

# SEPTEMBER 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 2:00 Church Service	2 Independent Activities Available in the Activity Room, Carl Adams Day Area And Nettie Miles Nurses Desk	3 10:00 Pet Day 10:30 Book Club 2:00 Double Card Bingo for Points 3:00 Labor Day Social 3:30 CST Program	4 10:00 Garden Club 10:30 Church Service with VNA Hospice 2:00 Hollywood Stars Bingo for Points 3:00 Exercise & Hydration 3:15 Fresh Fruit & Match Game	5 9:30 Manicures & Makeup 2:00 Would You Rather Game & Never Have I Ever Game 3:15 Fresh Veggies & Let's Make A Deal	6 10:30 Exercise & Hydration 10:45 Morning News & Coffee 2:00 Bingo for Prizes! 3:15 Ice Cream Cones (Different Flavors of Ice Cream) & MaMa's Family	7 Independent Activities Available in the Activity Room, Carl Adams Day Area And Nettie Miles Nurses Desk
8 2:00 Church Service	9 10:30 Exercise & Hydration 10:45 Resident Council Meeting Over Dietary Menus 2:00 Timeless Trivia 2:00 Gospel Music in the Activity Room 3:00 Healthy Snack & Music Social	10 10:30 Book Club 2:00 Double Card Bingo for Points! 3:15 National Hot Dog Day- Beef Franks & Music Reminiscing Video 3:30 CST Program	11 10:00 Garden Club 10:30 Gaithers, Doughnuts & Art Project to be on Display at the Fair 2:00 Singo for Points! 3:00 Exercise & Hydration 3:15 Cherry Angel Food Cake & National Line Dancing Month	12 9:30 Manicures & Makeup Dine In- Puerto Jaivo 2:00 Bean Bag Toss 3:00 National Chocolate Milkshake Day (Different Flavored Shakes Offered) & Family Feud	13 10:30 Exercise & Hydration 10:45 Card Games 2:00 Bingo for Prizes! 3:15 Fresh Salad & Breakfast At Tiffany's Movie	14 10:30 Bingo with Kay!
15 2:00 Church Service	16 10:30 Exercise & Hydration 10:45 September Quiz, Trivia, Coloring, Word Games 2:00 Resident Council 2:45 Gospel Music in the Activity Room 2:45 Sentimental Reflections 3:00 Healthy Snack	17 10:30 Book Club 2:00 Double Card Bingo for Points! 3:15 National Apple Dumpling Day & International Country Music Day Social 3:30 CST Program	18 10:00 Garden Club 10:30 Bible Study with Pastor Alex Palmer 2:00 Wood Pumpkins & Leaves Craft 3:00 Exercise & Hydration 3:15 National Cheeseburger Day & Hidden Figures Movie	19 9:30 Manicures & Makeup 11:30 National Piano Month-Daryl Wilcoxson 2:00 Fair at NHC	20 10:30 Exercise & Hydration 10:45 Morning News & Coffee 2:00 Bingo for Prizes! 3:15 National Pepperoni Pizza Day & National Punch Day while watching the Fall Guy Movie	21 10:30 Bingo with Kay!
22 2:00 Church Service	23 10:30 Exercise & Hydration 10:45 Board Games 2:00 Timeless Trivia 2:00 Gospel Music Heritage Month in the Activity Room 3:00 Healthy Snack & Music Social	24 10:30 Book Club 2:00 Double Card Bingo for Points! 3:15 Ice Cream/ Popsicles & Music Social 3:30 CST Program	25 10:00 Garden Club 10:30 Bible Bingo 2:00 Crafts with VNA Hospice 3:00 Exercise & Hydration 3:15 Taquitos & Deal or No Deal	26 9:30 Manicures & Makeup 2:00 Left, Right, Center 3:00 National Key Lime Pie Day & The Dating Game	27 10:30 Exercise & Hydration 10:45 Card Games 2:00 Bingo for Prizes! 3:15 Birthday Party- Celebrating All the September Birthday's	28 Independent Activities Available in the Activity Room, Carl Adams Day Area And Nettie Miles Nurses Desk
29 2:00 Church Service	30 10:30 Exercise & Hydration 10:45 Puzzles 2:00 IF Movie & Movie Snacks					
