

**Locations**

(CA)- Common Area  
 (MD)—Main Dining Area  
 (CW)- C Wing  
 (RV)- Room Visits  
 (CY)- Court yard



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Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>Individualized programming and Door to Door Visits are offered weekly.</b>	<b>1</b> 9:45 Move to Music-MD 10 Music Therapy ~ CW 10:30 Activity Planning ~ MD 1:30 Pretty Nails ~ CA <b>2:00 Catholic Mass ~ MD</b> <b>Social Services Shopping Day</b>	<b>2</b> 10:00 Game Social ~ CW 10:30 Bingo ~ MD 1:30 Ice Cream Cart ~ MD 3:00 Music and Poetry ~ CW	<b>3</b> <b>10:00 Hymns and Praise - MD</b> 3:30 Door to Door Reading Material - RV 3:45 Book Club ~ MD 3:30 Coffee Chat ~ CW 6:30 Evening Bingo ~ MD	<b>4</b> <b>10:00 Music W/ Chad Evens~ MD</b> 2:00 20 Questions ~ MD 3:15 Sensory Stem ~CW	<b>5</b> 10:30 Bingo ~ MD 1:30 General Store Shopping ~ MD 2:00 Minute to Win It ~ MD
<b>6</b> <b>9:30 Bible Study ~ MD</b> 10:30 Joel Osteen Service ~MD 1:15 2:00 Art With Abigail ~ MD	<b>7</b> <b>10:00 Rosary ~ MD</b> 10:30 Balloon Volleyball ~ CW 11 Horse Racing ~ MD 1:30 Tai Chi W/ Nichole ~ MD 2:45 Bingo ~ MD <b>National</b>	<b>8</b> 10:00 Music Therapy ~ CW 10:30 Trivia ~ MD 1:30 Pretty Nails-CA <b>2:00 Catholic Mass -MD</b> <b>Nursing</b>	<b>9</b> 10:00 Coffee Social ~CW 10:30 Bingo~ MD 1:30 Ice Cream Cart ~ RV <b>3:00 Precious Memories ~ MD</b> <b>Home</b>	<b>10</b> <b>10:00 Hymns &amp; Praise ~ MD</b> <b>10:45 Resident Council - MD</b> <b>ALLE Singers During Lunch</b> 2:00 Resident Volunteer ~ MD 3:30 Homemaking ~ CW 3:30 Door to Door Reading Material -RV <b>6:00 Pet Visit</b> <b>Week</b>	<b>11</b> <b>10:00 Paint Swap Day~MD</b> 2:00 Music Trivia W/ Name That Tune ~ MD 3:15 Warm Wash Up ~CW <b>Social Service Shopping list due</b> <b>2018</b>	<b>12</b> 10:30 Bingo ~ MD 1:00 Movie and Popcorn ~ MD 1:30 General Store Shopping ~ MD
<b>13</b> <b>9:30 Bible Video ~ MD</b> <b>10:30 Joel Osteen Service ~MD</b> <b>2:00 Mother's Day Social ~ MD</b>	<b>14</b> <b>10:00 Rosary-MD</b> 10:00 Music W/ Walter ~ CW 10:45 Let The Jams Live on W/ Walter ~ MD 1:30 Life Story Writing ~ MD 3:15 Big Prize Bingo-MD	<b>15</b> <b>10:00 Ridge Crest Baptist ~ MD</b> <b>10:15 Ridge Crest Baptist ~ MD</b> 1:30 Pretty Nails ~ CA <b>2:00 Catholic Mass ~ MD</b> <b>2:45 Food Fun ~ Edible Arrangement and French Fry Challenge ~ MD</b> <b>Social Service Shopping Day</b>	<b>16</b> 10:00 Hungry Hippo ~ MD 1:00 Volunteer Lunch- DR CLOSED <b>2:00 Love on a Leash ~ RV</b> 3:00 Family Feud ~ MD <b>Crazy Sock Day</b>	<b>17</b> <b>10:00 Hymns and Praise ~MD</b> <b>10:45 Team Housekeeping Challenge ~ MD</b> 2:00 Resident Volunteer Meet ~ MD 3:30 Garden Painting ~ MD 3:30 Door to Door Reading Material ~ RV 3:30 Rock Painting ~ CW 6:00 Pet Visits ~ CA/RV	<b>18</b> <b>10:30 Award Ceremony and Potluck W/ David Green MD</b> 2:00 Ceramic Class W/Susie ~MD 3:30 Chall Manicures ~ CW <b>Shopping List Due to Social Service NHC Shirt Day</b>	<b>19</b>  <b>Family Picnic</b> <b>11-2</b>
<b>20</b> <b>9:30 Bible Study ~ MD</b> 10:30 Joel Osteen Service ~MD 2:00 Ted Talks Social ~ MD	<b>21</b> <b>10:00 Rosary ~ MD</b> 10:30 Coffee Chat ~ CW 11 Trivia ~ MD 1:30 Tai Chi W/ Nichole ~ MD 2:45 Texas Hold Em~ MD	<b>22</b> 10:00 Music Therapy ~ CW 10:30 Travel to Mexico ~ MD 1:30 Pretty Nails-CA <b>2:00 Catholic Mass -MD</b>	<b>23</b> 10:00 Movement and Music~ CW 10:30 Bingo-MD <b>1:45 Lutheran Service ~ MD</b> 3:00 Arts and Crafts ~ CW	<b>24</b> <b>10:00 Hymns &amp; Praise ~ MD</b> <b>10:45 Food Committee ~ MD</b> 2:00 Resident Volunteer Meeting ~ MD 3:30 Gardening Reminiscing ~ CW 3:30 Door to Door Reading Material -RV <b>6:30 Evening Bingo ~ MD</b>	<b>25</b> <b>10:00 Music W/ John Scott ~ MD</b> <b>2:30 Monthly Birthday Party ~MD</b> 3:15 Patio Time Outside ~CW <b>Social Service Shopping List Due</b>	<b>26</b> 10:30 Bingo ~ MD 1:30 General Store Shopping ~ MD 2:00 Movie and Popcorn ~ MD
<b>27</b> 9:30 Bible Video ~ MD 10:30 Joel Osteen Service ~ MD 2:00 Piano With Abigail~ MD	<b>28</b> <b>10:00 Rosary ~ MD</b> 10:00 Music W/ Walter ~ CW 10:45 Music & Memory W/Walter ~ MD 1:30 Tai Chi W/ Nichole ~ MD 2:45 Bingo ~ MD	<b>29</b> 9:45 Move to Music ~ MD 10:00 Music Therapy ~ CW 10:30 Learn About Pandas ~ MD 1:30 Pretty Nails - CA <b>2:00 Catholic Mass - MD</b>	<b>30</b> 10:00 Creative Writing ~ CW 10:30 Bingo-MD 1:30 Ice Cream Cart ~ RV 3:30 Sing Along ~ CW	<b>31</b> <b>10:00 Hymns and Praise ~MD</b> 2:00 Resident Volunteer Meet ~ MD 3:30 Door to Door Reading Material ~ RV 3:30 Patio Time ~ CW 6:30 Evening Bingo ~ MD		

