

MARTIN HEALTH CARE ACTIVITIES FROM: September 21—September 27

Monday September 21

8:30 Room Visits-1:1's
 10:00 You Be The Judge
 Exercise to follow
 -C/D in Hallways
 11:00 Exercise— 5200 Hallways
 1:00 You Be The Judge
 & Exercise to Follow
 -5100 in Hallways
 3:00 Bingo-5100 in Hallways
 4:15 Cleaning & Feeding the Birds

Tuesday September 22

9:00 All About Me
 & Exercise to Follow
 -C/D in Hallways
 10:00 Cost of Cars-Never 2 Late
 & 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 All About Me Crossword
 -5100 in Hallways
 3:00 I.S.U. Music Therapy
 - 5200 In Room
 4:00 Memory Makers
 -In Hallways—Manicures

Wednesday September 23

9:00 Fun Facts about Washington D.C
 & Exercise to Follow
 -C/D in Hallways

10:00 Protein Food Trivia Never 2 Late
 -5100 in Hallways
 11:00 Exercise-5200 in Hallways
 1:00 Fun Fact about Animals
 -5100 in Hallways
 3:00 Bingo—C/D in Hallways
 4:15 Cleaning & Feeding the Birds

Thursday September 24

8:30 Room Visits-1:1's
 10:00 Youthful Memories
 & 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 You Be The Judge
 -5200 in Hallways
 4:00 Memory Makers
 -In Hallways -Manicures

Friday September 25

9:00 Trivia—Toys-Never 2 Late
 & 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 26

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 What the Dickens? Crossword
 Exercise to Follow
 -5100 in Hallways
 3:00 Bingo - C/D in Hallways

Sunday September 27

8:30 Daily Room Checks
 9:00 Trivia— Food-Never 2 Late
 & Exercise to Follow
 -C/D in Hallways
 10:00 Twister Trivia
 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 21

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

Tuesday September 22

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

Wednesday September 23

9:30-10 Flexible Fitness
10:00 Coffee:
Wonders of the National Park:
Shenandoah: The Collison Of Old Continents and the Great Smoky Mountains
And the Hot Springs
1-1:30 Chair Chi
3:00 Broadway Theatre
“Fiddler on the Roof”

Thursday September 24

9:00-9:30 Chair Dance
1-1:30 Hands in Motion
7:00 Entertainment
Western Illinois University College of Fine Arts & Communication & School Of Music present
“Considering Matthew Shepard”

Friday September 25

9:30-10 Sit and Fit
10:00 Coffee:
“The Carol Burnett Show”
1-1:30 Chair Chi
7:00 Movie:
“RBG”
(2018, Rated PG)
1hr, 37 min.

Saturday September 26

9-9:30 Flexible Fitness
7:00 Movie
“The Breakfast Club”
(1985, Rated R)
1hr, 32 min.

Sunday September 27

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 Renfro
WV Chaplain

**** 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****
