Celebrate in October!

Partners

1	Thomas Casey, Jr.	18	Pauletta Plaster
1	Alexis Hams	18	Nola Rickard
2	Ashley Will	18	Sonya Saavedra
5	Cheyanne Young	19	Ervin Nepomuceno
6	Thomas Gauger	19	Melissa Russell
6	Wyatt Groves	20	Janae Swift
11	Kassie Tidwell	21	Emily Russell
13	Charlotte Miller	22	Lisa Bear
13	Regina Wilkerson	22	Kacie Cruse
16	Gabriella Calorio	23	Amanda Adams
16	Toni Pearce	26	Samantha Novachek
17	Darlene Clifton	26	Misty Tummins
17	Sonya Phillips	27	Vanity Cooper
17	Shawnee Waters	29	Kristina Johnson
18	Paula Irish	30	Cathryn Vickers

Patients

	Happy Birthday	19	Merle Davidson
2	Jadwiga Zurawek	19	Reedy Sullivan
4	Anna Lowden	21	John Coleman
5	Larry Donaldson	25	Craig Perry
5	Heidi Hadley	26	Robert Dozier
5	Gloria Moss	28	Theresa Harrell
7	Vera McCrary	29	Jewell Daugherty
13	Lucy Barnhill	29	Sarah Short
13	Mary Johnson	29	Geneva Tidwell
17	Barbara Buchanan	31	Mary Hooper

Dear NHC Community,

Happy Autumn! We are loving the beautiful, crisp but still mild fall weather. It has created perfect opportunities for a game of cards or cup of coffee in the courtyard! Our September calendars were such a success, we are going to continue with this great communication tool. To best reflect person -centered programming and to maximize use of our Life Enrichment resources, we publish three calendars. Calendars correspond to the patient's Units and happenings here at NHC Dickson! Calendars are available to our whole NHC Dickson family: patients, partners and family members! We can all celebrate staying active, engaged, and emotionally healthy together!

This month, we are looking forward to celebrating Columbus Day, Tennessee Day, Halloween and many "National Days of…". With such a large building, full of so many wonderful patients and partners, centralizing activities around these theme days gives us a sense of shared celebration throughout the whole building!

One of our favorite new events from September was the General Store. It was so popular, we have decided to host one every month! Our vision is for the General Store to be the go to "shopping" spot for patients who would like to give Christmas gifts to loved ones. This goal requires quite a bit of merchandise and our NHC Dickson Dollars are "funny money", participation credits. We are currently accepting donations of new or very gently used items to stock our general store. Donations can be dropped at the front office, please label them with Attn: Life Enrichment General Store. Thank you so much for your help with this.

Happy Fall Y'all!

Sincerely,

The Life Enrichment Team:

Anna Wellman, AAP-BC, CDP
Helen Potter, CNA
Lexi Harrison, CNA and
Cassidy Cliburn, NA

NHC DICKSON

Units 2 & 4

"Ah, Lovely October, as you usher in the season that awakens my soul, your awesome beauty compels my spirit to soar like a leaf caught in an autumn breeze and my heart to sing like a heavenly choir."

— Peggy Toney Horton

2021 Activities

Units 2 & 4

Sun	Mon	Tue	Wed	Thu	Fri	Sat

Domain Key:

- Physical
- Intellectual
- Social
- Emotional/Spiritual
- Vocational/Environmental

Activities subject to change to accommodate preferences and interests.

1 National Homemade Cookie Day

9:00 Daily Chronicle
9:15 Our Daily Bread
9:30 Bible in a Year
9:45 Book Club: Pick A Title
10:15 Exercise Group
10:30 Welcome to October!
1:00 International Day of Older Persons Olympics
2:15 Exercise Group
2:30 Bingo
3:30 Cookie Pass
5:00 Word Puzzle

2 Frugal Fun Day

8:30 Daily Chronicle & Schedule Pass
9:00 Tune in to Channel 25 for Music
9:20 Our Daily Bread Devotional
10:15 Exercise Group
1:00 Frugal Fun Cart: What Does it Cost Game
1:00 Tune in to Channel 25 for Music
2:15 Bingo
3:30 Movie Matinee w/ Puffcorn

3

8:30 Daily Chronicle &Schedule Pass
9:15 Our Daily Bread Devotional
9:30 Church on Channel 25
10:00 Activities Cart
10:15 Exercise Group
1:00 Themed Cart of the Day
2:15 Bingo
3:30 Movie Matinee w/ Puffcorn

4 National Cinnamon Bun Day

9:00 Daily Chronicle
9:15 Our Daily Bread
9:30 Bible in a Year
9:45 Scrapbook Paper Pumpkin Craft
10:15 Exercise Group
11:30 Mealtime Music w/Debra
1:00 Cinnamon Buns in the Dining Room
2:15 Exercise Group
2:30 Bingo
3:30 Pasta-bilities Bouquets
4:15 Choir Practice

