



# MARTIN HEALTH CARE ACTIVITIES FROM: August 17 – August 23



## Monday August 17

- 8:30 Daily Room Checks & 1:1's
- 10:00 National Vanilla Custard Day & Exercise to Follow  
-C/D Outside off of Dining rm.
- 11:00 Exercise— 5200 South Living rm
- 1:00 Person, Place, Or Thing?  
-Garden Court  
(Weather permitting or 1st/North Living Rm.)
- 3:00 Bingo—1st/South Dining room
- 4:15 Cleaning & Feeding the Birds

## Tuesday August 18

- 8:30 Daily Room Checks
- 9:00 Reminiscing-Getting to know Your Neighbor & Exercise to Follow  
-C/D Outside off of Dining rm.
- 10:00 Canopy Fun & 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 Family Feud  
-1st/North Living rm.
- 3:00 Canopy Fun  
- 5200 South Living rm.
- 4:00 Memory Makers  
-Garden Court

## Wednesday August 19

- 8:30 Daily Room Checks
- 9:00 The Year 19..... & Exercise to Follow

- 10:00 -C/D Dining rm.  
Traveling to Hawaii & Exercise to Follow  
– 5200 South Living Rm.
- 11:00 Exercise—1st/South Dining Rm.
- 1:00 Humor Page—Garden Court  
(Weather permitting or 1st/North Living Rm.)
- 3:00 Bingo—5200 North Dining rm
- 4:15 Cleaning & Feeding the Birds

## Thursday August 20

- 8:30 Daily Room Checks & 1:1's
- 10:00 Reminiscing-Outdoors & Exercise to Follow  
– C/D off of Dining rm.
- 11:00 Exercise—1st/North Living Rm
- 1:00 Manicures—5200 Balconies
- 3:00 Lemonade's Birthday  
– Garden Court  
(Weather permitting or 1st/South Living Rm.)
- 3:00 I Love Fabric Day  
- 5200 South Living Rm.
- 4:00 Memory Makers— Garden Court

## Friday August 21

- 8:30 Daily Room Checks
- 9:00 Birth Anniversary of Kenny Rodgers & Exercise to Follow  
-C/D Dining rm.
- 10:00 Traveling to Italy & 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 Living Rm.)
- 4:15 Cleaning & Feeding the Birds

## Saturday August 22

- 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 Chicken Soup for the Soul  
-Garden Court  
(Weather permitting or 1st/South Living Rm.)
- 3:00 Bingo - C/D Halls

## Sunday August 23

- 8:30 Daily Room Checks
- 9:00 Daily Devotion & Exercise to Follow  
-C/D Dining Room
- 10:00 Listening to your Favorite Music  
-Garden Court  
(Weather permitting or 1st/South Living 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 17— August 23**



**Monday August 17**

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

**Tuesday August 18**

9:30-10 Sit and Fit  
11:00 Catholic Service  
2:00 Wesley United Methodist Service

**Wednesday August 19**

9:30-10 Flexible Fitness  
10:00 Coffee:  
"The Speed Cubers"  
1-1:30 Chair Chi  
3:00 Broadway Theatre  
"Romeo and Juliet"

**Thursday August 20**

9:00-9:30 Chair Dance  
1-1:30 Hands in Motion  
7:00 Entertainment  
"The Royal Opera and  
The Royal Ballet"

**Friday August 21**

9:30-10 Sit and Fit  
10:00 Coffee:  
"The Carol Burnett Show"  
1-1:30 Chair Chi  
7:00 Movie:  
"Leave Her to Heaven"  
(1945, Rated NR)  
1hr, 50 min.

**Saturday August 22**

9-9:30 Flexible Fitness  
7:00 Movie  
"Free Solo"  
(2018, Rated PG-13)  
1hr, 37 min.

**Sunday August 23**

9:00 Live Streaming of  
Calvary United Methodist  
Church Service  
10:00 Live Streaming of  
2nd Presbyterian  
Church Service  
3:30 Vespers Service  
Rev. Elliott Renfroe  
WV Chaplain

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**\*\* 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 \*\***

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**HAPPY BIRTHDAY!!**

Aug. 18th Barbara Samp  
Aug. 19th Rosa McMurray  
Aug. 19th Dorothy Arseneault

