

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

# February 2025

## NHC HealthCare Kingsport



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