



MARTIN HEALTH CARE ACTIVITIES FROM: November 2—November 8



Monday November 2

8:30 Room Visits-1:1's
 10:00 Wobble Gobble Walk/Ride
 Exercise to follow—C/D
 11:00 Exercise— 5200
 1:00 Traveling to.....- Never 2 Late
 & Exercise to Follow –5100
 3:00 Bingo-5100
 4:15 Cleaning & Feeding the Birds

Tuesday November 3

9:00 Joggin' Your Noggin I
 & Exercise to Follow
 -C/D
 10:00 Wobble Gobble Walk/Ride
 & Exercise to Follow
 -5100
 10:30 Catholic Services
 Channel 88 on your TV
 11:00 Exercise-5200
 12:30 Popcorn—All Floors
 1:00 Manicures –5100
 3:00 Memorable Events 1920-1970
 -5100
 3:00 I.S.U. Music Therapy
 - 5200
 4:00 Memory Makers
 —Manicures

Wednesday November 4

9:00 Lets Learn About You
 & Exercise to Follow
 -C/D
 10:00 Senior Trivia
 & Exercise to Follow –5100

11:00 Exercise-5200
 1:00 Reminiscing -Never 2 Late-5100
 3:00 Bingo—C/D
 4:15 Cleaning & Feeding the Birds

Thursday November 5

8:30 Room Visits-1:1's
 10:00 Reminiscing Never 2 Late
 & Exercise to Follow –C/D
 11:00 Exercise-5100
 1:00 Manicures—5200
 3:00 I.S.U. Music Therapy
 -5100
 3:00 Wobble Gobble Walk/Ride
 -5200
 4:00 Memory Makers
 - Music

Friday November 6

9:00 Brain Games
 & Exercise to Follow
 -C/D
 10:00 Senior Trivia
 Exercise to follow
 - 5100
 11:00 Exercise—5200
 1:00 Root Beer Floats—All Floors
 3:00 Bingo-5100
 4:15 Cleaning & Feeding the Birds

Saturday November 7

8:30 Room Visits- 1:1's
 9:00 Manicures
 & Exercise to Follow—C/D
 11:00 Exercise— 5200
 1:30 Traveling to
 & Exercise to Follow-5100
 3:00 Bingo - C/D

Sunday November 8

9:00 It Was the Year....Never 2 Late
 & Exercise to Follow
 -C/D
 10:00 Family Feud Never 2 Late
 & Exercise to Follow
 -5100
 10:00 Live Streaming of
 2nd Presbyterian
 Church Service
 Channel 88 on your TV
 11:00 Exercise— 5200
 1:00 Sundae Sunday —All Floors
 2:30 Bingo-5200
 3:30 Vespers
 Channel 88 on your TV
 4:00 Memory Makers
 -Aromatherapy

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



Monday November 2

9:30-10 Flexible Fitness
10:00 First Presbyterian Service
11:30 Flexible Fitness
1-3:30 Hands in Motion
3:30 St. John's Service

Tuesday November 3

9:30-10 Sit and Fit
10:30 Catholic Service
11:30 Sit and Fit
2:00 Wesley United Methodist Service
3:00 Broadway Theatre "If I Forget" Replay

Wednesday November 4

9:30 Flexible Fitness
10:00 Coffee: Willpower: Rediscovering the Greatest Human Strength
11:30 Flexible Fitness
1-1:30 Chair Chi
2:00 Broadway Theatre "The Prince and the Pauper"

Thursday November 5

9:00-9:30 Chair Dance
10:00 Short Story
11:30 Chair Dance
1-1:30 Hands in Motion
7:00 Entertainment

Carnegie Hall Opening Night of the 130th Anniversary Season: A Virtual Gala Celebration

Friday November 6

9:30 Sit and Fit
10:00 Coffee: Zoom Event Mornings with the Professors Kevin Ahlgrim, ISU Associate Professor And Chair, Dept. of Finance, Insurance and Law: "Insurtech: A Disturbance in the Force"
11:30 Sit and Fit
1-1:30 Chair Chi
7:00 Movie: "Little Women" (2019, Rated PG) 2hr, 15 min.

Saturday November 7

9-9:30 Chair Dance
1:00 Coffee: Willpower: Rediscovering the Greatest Human Strength
7:00 Movie "Saving Mr. Banks" (2013, Rated PG-13) 2hr, 5 min

Sunday November 8

9:00 Live Streaming of Calvary United Methodist Church Service
10:30 Live Streaming of 2nd Presbyterian Church Service
3:00 Gerald Wolfe's Gospel Music Hymn Sing
3:30 Vespers Service Rev. B. Elliott Renfroe 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.**

**** Check Channel 3 for Movie descriptions ****