on TV- Channel 8 <b>17</b> 12:00 Cards, Board Games, Word Puzzles (Bistro Areas)	8:00 1:1 Visits (IR) <b>18</b> 10:45 Wheelchair Fitness with Therapy (WB) 1:30 Pet Therapy (IR) 2:00 Mindfulness Monday (SB)	8:00 1:1 Visits (IR) <b>19</b> 10:00 Chaplain Visits (IR) 10:30 Bingo & Fitness (SB) 2:00 Karaoke (SB)	8:00 1:1 Visits (IR) <b>20</b> 10:45 Devotional Group (SB) 2:00 Bingo & Fitness (SB)	8:00 1:1 Visits (IR) <b>21</b> 9:00 Beauty Shop Visits 10:00 Chaplain Visits (IR) 2:00 Word Puzzle Packets (SB)	8:00 1:1 Visits (IR) <b>22</b> 10:00 Better Balance (WB) 12:00 Friendsgiving (SB) 1:00 Manicures (IR)	12:00 Cards, Board Games, Word Puzzles (Bistro Areas) <b>23</b> 4:00 Movies Available (Bistro Areas)
10:00 10am Devotion on TV- Channel 8 <b>24</b> 12:00 Cards, Board Games, Word Puzzles (Bistro Areas)	8:00 1:1 Visits (IR) <b>25</b> 10:45 Wheelchair Fitness with Therapy (WB) 1:30 Pet Therapy (IR) 2:00 Mindfulness Monday (SB)	8:00 1:1 Visits (IR) <b>26</b> 10:00 Chaplain Visits (IR) 10:30 Bingo & Fitness (SB) 2:00 Therapeutic Arts (SB)	8:00 1:1 Visits (IR) <b>27</b> 10:45 Devotional Group (SB) 10:45 Resident Council Meeting (SB) 2:00 Bingo & Fitness (SB)	<b>Happy Thanksgiving!</b> <b>28</b> 8:00 1:1 Visits (IR) 9:00 Beauty Shop Visits 10:00 Chaplain Visits (IR) 2:00 Word Puzzle Packets (SB)	8:00 1:1 Visits (IR) <b>29</b> 10:00 Better Balance (WB) 1:00 Manicures (IR)	12:00 Cards, Board Games, Word Puzzles (Bistro Areas) <b>30</b> 4:00 Movies Available (Bistro Areas)