

**NHC Joplin December 2020**

**Wellness Programming**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **SUNDAY** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
| **Location Key**  MDR – Main Dining Room  ADR – Assisted Dining Room  AR—Activity Room  OTH—On The Hall  IR—In Room Activities | \*Activities are subject to change as the conditions change and to meet the needs of our residents\* | 1  10:00 am Chair dancing/chair yoga- MDR  11:15 am Therapeutic Circle- ADR  2:00 pm Ice Cream Social- MDR | 2  10:00am Brandi’s Bingo Bonanza-MDR  11:00 Bible Study –MDR  2:00pm- Christmas Painting –AR  3:00 pm One on One Programs- IR | 3  10:00 am Chair dancing/chair yoga- MDR  11:15 am Therapeutic Circle-ADR  2:00 pm **THIRSTY THURSDAY –**Happy Hour w/ fresh popcorn – MDR/OTH | 4  10:00am Bingo Blitz -MDR  11:00 am Learning to Loom- AR  2:00 pm Weekend Reminiscing- MDR  3:00 pm One on One Programs- IR | 5  11:30 am- Bingo –MDR  1:30 pm- Snacks on the Hall- OTH |
| 6  10:45 am Church Services- MDR  1:30 pm- Snacks on the hall- OTH | 7  10:00 am Maddy’s Monday Morning Bingo –MDR  11:00 Monday Morning Mani’s-IR  2:00pm- Christmas Card Collaboration – Addressing Christmas cards for loved ones – MDR  3:00 pm One on One Programs- IR | 8  10:00am Chair dancing/chair yoga- MDR  11:15 am Therapeutic Circle-ADR  2:00pm Deer hunting- MDR | 9  10:00am Brandi’s Bingo Bonanza-MDR  11:00 Bible Study -MDR  2:00pm- Christmas Conversations/ Crack ups- MDR  3:00 pm One on One Programs- IR | **10**  10:00 am Chair Zumba- MDR  11:15 am Therapeutic Circle-ADR  2:00 pm **THIRSTY THURSDAY** –Happy Hour w/ fresh popcorn – MDR/OTH | **11**  10:00am Bingo Blitz -MDR  11:00 am Learning to Loom- AR  2:00 pm Weekend Reminiscing- MDR  3:00 pm One on One Programs- IR | 12  11:30 am- Coffee and Conversation MDR  1:30 pm- Snacks on the Hall- OTH |
| 13  10:45 am Church Services- MDR  1:30 pm- Snacks on the hall- OTH | 14  10:00 am Maddy’s Monday Morning Bingo –MDR  11:00 Monday Morning Mani’s-IR  2:00pm- Christmas Trivia and cocoa-MDR  3:00 pm One on One Programs- IR | 15  10:00am Morning Stretches-MDR  11:15 am Therapeutic Circle-ADR  2:00 pm Decorating Christmas Cookies-MDR  2:30 Gingerbread Wars  **Giving tree gifts deadline** | 16  10:00am Brandi’s Bingo Bonanza-MDR  11:00 Bible Study –MDR  2:00pm- Minute to Win it- MDR  3:00 pm One on One Programs- IR | 17  10:00am Morning Stretches-MDR  11:15 am Therapeutic Circle-ADR  2:00 pm **THIRSTY THURSDAY** –Happy Hour w/ fresh popcorn – MDR/OTH  4:00pm Christmas Carols Sing along-MDR | 18  10:00am Bingo Blitz -MDR  11:00 am Learning to Loom- AR  2:00 pm Weekend Reminiscing- MDR  3:00 pm One on One Programs- IR | 19  11:30 am BINGO-MDR  1:30 pm- Snacks on the Hall-OTH |
| 20  10:45 am Church Services- MDR  1:30 pm- Snacks on the hall- OTH | 21 **Holiday Spirit Week**  10:00 am Maddy’s Monday Morning Bingo –MDR  11:00 Monday Morning Mani’s- IR  2:00pm – Snowball fights -MDR  3:00 pm One on One Programs- IR  **Pajama Day** | 22  10:00am Morning Stretches-MDR  11:15 am Therapeutic Circle-ADR  2:00 pm Ice Cream Social- MDR  4:00pm Christmas Carols-MDR  **Ugly Christmas Sweater Day** | 23  10:00am Brandi’s Bingo Bonanza-MDR  11:00 Bible Study –MDR  2:00 pm – Virtual Christmas Carols- MDR  3:00 pm One on One Programs- IR  **Holiday Socks Day** | 24  10:00 am Chair Zumba- MDR  11:15 am Therapeutic Circle-ADR  2:00pm Twas the night before Christmas-MDR/OTH & **THIRSTY THURSDAY** –Happy Hour w/ fresh popcorn – MDR/OTH  Ho**liday Hat Day** | **25**  11:00am Christmas Day Bingo  2:00pm Resident Christmas Party- MDR/OTH  **Merry Christmas!!**    **Holiday Character D****ay** | 26  11:30 am + Bingo –MDR  1:30 pm Snacks on the Hall- OTH |
| 27  10:45 am Church Services- MDR  1:30 pm- Snacks on the hall- OTH | 28  10:00 am Maddy’s Monday Morning Bingo –MDR  11:00am- Monday Morning Mani’s-IR  2:00pm- New Year New You –MDR  3:00 pm One on One Programs- IR | 29  10:00am Morning Stretches-MDR  11:15 am Therapeutic Circle-ADR  2:00 pm- Peppermint Party-MDR | 30  10:00am Brandi’s Bingo Bonanza-MDR  11:00 Bible Study –MDR  2:00 pm- Shake up the Relatives-MDR  3:00 pm One on One Programs- IR | 31  10:00am Morning Stretches-MDR  11:15 am Therapeutic Circle-ADR  2:00 pm **THIRSTY THURSDAY** –Happy Hour w/ fresh popcorn – MDR/OTH  4:00 pm- Rocking In the New Year -MDR |  |  |