

Ask the Life Enrichment Department  
for more information about our  
weekly recreation groups!

# January 2025

## NHC HealthCare Kingsport



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			8:00 1:1 Visits <b>1</b> 10:45 Devotional Group 2:00 Bingo & Fitness	8:00 1:1 Visits <b>2</b> 9:00 Beauty Shop Visits 2:00 Word Puzzle Packets	8:00 1:1 Visits <b>3</b> 10:00 Better Balance 1:00 Manicures 2:00 Lightening Charlie-Music Performance	8:00 1:1 Visits <b>4</b> 12:00 Cards, Board Games, Word Puzzles (Bistro Areas) 4:00 Movies Available (Bistro Areas)
8:00 1:1 Visits <b>5</b> 10:00 10am Devotion on TV- Channel 8 12:00 Cards, Board Games, Word Puzzles (Bistro)	8:00 1:1 Visits <b>6</b> 10:45 Wheelchair Fitness with Therapy 1:30 Pet Therapy 2:00 Mindfulness Monday	8:00 1:1 Visits <b>7</b> 10:00 Chaplain Visits 10:30 Bingo & Fitness 2:00 Therapeutic Arts	8:00 1:1 Visits <b>8</b> 10:45 Devotional Group 2:00 Bingo & Fitness	8:00 1:1 Visits <b>9</b> 9:00 Beauty Shop Visits 10:00 Chaplain Visits 2:00 Word Puzzle Packets	8:00 1:1 Visits <b>10</b> 10:00 Better Balance 1:00 Manicures	8:00 1:1 Visits <b>11</b> 12:00 Cards, Board Games, Word Puzzles (Bistro Areas) 4:00 Movies Available (Bistro Areas)
8:00 1:1 Visits <b>12</b> 10:00 10am Devotion on TV- Channel 8 12:00 Cards, Board Games, Word Puzzles (Bistro)	8:00 1:1 Visits <b>13</b> 10:45 Wheelchair Fitness with Therapy 1:30 Pet Therapy 2:00 Mindfulness Monday	8:00 1:1 Visits <b>14</b> 10:00 Chaplain Visits 10:30 Bingo & Fitness 2:00 Karaoke	8:00 1:1 Visits <b>15</b> 10:45 Devotional Group 2:00 Bingo & Fitness	8:00 1:1 Visits <b>16</b> 9:00 Beauty Shop Visits 10:00 Chaplain Visits 2:00 Word Puzzle Packets	8:00 1:1 Visits <b>17</b> 10:00 Better Balance 1:00 Manicures	8:00 1:1 Visits <b>18</b> 12:00 Cards, Board Games, Word Puzzles (Bistro Areas) 4:00 Movies Available (Bistro Areas)
8:00 1:1 Visits <b>19</b> 10:00 10am Devotion on TV- Channel 8 12:00 Cards, Board Games, Word Puzzles (Bistro)	8:00 1:1 Visits <b>20</b> 10:45 Wheelchair Fitness with Therapy 1:30 Pet Therapy 2:00 Mindfulness Monday	8:00 1:1 Visits <b>21</b> 10:00 Chaplain Visits 10:30 Bingo & Fitness 2:00 Therapeutic Arts	8:00 1:1 Visits <b>22</b> 10:45 Devotional Group 2:00 Bingo & Fitness	8:00 1:1 Visits <b>23</b> 9:00 Beauty Shop Visits 10:00 Chaplain Visits 2:00 Word Puzzle Packets	8:00 1:1 Visits <b>24</b> 10:00 Better Balance 1:00 Manicures 2:00 Winter Patient Party	8:00 1:1 Visits <b>25</b> 12:00 Cards, Board Games, Word Puzzles (Bistro Areas) 4:00 Movies Available (Bistro Areas)
8:00 1:1 Visits <b>26</b> 10:00 10am Devotion on TV- Channel 8 12:00 Cards, Board Games, Word Puzzles (Bistro)	8:00 1:1 Visits <b>27</b> 10:45 Wheelchair Fitness with Therapy 1:30 Pet Therapy 2:00 Mindfulness Monday	8:00 1:1 Visits <b>28</b> 10:00 Chaplain Visits 10:30 Bingo & Fitness 2:00 Karaoke	8:00 1:1 Visits <b>29</b> 10:45 Devotional Group 10:45 Resident Council Meeting 2:00 Bingo & Fitness	8:00 1:1 Visits <b>30</b> 9:00 Beauty Shop Visits 10:00 Chaplain Visits 2:00 Word Puzzle Packets	8:00 1:1 Visits <b>31</b> 10:00 Better Balance 1:00 Manicures	