



**MARTIN HEALTH CARE ACTIVITIES FROM: October 26—November 1**



**Monday October 26**

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

**Tuesday October 27**

9:00 Joggin' Your Noggin I  
 & Exercise to Follow  
 -C/D  
 10:00 Joggin' Your Noggin II  
 & 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 October 28**

9:00 Follow the Money-Crossword  
 & Exercise to Follow  
 -C/D  
 10:00 Season 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 October 29**

**8:30 General Election Voting-MHC**

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 Halloween Trivia  
 -5200  
 4:00 Memory Makers  
 - Music

**Friday October 30**

9:00 Halloween Trivia  
 & Exercise to Follow  
 -C/D  
 10:00 What Do They Have in Common?  
 Exercise to follow  
 - 5100  
 11:00 Exercise—5200  
 1:30 Halloween Costume Walk  
 Through the Hallways  
 & Refreshments  
 3:00 Bingo-5100  
 4:15 Cleaning & Feeding the Birds

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

**Saturday October 31**

**HAPPY HALLOWEEN!**  
 8:30 Room Visits- 1:1's  
 9:00 Manicures  
 & Exercise to Follow—C/D  
 11:00 Exercise— 5200  
 1:30 Halloween Trivia  
 & Exercise to Follow-5100  
 3:00 Halloween Bingo - C/D

**Sunday November 1**

**FALL BACK!  
 DAYLIGHT SAVING TIME  
 Time to Turn Those Clocks Back!**  
 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



**TUNE TO CHANNEL 88 ON YOUR TV FOR MORE ACTIVITIES: October 26—November 1**



**Monday October 26**

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

**Thursday October 29**

9:00-9:30 Chair Dance  
1-1:30 Hands in Motion  
7:00 Entertainment  
National Symphony  
Orchestra: String Quartet  
Featuring works by  
Beethoven, Haydn,  
Shchedrin and More!

**Saturday October 31**

9-930 Flexible Fitness  
7:00 Movie  
"Dunkirk"  
(2017, Rated PG-13)  
1hr, 47 min

**Tuesday October 27**

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

**Friday October 30**

9:30 Sit and Fit  
10:00 Coffee:  
Zoom Event  
Mornings with the  
Professors Laurie Bergner,  
Photographer,  
KodaRoamers Camera  
Club "Our Big, Beautiful,  
Fascination World: A  
Cultural Photographic  
Exploration"  
1-1:30 Chair Chi  
7:00 Movie:  
"Brian's Song"  
(1971, Rated G)  
1hr, 13 min.

**Sunday November 1**

9:00 Live Streaming of  
Calvary United Methodist  
Church Service  
10:30 Live Streaming of  
2nd Presbyterian  
Church Service  
3:30 Vespers Service  
Rev. B. Elliott Renfro  
WV Chaplain

**Wednesday October 28**

9:30 Flexible Fitness  
10:00 Coffee:  
The Red Skelton Show  
"Halloween Show"  
1-1:30 Chair Chi  
3:00 Broadway Theatre  
"If I Forget"

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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.**

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