



MARTIN HEALTH CARE ACTIVITIES FROM: September 14—September 20



Monday September 14

8:30 Room Visits-1:1's
 10:00 Fun Fact about Animals
 Exercise to follow
 -C/D in Hallways
 11:00 Exercise— 5200 Hallways
 1:00 Vegetable Garden Trivia
 & Exercise to Follow
 -5100 in Hallways
 3:00 Bingo-5100 in Hallways
 4:15 Cleaning & Feeding the Birds

Tuesday September 15

9:00 Vegetable Garden Trivia
 & Exercise to Follow
 -C/D in Hallways
 10:00 This was the Year....1959
 & Exercise to Follow
 -5100 in Hallways
 10:30 [Catholic Services](#)
[Channel 88 on your TV](#)
 11:00 Exercise-5200 in Hallways
 12:30 Popcorn—All Floors
 1:00 Manicures
 -5100 in Hallways
 3:00 Unusual Town Names in Illinois
 -5100 in Hallways
 3:00 I.S.U. Music Therapy
 - 5200 In Room
 4:00 Memory Makers
 -In Hallways—Manicures

Wednesday September 16

9:00 Learning about You
 & Exercise to Follow
 -C/D in Hallways

10:00 Protein Food Trivia
 -5100 in Hallways
 11:00 Exercise-5200 in Hallways
 1:00 Fun Fact about Animals
 -5100 in Hallways
 3:00 Bingo—5200 in Hallways
 4:15 Cleaning & Feeding the Birds

Thursday September 17

8:30 Room Visits-1:1's
 10:00 This was the Year....1959
 & Exercise to Follow
 - C/D in Hallways
 11:00 Exercise-5100 in Hallways
 1:00 Manicures
 -5200 in Hallways
 3:00 I.S.U. Music Therapy
 -5100 In Room
 3:00 Learning about You
 -5200 in Hallways
 4:00 Memory Makers
 -In Hallways -Manicures

Friday September 18

9:00 Protein Food Trivia
 & Exercise to Follow
 -C/D in Hallways
 10:00 Learning about You
 Exercise to follow
 - 5100 in Hallways
 11:00 Exercise—5200 in Hallways
 1:00 Root Beer Floats - All Floors
 3:00 Bingo
 -5100 in Hallways
 4:00 Cleaning & Feeding the Birds

Saturday September 19

8:30 Room Visits- 1:1's
 9:30 Manicures— C/D in Hallways
 & Exercise to Follow
 - C/D in Hallways
 11:00 Exercise— 5200 in Hallways
 1:30 Fun Facts about Washington D.C.
 Exercise to Follow
 -5100 in Hallways
 3:00 Bingo - C/D in Hallways

Sunday September 20

8:30 Daily Room Checks
 9:00 Coffee Trivia
 & Exercise to Follow
 -C/D in Hallways
 10:00 Exercise to Follow
 -5100 in Hallways
 10:00 [Live Streaming of](#)
[2nd Presbyterian](#)
[Church Service](#)
[Channel 88 on your TV](#)
 11:00 Exercise— 5200 in Hallways
 1:00 Sundae Sunday —All Floors
 2:30 Bingo
 -5200 in Hallways
 3:30 [Vespers](#)
[Channel 88 on your TV](#)
 4:00 Memory Makers
 -In Hallways-Manicures

**ALL ACTIVITIES WILL BE BY
RESIDENT DOOR IN HALLWAYS**



Monday September 14

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

Thursday September 17

9:00-9:30 Chair Dance
1-1:30 Hands in Motion
7:00 Entertainment
“Driveway Dingaling”
Bloomington-Normal
Community Bells directed
By Sue Miller

Sunday September 20

9:00 Live Streaming of
Calvary United Methodist
Church Service
10:00 Live Streaming of
2nd Presbyterian
Church Service
3:30 Vespers Service
Rabbi Rebecca Dubowe
Moses Montefiore Temple

Tuesday September 15

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

Friday September 18

9:30-10 Sit and Fit
10:00 Coffee:
Community Players:
“The Show Must Go On”
1-1:30 Chair Chi
7:00 Movie:
“Dumbo”
(2019, Rated PG)
1hr, 52 min.

** 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**

Wednesday September 16

9:30-10 Flexible Fitness
10:00 Coffee:
Smithsonian’s National
Museum of Natural History:
“What Meteorites Can Tell
Us about the Solar System”
with Geologist
Cari Corrigan
1-1:30 Chair Chi
3:00 Broadway Theatre
“The Music Man”

Saturday September 19

7:00 Movie
“The Mule”
(2018, Rated R)
1hr, 56 min.