	*Exercise & Hydration Consists of Seated Exercises, Tai Chi, Dancing, Kickboxing, and Yoga*	*Outdoor Activities Dependent On Weather* *Playing the Wii & Watching Movies in Activity Room Monday-Friday with Reservation*	*Calendars Are Subject to Change*	Independent Activity Supplies Available 24/7 in the Activity Room, Carl Adams Day Area & Nettie Miles Nurses Desk	Individualized Programming to fit the need of the residents.	NHC Ice Cream Parlor Open 24 hours a day, 7 days a week

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# Bootheel Commons September 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 1:30 Church Service	2 Independent Coloring & Puzzles	3 9:30 Pet Day 9:30 Manicures & Makeup 1:00 Card Games 2:00 Labor Day Social 3:15 Therapeutic Circle	4 9:45 Church with VNA Hospice 10:30 Bean Bag Toss 1:00 Card Games 2:00 Fresh Fruit, Would You Rather Game & Never Have I Ever Game 3:30 Exercise & Hydration	5 9:30 Hair & Makeup 1:00 Card Games 2:00 Horseshoes & Fresh Veggies 3:15 Therapeutic Circle	6 9:30 Sing A Long 10:00 Left, Right, Center 1:00 Card Games 2:00 Horse Race Game & Ice Cream Cones (Different Flavors of Ice Cream) 3:15 Exercise & Hydration-Boxing	7 Independent Coloring & Puzzles
8 1:30 Church Service	9 9:45 September Quiz, Trivia, Coloring & Word Games 1:00 Card Games 2:00 Memory Game 3:00 Music Social & Healthy Snack	10 9:30 Manicures & Makeup 1:00 Card Games 2:00 Air Hockey, Music Reminiscing & National Hot Dog Day- Beef Franks 3:15 Therapeutic Circle	11 9:45 Gospel Music, Devotional & Prayer 10:30 Art Project to be on Display at the Fair 1:00 Card Games 2:00 Cherry Angel Food Cake & Bingo 3:30 Exercise & Hydration-Line Dancing	12 9:30 Hair & Makeup 1:00 Card Games 2:00 Cornhole & Milkshakes 3:15 Therapeutic Circle	13 9:45 Hot Potato 10:45 Can You Name 5 Game 1:00 Card Games 2:00 Fresh Salad & Timeless Trivia 3:15 Exercise & Hydration-Seated	14 Independent Coloring & Puzzles
15 1:30 Church Service	16 9:45 Puzzles 1:00 Card Games 2:00 Matching Game 3:00 Music Social & Healthy Snack	17 9:30 Manicures & Makeup 1:00 Card Games 2:00 Sentimental Reflections & National Apple Dumpling Day 3:15 Therapeutic Circle	18 9:45 Gospel Music, Devotional & Prayer 10:30 Color By Numbers 1:00 Card Games 2:00 Hollywood Stars Bingo & National Cheeseburger Day 3:30 Exercise & Hydration	19 9:30 Hair & Makeup 2:00 Fair At NHC-Family is Encouraged to Attend	20 9:45 Blackjack 10:45 Singo 1:00 Card Games 2:00 Feed The Pig & National Pepperoni Pizza Day 3:15 Exercise & Hydration-Dancing	21 Independent Coloring & Puzzles
22 1:30 Church Service	23 9:45 Roulette 1:00 Card Games 2:00 Board Games 3:00 Healthy Snack & Music Social	24 9:30 Manicures & Makeup 1:00 Card Games 2:00 Fall Crafts & Ice Cream/Popsicles 3:15 Therapeutic Circle	25 9:45 Gospel Music, Devotional & Prayer 10:30 Bowling 1:00 Card Games 2:00 Taquitos & Deal or No Deal Game 3:30 Exercise & Hydration	26 9:30 Hair & Makeup 1:00 Card Games 2:00 National Key Lime Pie Day & Fall Painting 3:15 Therapeutic Circle	27 9:45 Short Stories 10:45 Hangman Game 1:00 Card Games 2:00 Happy Days 3:15 Exercise & Hydration-Tai Chi 3:30 Birthday Party Celebrating All September Birthdays'	28 Independent Coloring & Puzzles
29 1:30 Church Service	30 9:45 Sentimental Reflections Sing A Long 1:00 Card Games 2:00 Music Reminiscing 40's-60's 3:00 Healthy Snack & Music Social					
			<b>*Calendars are Subject to change*</b>	<i>Independent Activity Supplies available 24/7 in Activity Room, Carl Adams Day Area (behind sofa) and on Bootheel Commons.</i>	<b>Individualized Programming to fit the need of the residents.</b>	<i>NHC Ice Cream Parlor Open 24 Hours A Day, 7 Days A Week</i>