

SEPTEMBER 2022

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|----------------------------------|--|--|---|---|--|---|
| | | | | 1 American Chess Day 9:30 Manicures & Makeup 10:30 Chess 2:00 Movie & Movie Snacks 3:30 CST Program & Ice Cream/Popsicle Social | 2 National Blueberry Popsicle Day 9:30 1:1's 10:30 Exercise & Hydration (Tai Chi) 10:45 Board Games 12:00 Blueberry Popsicle after Lunch 1:30 Labor Day Celebration 2:00 Bingo for Prizes! | 3 Happy Saturday! Independent Supplies Available in the Activity Room |
| 4 3:30 Church Service | 5 LABOR DAY Independent Supplies Available in the Activity Room | 6 National Read A Book Day 9:30 Pet Day Visit 9:30 1:1's 10:00 Cheese/Crackers/Grapes 10:15 Book Club 2:00 Bingo 3:00 CST Program & Music Social After | 7 10:15 Exercise & Hydration- Fall Cornhole Tournament 10:45 Fall Spiced Doughnuts & Devotional 12:00 Fall Themed Lunch & Wear Your Favorite Fall Shirt 2:00 Fall Wind Chimes Craft 3:30 Music Social w/Fall Chex Mix Snack | 8 9:30 Manicures & Makeup Patient Shopping 2:00 Movie & Movie Snacks 3:30 CST Program | 9 9:30 1:1's 10:30 Exercise & Hydration-Yoga 10:45 Bean Bag Toss 2:00 Bingo for Prizes! 3:00 Pigs in a Blanket Snack & Music Social | 10 10:30 Bingo with Kay |
| 11 3:30 Church Service | 12 Chocolate Milk Shake Day 10:30 Exercise & Hydration (walk outside or inside dependent on weather) 10:45 Therapeutic Figure 8 Art 2:30 Timeless Trivia on DVD in Dining Room and/or Gospel Music in Activity Room 3:00 Healthy Snack Social or Chocolate Milk Shakes | 13 National Fortune Cookie Day 9:30 1:1's 10:00 Cheese/Crackers/Grapes 10:15 Book Club 2:00 Bingo 3:00 CST Program 3:45 Music Social & Fortune Cookies | 14 National Coloring Day 10:15 Exercise & Hydration- Basketball 10:45 Doughnuts & Devotional 2:00 Fall Leaf Jars Craft 3:00 Coloring Autumn Images | 15 9:30 Manicures & Makeup w/ Elara Caring-Hospice Meal of the Month 2:00 Movie & Movie Snacks 3:30 CST Program | 16 National Guacamole Day Play-Doh Day 9:30 1:1's 10:30 Exercise & Hydration-Horse Shoes 11:00 Playing with Play-Doh 2:00 Bingo for Prizes! 3:00 Chips & Guacamole & Music | 17 Happy Saturday! Independent Supplies Available in the Activity Room |
| 18 3:30 Church Service | 19 Butterscotch Pudding Day 10:30 Exercise & Hydration (walk outside or inside dependent on weather) 10:45 Bird Watching 2:00 Resident Council 2:30 Timeless Trivia on DVD in Dining Room and/or Gospel Music in the Activity Room 3:00 Healthy Snack Social or Butterscotch Pudding | 20 National Pepperoni Pizza Day & National Punch Day 9:30 1:1's 10:00 Cheese/Crackers/Grapes 10:15 Book Club 2:00 Bingo 3:00 CST Program & Pepperoni Pizza & Punch | 21 Miniature Golf Day 10:15 Exercise & Hydration- Miniature Golf 10:45 Doughnuts & Devotional 2:00 Making Fall Wreaths w/ Modern Women of America | 22 National Elephant Appreciation Day 9:30 Manicures & Makeup Patient Shopping Dine In 2:00 Movie-Water for Elephants & Movie Snacks 3:30 CST Program | 23 National Checkers Day National Snack Stick Day 9:30 1:1's 10:30 Exercise & Hydration- Balloon Volleyball 2:00 Bingo for Prizes! 3:00 Snack Sticks & Checkers | 24 10:30 Bingo with Brandy |
| 25 3:30 Church Service | 26 National Day of Praise & Worship, Johnny Appleseed Day 10:30 Exercise & Hydration- Wii Games 2:00 National Day of Praise Video & Gospel Music 3:00 Healthy Snack Social- Apples with or without Carmel Sauce | 27 National Chocolate Milk Day & National Crush A Can Day 9:30 1:1's 10:00 Cheese/Crackers/Grapes 10:15 Book Club 2:00 Bingo w/ VNA Hospice 3:00 Target Shooting-Cans & Chocolate Milk 3:30 CST Program | 28 FAIR DAY | 29 9:30 Manicures & Makeup 2:00 Movie Mania & Movie Snacks 3:00 CST Program & Ice Cream/Popsicle Social | 30 National Chewing Gum Day 9:30 1:1's 10:30 Exercise & Hydration- Seated Chair Exercises 10:45 Music Social & Chewing Gum 2:00 Jingo & Birthday Party Celebration with Crown Hospice-Poplar Bluff | |
| | <i>*Playing the Wii & watching movies-in activity room M-F*</i> | <i>*Outdoor Activities Dependent On Weather*</i> | <i>*Calendars Are Subject to Change*</i> | <i>Independent Activity Supplies Available 24/7 in Activity Room.</i> | <i>Individualized Programming to fit the need of the residents.</i> | <i>NHC Ice Cream Parlor Open Monday-Friday</i> |

