



# MARTIN HEALTH CARE ACTIVITIES FROM: October 5—October 11



## Monday October 5

8:30 Daily Room Checks & 1:1's

\* Reaching out to Family/Friends by Face Time, Skype, Phone Calls – C/D Residents

3:00 Bingo—5100

4:15 Cleaning & Feeding the Birds

## Tuesday October 6

8:30 Daily Room Checks

\* Reaching out to Family/Friends by Face Time, Skype, Phone Calls—5100 Residents

10:30 Catholic Services  
Channel 88 on your TV

11:00 Exercise—C/D

1:00 Popcorn—All Floors

2:00 Manicures— 5100

4:00 Exercise— 5200

## Wednesday October 7

8:30 Daily Room Checks

\* Reaching out to Family/Friends by Face Time, Skype, Phone Calls—5200 Residents

1:30 Exercise—5100

3:00 Bingo—5200 Halls

4:15 Cleaning & Feeding the Birds

## Thursday October 8

8:30 Daily Room Checks & 1:1's

\* Reaching out to Family/Friends by Face Time, Skype, Phone Calls - C/D Residents

11:00 Exercise—5100

1:00 Manicures—5200

4:00 Exercise—C/D

## Friday October 9

8:30 Daily Room Checks

\* Reaching out to Family/Friends by Face Time, Skype, Phone Calls - 5100 Residents

11:00 Exercise—5200

1:00 Root Beer Floats - All Floors

4:00 Cleaning & Feeding the Birds

## Saturday October 10

8:30 Daily Room Checks & 1:1's

\* Reaching out to Family/Friends by Face Time, Skype, Phone Calls—5200 Residents

11:00 Exercise—5100

1:00 Manicures—C/D

3:00 Bingo - C/D

## Sunday October 11

8:30 Daily Room Checks

\* Reaching out to Family/Friends by FaceTime, Skype, Phone Calls – C/D Residents

10:00 Live Streaming of 2nd Presbyterian Church Service  
Channel 88 on your TV

1:00 Sundae Sunday —All Floors

2:30 Exercise—C/D

3:30 Vespers  
Channel 88 on your TV  
Rev. B. Elliott Renfroe  
WV Chaplain

3:30 Exercise—5200

\*Channel 67 TBN Christian Services

\*Channel 65 EWTN Catholic Services

**\*ALL ACTIVITIES ARE DONE AT  
RESIDENT DOORWAYS  
\*IN ROOM CROSSWORD, SEEK  
& FIND SHEETS WILL BE PAST  
OUT TO RESIDENTS WHO  
WOULD LIKE THEM**



**TUNE TO CHANNEL 88 ON YOUR TV FOR MORE ACTIVITIES: October 5—October 11**



**Monday October 5**

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

**Tuesday October 6**

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

**Wednesday October 7**

9:30-10 Flexible Fitness  
 10:00 Coffee: Virtual Evergreen Cemetery Walk  
 1-1:30 Chair Chi  
 3:00 Broadway Theatre "She Loves Me"

**Thursday October 8**

9:00-9:30 Chair Dance  
 1-1:30 Hands in Motion  
 7:00 Entertainment  
 Bloomington Center for Performing Arts:  
 Fall Virtual Concert Series:  
 Dan Hubbard

**Friday October 9**

9:00 Sit and Fit  
 9:30 Coffee:  
 Mornings with the Professor of History  
 "For the Motherland! For Stalin! For Russia! - World War II in Soviet Experience And Russian Memory"  
 1-1:30 Chair Chi  
 7:00 Movie:  
 "Max"  
 (2015, Rated PG)  
 1hr, 51 min.

**Saturday October 10**

9-9:30 Flexible Fitness  
 7:00 Movie  
 "The King's Speech"  
 (2010, Rated R)  
 1hr, 59min.

**Sunday October 11**

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

**HAPPY BIRTHDAY!!**

**CAROLYN HOFBAUER 10/9**

**KAY KJELDGAARD 10/9**

