



MARTIN HEALTH CARE ACTIVITIES FROM: November 16-November 22



Monday November 16

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

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

11:00 Exercise—5200

3:00 Bingo—5100

4:15 Cleaning & Feeding the Birds

Tuesday November 17

8:30 Daily Room Checks

* Reaching out to Family/Friends by Face Time, Skype, Phone Calls—5200 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 November 18

8:30 Daily Room Checks

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

1:30 Exercise—5100

3:00 Bingo—5200 Halls

4:15 Cleaning & Feeding the Birds

Thursday November 19

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

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

11:00 Exercise—5100

1:00 Manicures—5200

4:00 Exercise—C/D

Friday November 20

8:30 Daily Room Checks

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

11:00 Exercise—5100

2:15 Root Beer Floats - All Floors

4:15 Cleaning & Feeding the Birds

Saturday November 21

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—C/D

3:00 Bingo - C/D

Sunday November 22

8:30 Daily Room Checks

* Reaching out to Family/Friends by FaceTime, Skype, Phone Calls – 5100 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

3:30 Exercise—5200

*Channel 67 TBN Christian Services

*Channel 65 EWTN Catholic Services

***ALL ACTIVITIES ARE DONE BY
RESIDENT DOORWAYS***



Monday November 16

9:30-10 Flexible Fitness
 10:00 First Presbyterian Service
 1-1:30 Hands in Motion
 3:30 St. John's Service
 7:00 Prayer Vigil for Peace & Unity

Thursday November 19

9:00-9:30 Chair Dance
 1-1:30 Hands in Motion
 7:00 Entertainment
 East Central Illinois Youth Orchestra Concert
 Winter Concert

Sunday November 22

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

Tuesday November 17

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

Friday November 20

9:00 Sit and Fit
 9:30 Coffee:
 HealthPro Heritage:
 "Managing Incontinence"
 1-1:30 Chair Chi
 7:00 Movie:
 "Finding Nemo"
 (2003, Rated PG)
 1hr, 40 min.

HAPPY BIRTHDAY!!

Mary McKinney 11/19

Alice Lartz 11/21

Wednesday November 18

9:30-10 Flexible Fitness
 10:00 Coffee:
 Rivers of Life: Niles, Amazon, and Mississippi
 1-1:30 Chair Chi
 2:00 Broadway Theatre
 "Summer Stock"

Saturday November 21

9-9:30 Flexible Fitness
 1:00 Coffee:
 Veterans Day Ceremony (replay)
 7:00 Movie
 "The 15:17 to Paris"
 (2018, Rated PG-13)
 1hr, 34min.

