

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