**Large Print Books and Independent activity supplies are always available in the Common Area.**

**Programs, times, and locations subject to change**



	SUN	MON	TUE	WED	THU	FRI	SAT
<b>MAY</b>			<b>1</b> FS CWS 7:15	<b>2</b> FS CWS 12:15	<b>3</b>	<b>4</b> FS CHI 7:15	<b>5</b> FS CHI 1:15
	<b>6</b> E CHI 7:05	<b>7</b> FS MIN 7:10	<b>8</b> FS MIN 12:15	<b>9</b>	<b>10</b> FS SD 9:10	<b>11</b> FS SD 9:10	<b>12</b> FS SD 7:40
	<b>13</b> FS SD 3:10	<b>14</b>	<b>15</b> FS1 MIN 7:10	<b>16</b> FS MIN 12:10	<b>17</b> FS PHI 6:15	<b>18</b> FS PHI 7:15	<b>19</b> FS PHI 1:15
	<b>20</b> FS PHI 1:15	<b>21</b> FS KC 7:15	<b>22</b> FS KC 7:15	<b>23</b> FS KC 12:15	<b>24</b>	<b>25</b> FS PIT 6:05	<b>26</b> FS PIT 3:05
	<b>27</b> FS PIT 12:35	<b>28</b> FS MIL 1:10	<b>29</b> FS MIL 6:40	<b>30</b> FS MIL 12:10	<b>31</b> FS PIT 6:15		



**Meet the Intern—Kayla Hughes—Recreation Intern from Mizzou**

Kayla joined NHC St. Charles in December for a short time training in Recreation. She will graduate this month with a bachelors in Health Sciences and an emphasis on Health and Wellness Care! She plans to move to Chicago to pursue a healthcare job in the city.

She was born in Bellefontaine Neighbors and raised there until she moved to Troy, MO. She has two sisters, one older and one younger named Nicole and Rachel. Her parents are supportive and everyone enjoys spending time together. She enjoys playing soccer and hiking. She loves to travel and enjoys going to shows or pop up markets. She likes to be on the go and exploring. Her favorite foods are pasta, sweet tarts, and Dr. pepper. She does like most foods though, not too picky. Her favorite television shows are Greys Anatomy and Game of Thrones. Both pull at her heart strings, and are always full of action. Her favorite movies are the Lord of the Rings trilogy. She claims she is a bit nerdy so that's why she loves Lord of the Rings and Game of Thrones so much.

Her favorite holiday is Christmas because her whole family makes time to come home and visit. Everyone in college or working is on break so they get to be together and appreciate one another's company. She loves to buy things for others, so she can do this on Christmas without getting yelled at by her dad.

Kayla's favorite thing about NHC St. Charles is being able to have the interactions with staff and residents. She enjoyed working with everyone and getting to build those relationships. She was raised to work hard, but has always wanted to work hard to get a good place in life. "It doesn't take much to try and why even try if you're not going to give your best?"

At NHC St. Charles you get to help others, so you owe it to your coworkers and residents to do your best, so that's what I gave them." Kayla has been a joy to have here at NHC St. Charles. Congratulations and best of luck in Chicago. Until we meet again, friend.



Congratulations to our partner Crystal Stonebarger. She has been with us since 2014 as a CNA/CMT working primarily on our evening shift. She has been working very hard going to school and has passed her nursing exam. She is now a Licensed Practical Nurse! Great Job Crystal!



Congratulations to our five CNAs nominated to attend The CNA banquet this year. The five partners are Andrea Ferenczi, Sarah Ceglinski, Yolanda McRoberts, Scott Lueders and Ashley Washington. Thank you all for being outstanding caregivers and great examples of the better way!



The chosen CNA of the year is Sarah Ceglinski. Congratulations Sarah! Wendy Conway Director of Nurses

