



MARTIN HEALTH CARE ACTIVITIES FROM: August 24 – August 30



Monday August 24

- 8:30 Daily Room Checks & 1:1's
- 10:00 Bloomin' Imagination Words & Exercise to Follow
-C/D Outside off of Dining rm.
- 11:00 Exercise— 5200 South Living rm
- 1:00 Bee & Honey Trivia Game
-Garden Court
(Weather permitting or 1st/North Living Rm.)
- 3:00 Bingo—1st/South Dining room
- 4:15 Cleaning & Feeding the Birds

Tuesday August 25

- 8:30 Daily Room Checks
- 9:00 Wonders of Northern Alabama & Exercise to Follow
-C/D Outside off of Dining rm.
- 10:00 Bloomin' Imagination Words & Exercise to Follow
-1st/North 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 Family Feud
- 5200 South Living rm.
- 4:00 Memory Makers
-Garden Court

Wednesday August 26

- 8:30 Daily Room Checks
- 9:00 National Dog Day & Exercise to Follow
-C/D Outside off of Dining rm.

- 10:00 Daily Meditation & Exercise to Follow
– 5200 South Living Rm.
- 11:00 Exercise—1st/South Dining Rm.
- 1:00 National Cherry Popsicle Day
—Garden Court
(Weather permitting or 1st/North Living Rm.)
- 3:00 Bingo—5200 North Dining rm
- 4:15 Cleaning & Feeding the Birds

Thursday August 27

- 8:30 Daily Room Checks & 1:1's
- 10:00 The Year.....
& Exercise to Follow
– C/D Outside off of Dining rm.
- 11:00 Exercise—1st/North Living Rm
- 1:00 Manicures—5200 Balconies
- 3:00 Birth Anniversary of Mother Tereasa
– Garden Court
(Weather permitting or 1st/South Living Rm.)
- 3:00 Birth Anniv. of Mother Tereasa
- 5200 North Living rm.
- 4:00 Memory Makers— Garden Court

Friday August 28

- 8:30 Daily Room Checks
- 9:00 Nature Club & Exercise to Follow
-C/D Outside of off Dining rm.
- 10:00 Family Feud & Exercise to Follow
- 1st/North 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 29

- 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/Music
-Garden Court
(Weather permitting or 1st/South Living Rm.)
- 3:00 Bingo - C/D Halls

Sunday August 30

- 8:30 Daily Room Checks
- 9:00 Canopy Fun & Exercise to Follow
-C/D Dining Room
- 10:00 All Things Peaches
-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 24— August 30



Monday August 24

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

Tuesday August 25

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

Wednesday August 26

9:30-10 Flexible Fitness
10:00 Coffee:
“Smithsonian’s
National Museum of
Natural History”
1-1:30 Chair Chi
3:00 Broadway Theatre
“Into the Woods”

Thursday August 27

9:00-9:30 Chair Dance
1-1:30 Hands in Motion
7:00 Entertainment
“Alexander Malofeev
S. Rachmaninoff
Piano Concerto No. 2”

Friday August 28

9:30-10 Sit and Fit
10:00 Coffee:
“Wonders of the National
Parks: A Geology of
North America”
1-1:30 Chair Chi
7:00 Movie:
“Frozen”
(2013, Rated PG)
1hr, 42 min.

Saturday August 29

7:00 Movie
“Behind Enemy Lines”
(2001, Rated PG-13)
1hr, 45 min.

Sunday August 30

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

**** 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****

HAPPY BIRTHDAY!!

Aug. 25th Lydia Buehrer
Aug. 26th Pauline Allen
Aug. 28th Richard Baley
Aug. 30th James Bavester