5 Tick-Tock Tuesday

9:00 Daily Chronicle
9:15 Our Daily Bread
9:30 Bible in a Year
9:45 Clock History
10:15 Exercise Group
11:30 Mealtime Music w/Debra
1:00 Talkin' w/Tummins
1:30 Play to Win: Beat the Clock
2:15 Exercise Group
2:30 Bingo Club w/ Margaret & Theresa
3:30 Tick-Tock Word Fit
5:00 Independent Art

6 National Mad Hatter Day

9:00 Daily Chronicle
9:15 Our Daily Bread
9:30 Bible in a Year
9:45 Coffee & Current Events
10:15 Exercise Group
10:30 Reading from "Alice in Wonderland"
11:30 Mealtime Music w/Debra
1:00 Grace Baptist Church
2:15 Exercise Group
2:30 Bingo for NHC Dickson Dollars
3:30 Mad Hatter Afternoon Tea
5:00 Word Puzzle

7 Frost on the Punkin Day

9:00 Daily Chronicle
9:15 Our Daily Bread
9:30 Bible in a Year
9:45 Fall Poetry Reading
10:00 Methodist Church
10:30 Exercise Group
1:00 Glamor Nails
2:15 Tie-Dyed Gift Bags
3:00 Bingocize!
3:45 Carving Foam Pumpkins
6:00 Dickson County Bluegrass-LIVE!

8 Domino Sugar Day

9:00 Daily Chronicle
9:15 Our Daily Bread
9:30 Bible in a Year
9:45 Book Club
10:15 Exercise Group
10:30 'Member This: Print Advertisements
1:00 Monster Munch Pass
2:15 Exercise Group
2:30 Bingo
3:30 Dominoes
5:00 Word Puzzle

9 Universal Music Day

8:30 Daily Chronicle & Schedule Pass
9:00 Tune in to Channel 25 for Music
9:20 Our Daily Bread Devotional
10:15 Exercise Group
1:00 Universal Music Day Sensory Cart
1:00 Tune in to Channel 25 for Music
2:15 Bingo
3:30 Movie Matinee w/ Puffcorn

10 World Mental Health Day

11 Columbus Day

9:00 Daily Chronicle
9:15 Our Daily Bread
9:30 Bible in a Year
9:45 History of Columbus Day
10:15 Exercise Group
11:30 Mealtime Music w/Debra
1:00 Mapmaker, Mapmaker
2:15 Exercise Group
2:30 Bingo
3:30 Roll Off Tourney
4:15 Choir Practice

12 National Farmer's Day

9:00 Daily Chronicle
9:15 Our Daily Bread
9:30 Bible in a Year
9:45 Reminiscing: Life on the Farm
10:15 Exercise Group
11:30 Mealtime Music w/Debra
1:00 Talkin' w/ Tummins
1:30 Farmers Market Cart
2:15 Exercise Group
2:30 Bingo Club w/ Margaret & Theresa
3:30 Sunflower Inspired Art
5:00 Independent Art

13 Train Your Brain Day

9:00 Daily Chronicle
9:15 Our Daily Bread
9:30 Bible in a Year
9:45 Day for Failure: When Failure Leads to Success!
10:15 Exercise Group
11:30 Mealtime Music w/Debra
1:00 Grace Baptist Church
2:15 Exercise Group
2:30 Bingo for NHC Dickson Dollars
3:30 Cranium Crunches
5:00 Word Puzzle

14 National Dessert Day

9:00 Daily Chronicle
9:15 Our Daily Bread
9:30 Bible in a Year
9:45In-house Owl Prowl
10:00 Methodist Church
10:30 Exercise Group
1:00 Glamor Nails
2:15 Gift Bags Puff Painting
3:00 Bingocize!
3:45 Dessert Pass: Pumpkin Parfaits
5:00 Sudoku Challenge

15 National I Love Lucy Day

9:00 Daily Chronicle
9:15 Our Daily Bread
9:30 Bible in a Year
9:45 Book Club
10:15 Exercise Group
10:30 Break the Alphabet Code
1:00 I Love Lucy Marathon
1:00 Vampire Float Pass
2:15 Exercise Group
2:30 Bingo
3:30 I Love Lucy Scavenger Hunt
5:00 Word Puzzle

16

8:30 Daily Chronicle & Schedule Pass
9:00 Tune in to Channel 25 for Music
9:20 Our Daily Bread Devotional
10:15 Exercise Group
1:00 Casino Cart: Higher or Lower
1:00 Tune in to Channel 25 for Music
2:15 Bingo
3:30 Movie Matinee w/ Puffcorn

