



# MARTIN HEALTH CARE ACTIVITIES FROM: September 7—September 13



## LABOR DAY Monday September 7

- 8:30 Daily Room Checks & 1:1's
- 10:00 Labor Day Trivia  
& Exercise to Follow  
-C/D Dining rm.
- 11:00 Exercise— 5200 South Living rm
- 1:00 Labor Day Trivia  
& Exercise to Follow  
-5100 North Living Rm.
- 3:00 Bingo— 5100 South Dining Rm.
- 4:15 Cleaning & Feeding the Birds

## Tuesday September 8

- 8:30 Daily Room Checks
- 9:00 Hangman  
& Exercise to Follow  
-C/D Dining rm.
- 10:00 This was the Year...1959  
& 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 Movie Memories  
- 5200 North Dining Rm.
- 4:00 Memory Makers  
-5100 North Dining Rm.

## Wednesday September 9

- 8:30 Daily Room Checks
- 10:00 Coffee Trivia  
& Exercise to Follow  
-C/D Dining rm.
- 11:00 Exercise—5200 South Dining Rm.
- 1:00 Family Feud  
-1st/North Living Rm.
- 3:00 Bingo—5200 North Dining rm
- 4:15 Cleaning & Feeding the Birds

## Thursday September 10

- 8:30 Daily Room Checks & 1:1's
- 10:00 Humor Page  
& Exercise to Follow  
- C/D Dining rm.
- 11:00 Exercise—1st/North Living Rm
- 1:00 Manicures—5200 North Liv. Rm
- 3:00 You Be The Judge  
-1st/South Living Rm
- 3:00 You Be The Judge  
- 5200 North Living Rm.
- 4:00 Memory Makers  
-5100 North Dining Rm.

## Friday September 11

- 8:30 Daily Room Checks
- 9:00 American Short Story Day  
& Exercise to Follow  
-C/D Dining rm.
- 10:00 Patriot Day  
& Exercise to Follow  
- 1st/South Dining rm.
- 11:00 Exercise—5200 South Dining Rm.
- 1:00 Root Beer Floats - All Floors
- 2:30 Reminiscing— Never 2 Late  
-1st/North Living Rm

## 4:00 Saturday September 12 Cleaning & Feeding the Birds

- 8:30 Daily Room Checks & 1:1's
- 9:30 Manicures— C/D Halls in Din. Rm  
& Exercise to Follow  
- C/D Dining Room
- 11:00 Exercise— 5200 South Living Rm.
- 1:00 International Chocolate Day  
(Sept. 13th)  
-1st/North Living Rm.
- 3:00 Bingo - C/D Hallways

## Sunday September 13

### GRANDPARENTS DAY

- 8:30 Daily Room Checks
- 9:00 The History of Grandparents Day  
& Exercise to Follow  
-C/D Dining Room
- 10:00 The History of Grandparents Day  
& Exercise to Follow  
-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 Canopy Fun  
-1st/North Living Rm.
- 3:30 **Vespers**  
**Channel 88 on your TV**
- 4:00 Memory Makers  
-5100 North Dining Rm.



**Monday September 7**

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

**Tuesday September 8**

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

**Wednesday September 9**

9:30-10 Flexible Fitness  
 10:00 Coffee:  
 "The gift of adversity:  
 Turning Adversity  
 into Opportunity" by  
 Marcus Aurelius Anderson  
 1-1:30 Chair Chi  
 3:00 Broadway Theatre  
 "Les Miserable"

**Thursday September 10**

9:00-9:30 Chair Dance  
 1-1:30 Hands in Motion  
 7:00 Entertainment  
 "Battle of Swing-  
 Benny Goodman  
 vs. Glenn Miller"

**Friday September 11**

9:30-10 Sit and Fit  
 10:00 Coffee:  
 "Virtual visit through the  
 9/11 Memorial &  
 Museum in New York"  
 1-1:30 Chair Chi  
 7:00 Movie:  
 "The More the Merrier"  
 (1943, Not Rated )  
 1hr, 44 min.

**Saturday September 12**

9:30-10 Chair Chi  
 7:00 Movie  
 "Life as we Know It"  
 (2010, Rated PG-13)  
 1hr, 55 min.

**Sunday September 13**

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

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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!!**

**Dennis Powell 9/07**

