

**NHC Joplin December 2020**

**Wellness Programming**

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| **SUNDAY** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY**  |
| **Location Key**MDR – Main Dining RoomADR – Assisted Dining RoomAR—Activity RoomOTH—On The HallIR—In Room Activities | \*Activities are subject to change as the conditions change and to meet the needs of our residents\* | 110:00 am Chair dancing/chair yoga- MDR11:15 am Therapeutic Circle- ADR2:00 pm Ice Cream Social- MDR | 210:00am Brandi’s Bingo Bonanza-MDR11:00 Bible Study –MDR2:00pm- Christmas Painting –AR3:00 pm One on One Programs- IR | 310:00 am Chair dancing/chair yoga- MDR11:15 am Therapeutic Circle-ADR2:00 pm **THIRSTY THURSDAY –**Happy Hour w/ fresh popcorn – MDR/OTH | 410:00am Bingo Blitz -MDR11:00 am Learning to Loom- AR2:00 pm Weekend Reminiscing- MDR3:00 pm One on One Programs- IR | 511:30 am- Bingo –MDR1:30 pm- Snacks on the Hall- OTH |
| 610:45 am Church Services- MDR1:30 pm- Snacks on the hall- OTH | 710:00 am Maddy’s Monday Morning Bingo –MDR11:00 Monday Morning Mani’s-IR2:00pm- Christmas Card Collaboration – Addressing Christmas cards for loved ones – MDR 3:00 pm One on One Programs- IR | 810:00am Chair dancing/chair yoga- MDR11:15 am Therapeutic Circle-ADR2:00pm Deer hunting- MDR | 910:00am Brandi’s Bingo Bonanza-MDR11:00 Bible Study -MDR2:00pm- Christmas Conversations/ Crack ups- MDR3:00 pm One on One Programs- IR | **10**10:00 am Chair Zumba- MDR11:15 am Therapeutic Circle-ADR2:00 pm **THIRSTY THURSDAY** –Happy Hour w/ fresh popcorn – MDR/OTH | **11**10:00am Bingo Blitz -MDR11:00 am Learning to Loom- AR2:00 pm Weekend Reminiscing- MDR3:00 pm One on One Programs- IR | 1211:30 am- Coffee and Conversation MDR1:30 pm- Snacks on the Hall- OTH |
| 1310:45 am Church Services- MDR1:30 pm- Snacks on the hall- OTH | 1410:00 am Maddy’s Monday Morning Bingo –MDR11:00 Monday Morning Mani’s-IR2:00pm- Christmas Trivia and cocoa-MDR 3:00 pm One on One Programs- IR | 1510:00am Morning Stretches-MDR11:15 am Therapeutic Circle-ADR2:00 pm Decorating Christmas Cookies-MDR2:30 Gingerbread Wars**Giving tree gifts deadline** | 1610:00am Brandi’s Bingo Bonanza-MDR11:00 Bible Study –MDR2:00pm- Minute to Win it- MDR3:00 pm One on One Programs- IR | 1710:00am Morning Stretches-MDR 11:15 am Therapeutic Circle-ADR2:00 pm **THIRSTY THURSDAY** –Happy Hour w/ fresh popcorn – MDR/OTH4:00pm Christmas Carols Sing along-MDR | 1810:00am Bingo Blitz -MDR11:00 am Learning to Loom- AR2:00 pm Weekend Reminiscing- MDR3:00 pm One on One Programs- IR | 1911:30 am BINGO-MDR1:30 pm- Snacks on the Hall-OTH |
| 2010:45 am Church Services- MDR1:30 pm- Snacks on the hall- OTH | 21 **Holiday Spirit Week**10:00 am Maddy’s Monday Morning Bingo –MDR11:00 Monday Morning Mani’s- IR2:00pm – Snowball fights -MDR3:00 pm One on One Programs- IR**Pajama Day** | 2210:00am Morning Stretches-MDR 11:15 am Therapeutic Circle-ADR2:00 pm Ice Cream Social- MDR4:00pm Christmas Carols-MDR**Ugly Christmas Sweater Day** | 2310:00am Brandi’s Bingo Bonanza-MDR11:00 Bible Study –MDR2:00 pm – Virtual Christmas Carols- MDR3:00 pm One on One Programs- IR**Holiday Socks Day** | 2410:00 am Chair Zumba- MDR11:15 am Therapeutic Circle-ADR2:00pm Twas the night before Christmas-MDR/OTH & **THIRSTY THURSDAY** –Happy Hour w/ fresh popcorn – MDR/OTHHo**liday Hat Day** | **25**11:00am Christmas Day Bingo2:00pm Resident Christmas Party- MDR/OTH**Merry Christmas!!** **Holiday Character D****ay**  | 2611:30 am + Bingo –MDR1:30 pm Snacks on the Hall- OTH |
| 2710:45 am Church Services- MDR1:30 pm- Snacks on the hall- OTH | 2810:00 am Maddy’s Monday Morning Bingo –MDR11:00am- Monday Morning Mani’s-IR2:00pm- New Year New You –MDR3:00 pm One on One Programs- IR | 2910:00am Morning Stretches-MDR11:15 am Therapeutic Circle-ADR2:00 pm- Peppermint Party-MDR | 3010:00am Brandi’s Bingo Bonanza-MDR11:00 Bible Study –MDR2:00 pm- Shake up the Relatives-MDR3:00 pm One on One Programs- IR | 3110:00am Morning Stretches-MDR 11:15 am Therapeutic Circle-ADR2:00 pm **THIRSTY THURSDAY** –Happy Hour w/ fresh popcorn – MDR/OTH4:00 pm- Rocking In the New Year -MDR |  |  |