



MARTIN HEALTH CARE ACTIVITIES FROM: August 10 – August 16



Monday August 10

8:30 Daily Room Checks & 1:1's
 10:00 Memories at the Fair
 & Exercise to Follow
 -C/D Dining Rm.
 11:00 Exercise— 5200 South Living Rm.
 1:00 Good News!
 -Garden Court (Weather
 permitting or 1st/North Living rm.)
 3:00 Bingo—1st/South Dining room
 4:15 Cleaning & Feeding the Birds

Tuesday August 11

8:30 Daily Room Checks
 9:00 Bulletin Board Trivia
 & Exercise to Follow
 -C/D Dining Rm.
 10:00 Traveling to Africa
 & Exercise to Follow
 -1st/South Living Rm.
 10:30 [Catholic Services](#)
[Channel 88 on your TV](#)
 11:00 Exercise 5200 South Living Rm.
 12:30 Popcorn—All Floors
 1:00 Manicures
 - 5100 Halls –Garden Court
 3:00 Canopy Fun
 -1st/North Living rm.
 3:00 Who Wants to be a Millionaire
 - 5200 South Living rm.
 4:00 Memory Makers
 -Garden Court

Wednesday August 12

8:30 Daily Room Checks
 9:00 The Year 1958
 & Exercise to Follow
 -C/D Dining Room
 10:00 Humor Page

& Exercise to Follow
 – 5200 South Living Rm.
 11:00 Exercise—1st/South Dining Rm.
 1:00 Reminiscing—Garden Court
 Weather permitting or 1st/North Liv.rm
 3:00 Bingo—5200 North Dining rm
 4:15 Cleaning & Feeding the Birds

Thursday August 13

8:30 Daily Room Checks & 1:1's
 10:00 Good News!
 & Exercise to Follow
 – C/D dining rm.
 11:00 Exercise—1st/North Living Rm
 1:00 Manicures—5200 Balconies
 3:00 Listening to Lawrence Welk
 – Garden Court (Weather
 permitting or 1st/South Living Rm.)
 3:00 Memories at the Fair
 - 5200 South Living rm.
 4:00 Memory Makers– Garden Court

Friday August 14

8:30 Daily Room Checks
 9:00 Movie Memories
 & Exercise to Follow
 -C/D Dining rm.
 10:00 Chicken Soup for the Soul
 & Exercise to Follow
 - 1st/South Dining rm.
 11:00 Exercise—5200 South Dining Rm.
 1:00 Root Beer Floats - All Floors
 2:30 Reminiscing– Get to know your
 Neighbor
 -Garden Court
 Weather permitting or 1st/North liv. rm
 4:15 Cleaning & Feeding the Birds

Saturday August 15

8:30 Daily Room Checks & 1:1's
 9:30 Manicures– C/D Halls in Dining rm
 & Exercise to Follow
 - C/D Dining Room
 11:00 Exercise– 5200 South Living Rm.
 1:00 Name that Tune-Garden Court
 Weather permits or 1st/North Living rm
 3:00 Bingo - C/D Halls

Sunday August 16

8:30 Daily Room Checks
 9:00 Daily Devotion
 & Exercise to Follow
 -C/D Dining Room
 10:00 Reminiscing
 -Garden Court
 Weather permitting or 1st/South Liv.rm
 10:00 [Live Streaming of](#)
[2nd Presbyterian](#)
[Church Service](#)
[Channel 88 on your TV](#)
 11:00 Exercise– 5200 South Living Rm.
 1:00 Sundae Sunday —All Floors
 2:30 Short Stories– 1st/North Living Rm
 3:30 [Vespers](#)
[Channel 88 on your TV](#)
 4:00 Memory Makers
 -Garden Court



TUNE TO CHANNEL 88 ON YOUR TV FOR MORE ACTIVITIES: August 10— August 16



Monday August 10

9:30-10 Flexible Fitness
10:00 First Presbyterian Service
1-3:00 Hands in Motion
3:30 St. John’s Service

Thursday August 13

9:00-9:30 Chair Dance
1-1:30 Hands in Motion
7:00 Entertainment
“Orchestra Performance
Featuring Yo Yo Ma”

Sunday August 16

9:00 Live Streaming of
Calvary United Methodist
Church Service
10:00 Live Streaming of
2nd Presbyterian
Church Service
3:30 Vespers Service

Tuesday August 11

9:30-10 Sit and Fit
10:00 **ALL RESIDENT MEETING**
11:00 Catholic Service
1-1:30 Hands in Motion
2:00 Wesley United Methodist
Service
4:00 **ALL RESIDENT MEETING**

Friday August 14

9:30-10 Sit and Fit
10:00 Coffee:
“The Manhattan Project
Electronic Field Trip”
1-1:30 Chair Chi
7:00 Movie:
“A Dog’s Journey”
(2019, Rated PG)
1hr, 48 min.

Wednesday August 12

9:30-10 Flexible Fitness
10:00 Coffee:
“Behind the Scenes of
Pearl Valley Eggs”
1-1:30 Chair Chi
2:00 **ALL RESIDENT METTING**
3:00 Broadway Theatre
“West Side Story”

Saturday August 15

9-9:30 Flexible Fitness
7:00 Movie
“The Best of Enemies”
(2019, Rated PG-13)
2hr, 13min.

**For outside visits with MHC
residents please contact:
Miya Williams at (309)319-2539
**Pre-screens have to be done
24 hrs. in advance before visits.
**Visits are Tuesday– Friday
starting at 9:15 a.m.—3:15 p.m.
Weather Permitting**
