



MARTIN HEALTH CARE ACTIVITIES FROM: September 28 – October 4



Monday September 28

8:30 Room Visits-1:1's
 10:00 Have A Ball Crossword
 Exercise to follow
 -C/D in Hallways
 11:00 Exercise— 5200 Hallways
 1:00 Joggin' Your Noggin
 & Exercise to Follow
 -5100 in Hallways
 3:00 Bingo-5100 in Hallways
 4:15 Cleaning & Feeding the Birds

Tuesday September 29

9:00 Joggin' Your Noggin
 & Exercise to Follow
 -C/D in Hallways
 10:00 Have A Ball Crossword
 & 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 Follow the Money Crossword
 -5100 in Hallways
 3:00 I.S.U. Music Therapy
 - 5200 In Room
 4:00 Memory Makers
 -In Hallways—Manicures

Wednesday September 30

9:00 Trivia Fun
 & Exercise to Follow
 -C/D in Hallways

10:00 Word Games
 -5100 in Hallways
 11:00 Exercise-5200 in Hallways
 1:00 Word Games
 -5200 in Hallways
 3:00 Bingo—C/D in Hallways
 4:15 Cleaning & Feeding the Birds

Thursday October 1

8:30 Room Visits-1:1's
 10:00 Memorable Events 1920-1970
 & 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 Have A Ball Crossword
 -5200 in Hallways
 4:00 Memory Makers
 -In Hallways -Manicures

Friday October 2

9:00 Coloring
 & Exercise to Follow
 -C/D in Hallways
 10:00 Memorable Events 1920-1970
 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 October 3

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 Coloring
 Exercise to Follow
 -5100 in Hallways
 3:00 Bingo - C/D in Hallways

Sunday October 4

8:30 Daily Room Checks
 9:00 The Year.....
 & Exercise to Follow
 -C/D in Hallways
 10:00 Joggin' Your Noggin
 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 28

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

Thursday October 1

9:00-9:30 Chair Dance
 1-1:30 Hands in Motion
 7:00 Entertainment:
 Illinois Symphony Orchestra
 Around the Town Series:
 "String Quartet"

Sunday October 4

9:00 Live Streaming of
 Calvary United Methodist
 Church Service
 10:00 Live Streaming of
 2nd Presbyterian
 Church Service
 3:30 Vespers Service
 Rev. Dr. Forrest Krummel
 First Federated Church

Tuesday September 29

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

Friday October 2

9:30-10 Sit and Fit
 10:00 Coffee:
 Mornings with the Professors
 Zoom Event! WV residents
 Richard and Charline Watts
 "Mister Rogers for Grownups:
 Welcome to His
 Neighborhood"
 1-1:30 Chair Chi
 7:00 Movie:
 "The Princess Bride"
 (1987, Rated PG)
 1hr, 38min.

**** 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.**

Wednesday September 30

9:30-10 Flexible Fitness
 10:00 Coffee:
 McLean County Museum
 of History: "Segregation:
 Our Community's Secret"
 by Mark Wyman
 WV resident
 1-1:30 Chair Chi
 3:00 Broadway Theatre
 "Gypsy"

Saturday October 3

9-9:30 Flexible Fitness
 7:00 Movie:
 "Midway"
 (2019, Rated PG-13)
 2 hr, 18 min
