

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



January 2022

Recreation Schedule NHC Maryland Heights



Happy New Year 1
 10:00 Resident Led Game (MDR)
 1:00pm Movie: **State Fair** (W3)
New Year's Day

9:45 Church Service TV (IR)
 10:45 Volleyball (CC)
 11:00 EWTN Mass (W3)
 2:00 Bingo (MDR)

Happy Birthday Terry A. 3
 9:00 Pretty Nails (CC)
 2:00 **Baking Bread** w/Jessica (CC)

Trivia Day 4
 9:00 Exercise Group (CC)
 10:00 MH Church of Christ (CC)
 2:00 Trivia Time

Happy Birthday JoAnn K 5
 9:00 Exercise Group (CC)
 10:00 Craft: **Snowflakes** (CC)
 2:00 Ice Cream Social (MDR)
 3:00 You Be the Judge (CC)

Epiphany- NHC Health Information Day 6
 9:00 Exercise Group (CC)
 10:00 Hymn Sing w/Nancy
 10:30 Rosary (L)
 2:30 Resident Council (MDR)
 3:30 Calendar Club (CC)

9:00 Exercise Group (CC) 7
 10:00 Life Collages (CC)
 1:00 Faithful Friends w/Hope (CC)
 2:00 Happy Hour W/ **Bill Lawton** (MDR)

10:45 Exercise Group (CC) 8
 1:00 Cat Visits

9:45 Church Service TV (IR) 9
 10:45 Balloon Swatter (MDR)
 11:00 EWTN Mass (W3)
 2:00 Bingo (MDR)

9:00 Pretty Nails (CC) 10
 1:30 Book Mobile (L)
 2:00 Bingo (MDR)

9:00 Vitality in Motion (CC) 11
 9:00 Therapeutic Circle (W3)
 10:00 MH Church of Christ (CC)
 2:00 Ice Cream Social (MDR)
 3:00 **Snow Words** (CC)

Natl Hot Tea Day 12
 9:00 Exercise Group (CC)
 9:45 Morning Iced Tea
 10:00 Craft: Painting (CC)
 2:00 Hot Tea Social & Tea Fun Facts (MDR)
 3:00 Bowling Dice

NHC Maint. Partner Day 13
 9:00 Exercise Group (CC)
 10:00 Hymn Sing w/Nancy (CC)
 10:30 Rosary (L)
 2:00 Happy Hour w/ Jill Huber (MDR)

9:00 Exercise Group (cc) 14
 10:00 Mo. Bot. Garden (cc)
 1:00 Faithful Friends /Hope (CC)
 1:30 Movie & Popcorn: **Sound of Music** (W3)

10:45 Exercise Group (CC) 15
 1:15 Movie & Popcorn: **The Pajama Game** (W3)

Happy Birthday Enza R. 16
 9:45 Church Service TV (IR)
 10:45 Volleyball (CC)
 11:00 EWTN Mass (W3)
 2:00 Bingo (MDR)

Happy Birthday MLK, Jr. 17
 9:00 Pretty Nails
 9:45 Movie: I Am MLK, Jr (CC)
 1:30 Book Mobile (L)
 2:00 **Homemade Ice cream** w/Susan (CC)

Happy Birthday Mary R 18
 9:00 Exercise Group (CC)
 10:00 MH Church of Christ (CC)
 2:00 Ice Cream Social (MDR)
 3:00 Left Right Center (CC)

Natl. Popcorn Day 19
 9:00 Popercise Group (CC)
 9:30 Craft: Popcorn Mosaic (CC)
 1:30 Popcorn Fun Fact & Games (CC)
 2:15 Popcorn Bar (MDR)

Penguin Awareness Day 20
Happy Birthday Pat R.
 9:00 Waddlecise Group (CC)
 9:30 Penguin Fun Facts (CC)
 10:00 Hymn Sing w/Nancy (CC)
 10:30 Rosary (L)
 2:00 Craft: Penguin Pompoms (CC)

9:00 Exercise Group (CC) 21
 10:00 Craft: Table Décor for February (CC)
 1:00 Faithful Friends w/Hope (CC)
 2:00 Happy Hour W/ **Jan Marra** (MDR)

10:45 Exercise Group (CC) 22
 1:15 Movie & Popcorn: **Singing in the Rain** (W3)

Happy Birthday John A. 23
 9:45 Church Service TV (IR)
 10:45 Balloon Swatter (CC)
 11:00 EWTN Mass (W3)
 2:00 Bingo (MDR)
Activity Professionals Week

9:00 Pretty Nails (CC) 24
 2:00 Bingo (MDR)
 3:15 **Canada Fun** (CC)

Happy Birthday Cora H. 25
 9:00 Vitality in Motion (CC)
 9:00 Therapeutic Circle (W3)
 10:00 MH Church of Christ (CC)
 2:00 **Canada Fun** (CC)

9:00 Exercise Group (CC) 26
 10:00 Craft: Painting- Love Theme (CC)
 2:00 Resident BD Party w/ **John Scott** (MDR)
Australia Day (observed)

9:00 Exercise Group (CC) 27
 10:00 Hymn Sing w Nancy (CC)
 10:30 Rosary (L)
 2:00 **Canada Fun** (CC)

Fun at Work Day 28
 9:00 Exercise Group (CC)
 10:00 Craft: Jewelry Making (CC)
 1:00 Faithful Friends w/Hope (CC)
 2:00 Happy Hour W/ **Mat Davis** (MDR)

10:45 Exercise Group (CC) 29
 1:15 Movie & Popcorn: **Meet me in St. Louis** (W3)

9:45 Church Service TV (IR) 30
 10:45 Volleyball (CC)
 11:00 EWTN Mass (W3)
 2:00 Bingo (MDR)

Inspire Your Heart w/Art Day 31
Happy Birthday Shirley D.
 9:00 Pretty Nails (CC)
 2:00 Craft: **Winter Picture** (CC)
 3:30 Resident Auction (CC)

Independent Activity & Stationary Supplies Available. See Recreation Department
 All activities are subject to change.

Book Club's Book: No Book Club This Month

IR=In Room, FDR=Family Dining Room, CC=Center Court, MDR=Main Dining Room
 L=Library, W 3=Back of Wing 300, W1=Back of Wing 100