17 National Pasta Day

8:30 Daily Chronicle &Schedule Pass
9:15 Our Daily Bread Devotional
9:30 Church on Channel 25
10:00 Activities Cart
10:15 Exercise Group
1:00 Themed Cart of the Day
2:15 Bingo
3:30 Movie Matinee w/ Puffcorn

18

9:00 Daily Chronicle
9:15 Our Daily Bread
9:30 Bible in a Year
9:45 Craft Corner
10:15 Exercise Group
11:30 Mealtime Music w/Debra
1:00 Scarecrow: Word Game
2:15 Exercise Group
2:30 Bingo
3:30 Horse Racing
4:15 Choir Practice

19 Hocus Pocus Day

9:00 Daily Chronicle
9:15 Our Daily Bread
9:30 Bible in a Year
9:45 History of Magic
10:15 Exercise Group
11:30 Mealtime Music w/Debra
1:00 Talkin' w/Tummins
1:30 Magic Puzzles
2:00 Ambassadors Meeting
2:30 Bingo Club w/ Margaret & Theresa
3:15 Movie Matinee: Hocus Pocus w/ Puffcorn

20

9:00 Daily Chronicle
9:15 Our Daily Bread
9:30 Bible in a Year
9:45 Coffee & Current Events
10:15 Exercise Group
11:30 Mealtime Music w/Debra
1:00 Grace Baptist Church
2:15 Exercise Group
2:30 Bingo for NHC Dickson Dollars
3:30 General Store
5:00 Word Puzzle

21 Endless PASTA-bilities Day

9:00 Daily Chronicle
9:15 Our Daily Bread
9:30 Bible in a Year
9:45 Dye Pasta for Mandalas
10:00 Methodist Church
10:30 Exercise Group
1:00 Glamour Nails
2:15 Gift Bags Puff Painting: Finishing Touches
3:00 Bingocize!
3:45 Pasta Mandalas
5:00 Sudoku Challenge

22 Celebrate National Chemistry Week

9:00 Daily Chronicle
9:15 Our Daily Bread
9:30 Bible in a Year
9:45 Book Club
10:15 Exercise Group
10:30 So Punny: Table of Elements Edition
1:00 Making Scarecrows
2:15 Exercise Group
2:30 Bingo
3:30 Fibonacci Layered Lemonade
5:00 Word Puzzle

23 National Make a Difference Day

8:30 Daily Chronicle & Schedule Pass
9:00 Tune in to Channel 25 for Music
9:20 Our Daily Bread Devotional
10:15 Exercise Group
1:00 Make a Difference Day Kindness Cart
1:00 Tune in to Channel 25 for Music
2:15 Bingo
3:30 Movie Matinee w/ Puffcorn

24/31

8:30 Daily Chronicle &Schedule Pass
9:15 Our Daily Bread Devotional
9:30 Church on Channel 25
10:00 Activities Cart
10:15 Exercise Group
1:00 Themed Cart of the Day
2:15 Bingo
3:30 Movie Matinee w/ Puffcorn

25 Mysterious Monday

9:00 Daily Chronicle
9:15 Our Daily Bread
9:30 Bible in a Year
9:45 Murder Mystery Prep Time
10:15 Exercise Group
11:30 Mealtime Music w/Debra
1:00 Solve the Murder Mystery
2:15 Exercise Group
2:30 Bingo
3:30 Clue: Ms. Scarlet in the Library w/the Candlestick
4:15 Choir Practice

26 National Tennessee Day

9:00 Daily Chronicle
9:15 Our Daily Bread
9:30 Bible in a Year
9:45 Progressive Relaxation in the Courtyard
10:15 Exercise Group
11:30 Mealtime Music w/Debra
1:00 Patient Council Meeting
2:00 Board Game Social
2:30 Bingo Club w/ Margaret & Theresa
3:30 Tennessee Fun Facts
5:00 Independent Art

27 National Black Cat Day

9:00 Daily Chronicle
9:15 Our Daily Bread
9:30 Bible in a Year
9:45 Black Cat Myths
10:15 Exercise Group
11:30 Mealtime Music w/Debra
1:00 Grace Baptist Church
2:15 Exercise Group
2:30 Bingo for NHC Dickson Dollars
3:30 October Birthday Party Cart
5:00 Word Puzzle

28 International Magic Week

9:00 Daily Chronicle
9:15 Our Daily Bread
9:30 Bible in a Year
9:45 It's Magic: Card Tricks
10:00 Methodist Church
10:30 Exercise Group
1:00 Glamor Nails
2:15 Exercise Group
3:00 Bingocize!
3:45 Working on Halloween Gift Bags
5:00 Sudoku Challenge

29 Halloween Fun with the Partners

30 Monster Mash Bingo Bash!!!