Bootheel Commons September 2022

| Sun | Mon | Tue | Wed | Thu | Fri | Sat | |
|-------------------------------|--|--|---|--|--|--|-----------|
| | | | | 1 9:30 Hair & Makeup 2:00 Bingo 3:00 Therapeutic Circle 3:45 Movie Mania w/ Movie Snacks | 2 National Blueberry Popsicle Day 9:30 Sing-a-long & Nursery Rhymes Quiz 10:00 Silhouette Game 2:00 Blueberry Popsicles 2:30 Labor Day Celebration 3:15 Exercise & Hydration-walk | 3 Independent Coloring & Puzzles Available | |
| 4 3:00 Church Service | 5 LABOR DAY Independent Supplies Available in the Activity Room | 6 National Read A Book Day 9:00 Pet Day Visit 9:15 Manicures 2:00 Puzzles 3:00 Book-Short Stories 3:15 Therapeutic Circle 4:00 Ice Cream/Popsicle & Music Social | 7 9:15 1:1's 9:45 Gospel Music, Devotional & Prayer w/Spiced Doughnuts 12:00 Fall Themed Lunch & wear your favorite fall shirt 2:30 Fall Wind Chimes Craft 3:30 Exercise & Hydration-Cornhole | 8 9:30 Hair & Makeup Patient Shopping 2:00 Bingo 3:00 Therapeutic Circle 3:45 Movie Mania w/ Movie Snacks | 9 9:30 Sing-a-long & Nursery Rhymes 10:00 Red or Black Game 2:00 Show & Tell Reminiscing 3:15 Exercise & Hydration-Tai Chi 3:45 Wheel of Fortune w/Dice & Pigs In A Blanket Snack Social | 10 Independent Coloring & Puzzles Available | |
| 11 3:00 Church Service | 12 Chocolate Milk Shake Day 9:15 1:1's 9:45 Timeless Trivia w/ Healthy Snack 2:00 Coloring By Numbers 3:00 Music Social w/ Chocolate Milk Shakes | 13 National Fortune Cookie Day 9:15 Manicures 2:00 Puzzles 3:00 Pass the Ball-Stop Music 3:15 Therapeutic Circle 4:00 Music Social w/Fortune Cookies | 14 National Coloring Day 9:15 1:1's 9:45 Gospel Music, Devotional & Prayer 10:15 Card Concentration 2:30 Fall Leaf Jars Craft 3:00 Coloring Autumn Images 3:30 Exercise & Hydration-Dancing | 15 9:30 Hair & Makeup Meal of the Month 2:00 Bingo 3:00 Therapeutic Circle 3:45 Movie Mania w/ Movie Snacks | 16 National Guacamole Day Play-Doh Day 9:30 Sing-a-long & Nursery Rhymes Quiz 10:00 Playing with Play-Doh 2:00 Music Social w/Chips & Guacamole 3:15 Exercise & Hydration-Balloon Volleyball | 17 Independent Coloring & Puzzles Available | |
| 18 3:00 Church Service | 19 Butterscotch Pudding Day 9:15 1:1's 9:45 Sentimental Reflections 2:00 Who Am I? Guessing Game 3:15 Alphabet Game 3:30 Music Social w/ Butterscotch Pudding | 20 National Pepperoni Pizza Day & National Punch Day 9:15 Manicures 2:00 Puzzles 3:00 DIY Yarn Braid 3:30 Therapeutic Circle 4:00 Pepperoni Pizza & Punch | 21 Miniature Golf Day 9:15 1:1's 9:45 Gospel Music, Devotional & Prayer 10:15 Stringing Beads 2:00 Baking Cookies 3:00 Music Social 3:30 Exercise & Hydration-Miniature Golf | 22 National Elephant Appreciation Day 9:30 Hair & Makeup Patient Shopping 2:00 Jingo 3:00 Therapeutic Circle 3:45 Movie Mania-Water for Elephants & Movie Snacks | 23 National Snack Stick Day 9:30 Sing-a-long & Nursery Rhymes 10:00 Things That Go Together 2:00 Hangman w/ Dice & Snack Sticks 3:15 Exercise & Hydration-Bowling | 24 Independent Coloring & Puzzles Available | |
| 25 3:00 Church Service | 26 National Day of Praise & Worship, Johnny Appleseed Day 9:15 1:1's 9:45 National Day of Praise Video & Gospel Music 2:00 Therapeutic Figure 8 Art 3:00 Music Social & Snack Social Apples w/ or without Carmel | 27 National Chocolate Milk Day & National Crush A Can Day 9:15 Manicures 2:00 Puzzles 3:00 Target Shooting-Cans 3:30 Therapeutic Circle 4:00 Chocolate Milk & Music Reminiscing | 28 FAIR DAY | 29 9:30 Hair & Makeup 2:00 Bingo 3:00 Therapeutic Circle 3:45 Movie Mania w/ Movie Snacks | 30 National Chewing Gum Day 9:30 Sing-a-long & Nursery Rhymes 10:00 3XRainbow Coloring 10:45 Music Social & Chewing Gum 2:00 Making Fall Wreaths 3:15 Exercise & Hydration-Bean Bag Toss | | |
| | | | *Calendars are Subject to change* | Independent Activity Supplies available 24/7 in Activity Room. | Individualized Programming to fit the need of the residents. | NHC Ice Cream Parlor Open Monday-Friday 9AM-4PM | Calendars |