

Recreation
Schedule



November 2021



NHC Maryland Heights
*“50 years of Caring in a
Better Way*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Independent Activity and Stationary Supplies Available 24 hours a day. See Recreation Dept. or Nurses Station for assistance	1 9:00 Pretty Nails (CC) 2:00 Bingo (MDR) Activity Table: Design a Pie 3:00 Therapeutic Circle (W3) 3:30 How to Properly Wash your hands w/ Heather (CC) 7:15 Chiefs vs Giants	2 9:00 Exercise Group 10:00 MH Church of Christ (CC) 1:30 Movie: Something Borrowed 2:00 Ice Cream Parlor (MDR) 3:15 Sing a long w/ Nancy (CC)	3 9:00– All day Help take down Halloween (CC) 10:00 Catholic Communion (W3) 1:30 Painting wooden turkey feathers (CC) 3:00 Bunco (CC) 4:00 Activity Cart (W1) 5:30 (After Dinner) Bingo (CC)	4 9:00 Exercise Group (CC) 10:20 Rosary (L) 1:30 Ice Cream Parlor (MDR) 2:30 Resident Council (MDR)	5 9:00 Exercise Group (CC)) 9:45 Grateful Feathers, small group (CC) 1:00 Faithful Friends W/ Hope (CC) 2:00 Happy Hour w/ Ken Roberts (MDR)	6 9:00 Rummikub (CC) 1:30–2:00 Midday Music w/ Tim Laramore (CC) 2:15 Movie: Cow Belle’s (FDR) 2:30 Popcorn
7 9:45 Church Service TV(IR) 10:15 Bingo (MDR) 1:00 Help get ready for standup (CC) 2:00 Cards For Hospitalized kids (CC) 3:25 Chiefs vs Packers 7:00 Blues vs Ducks	8 9:00 Pretty Nails (CC) 1:30-2:00 Bookmobile (FDR) 2:00 Bingo (MDR) 3:30 Sip n’ chat w/ Jeff your DON (L) 5:00 (After Dinner) Ladies Night (FDR) Activity Table: Cards For Hospitalized Children	9 9:00 Exercise Group (CC) 10:00 MH Church of Christ (CC) 1:30 Movie: Black Widow 2:00 Ice Cream Parlor (MDR) 5:00 (After Dinner) Men’s Night (FDR) 7:00 Blues vs Jets	10 9:15 Smoothies made to order 10:00 Catholic Communion (W3) 1:00 Painting with fall colors 3:00 Trivia (CC) 4:00 Activity Cart (W1) 5:30 (After Dinner) Bingo (CC) 	11 9:00 Exercise Group (CC) 10:15 Singing for Veterans Day (CC) 10:30 Rosary (L) 11:30 Veterans Banquet (W3) 1:30 Root beer Floats (MDR) 2:00 Saving Privet Ryan (FDR) 7:00 Blues vs Predators	12 9:00 Exercise Group (CC) 9:30 Mo. Botanical Garden 1:00 Faithful Friends W/ Hope (CC) 2:00 Happy Hour w/ Rodney Conner (MDR) 	13 9:00 Exercise Group (CC) 1:00 Cat Visits (FDR) 2:15 Movie: Legally Blond (FDR) 2:30 Popcorn (CC) 6:00 Blues vs Hurricanes
14 9:45 Church Service TV (IR) 10:15 Bingo (MDR) 1:30 Sing Long W/ Nancy (CC) 2:00 Bunco (CC) 6:00 Blues vs Oilers 7:20 Chiefs vs Raiders	15 9:00 Pretty Nails (CC) 2:00 Bingo (MDR) 3:00 Therapeutic Circle 3:30 Bible Study w/ Janet (FDR) Activity Table: Design a Turkey	16 9:00 Exercise Group (CC) 10:00 MH Church of Christ (CC) 1:30 Movie: Pee Wee’s Big Holiday (FDR) 2:00 Ice Cream Parlor (MDR) 3:00 Piano w/ Angie from Hartland Hospice (CC) 7:00 Blues vs Coyotes	17 9:00 Gratitude pumpkin, small group 10:00 Catholic Communion (W3) 1:30 Making honey butter and biscuits (MDR) 3:00 Turkey Trot Game (CC) 4:00 Activity Cart (W1) 5:30 (After Dinner) Bingo (CC)	18 9:00 Exercise Group (CC) 10:30 Rosary (L) 1:00 Movie: Friendsgiving (FDR) 2:00 Ice Cream Parlor (MDR) 3:15 Roll a Turkey 7:00 Blues vs Sharks	19 9:00 Exercise Group (CC) 10:00 Field Trip: Walmart & Subway 10:30 Eat This Not That w/ Amanda your Dietitian (CC) 1:00 Faithful Friends W/ Hope (CC) 2:00 Happy Hour Fun x2	20 9:00 UNO (CC) 1:30-2:15 Midday Music w/ Luke Queen (CC) 1:45 Popcorn (CC) 2:30 Movie: Guardians of the Galaxy (FDR)
21 9:45 Church Service TV (IR) 10:15 Bingo (MDR) 1:00 Making Harvest Marble Chocolate chip cookies (MDR) 2:00 Help get ready for standup (CC) 3:25 Chiefs vs Dallas Cowboys	22 9:00 Pretty Nails (CC) 2:00 Bingo (MDR) 3:00 Therapeutic Circle (W3) 3:30 Pie Social w/ Lori your Bookkeeper (FDR) 6:30 Blues vs Red Wings Activity Table: Corn Mosaics	23 All day Outdoor Christmas Decorations with Bear 9:00 Shootin’ Turkeys (CC) 10:00 MH Church of Christ (CC) 2:00 Ice Cream Parlor (MDR) 2:30 Friends 4 Music 	24 9:00 Coffee Filter Turkeys 10:00 Catholic Communion 2:00 Monthly Birthday Party w/ Elizabeth LaKemp 4:00 Activity Cart (W1) 5:30 (After Dinner) Turkey Bingo (CC) 	25 HAPPY THANKS GIVING! 9:30 Marching in the Macy’s Day Parade (MDR) 10:30 Rosary (L) 12:30 Movie: A Charlie Brown Thanksgiving (FDR) 	26 9:00 Exercise Group (CC) 9:30 Calendar Club (L) 10:00 Jewelry Making (CC) 12:00 Blues vs Blackhawks 1:00 Faithful Friends W/ Hope (CC) 2:00 Happy Hour w/ Bob Callomyer (MDR)	27 9:00 Exercise Group (CC) 1:30– 2:00 Midday Music w/ Don Stevenson 1:45 Popcorn (CC) 2:15 Movie: Guardians of the Galaxy Vol. 2 (FDR) 7:00 Blues vs Blue Jackets
28 Hannukah Starts 9:45 Church Service TV (IR) 10:15 Bingo (MDR) Lunch: Potato Pancakes 1:30 Jelly Donuts and Gelt for the start of Hannukah (CC)	29 9:00 Pretty Nails (CC) 1:30-2:00 Bookmobile (FDR) 2:00 Bingo (MDR) 3:30 Resident Auction (CC) Activity Table: Snow Flakes	30 9:00 Exercise Group (CC) 10:00 MH Church of Christ (CC) 1:30 Movie: Holidate 2:00 Ice Cream Parlor (MDR) 7:00 Blues vs Lightning			Book Club’s book: Alpine for You Runs Through October 29th– December 3rd see Activities to get involved See Amanda in activities to get involved in the “Adopt a grand-	IR = In Room FDR=Family Dinning room C=Conference room CC= Center Court MDR = Main Dining Room W3= Back of wing 300