



MARTIN HEALTH CARE ACTIVITIES FROM: January 11-January 17



Monday January 11

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

- 8:30 Daily Room Checks & 1:1's
- 9:30 Flexible Fitness- Channel 88
- 10:00 First Presbyterian Service - Channel 88
- 1:00 Hands in Motion– Channel 88
- 1:30 Bible study -Channel 88
- 2:00 Bingo Live —Channel 88
- 3:00 Chair Yoga– Channel 88
- 3:30 St. John's Service– Channel 88
- 4:00 Cleaning & Feeding the Birds -5100

Tuesday January 12

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

- 8:30 Daily Room Checks
- 9:30 Sit and Fit—Channel 88
- 10:30 **Catholic Services -Channel 88**
- 1:00 Popcorn—All Floors
- 1:00 Manicures— 5100
- 1:00 PBS DVD: "Sinatra: All or Nothing At All" Part 3– Channel 88
- 2:00 Wesley United Methodist Service -Channel 88
- 3:00 Shadow Boxing –Channel 88

Wednesday January 13

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

- 8:30 Daily Room Checks
- 9:30 Flexible Fitness– Channel 88
- 10:00 Coffee: National Museum of Natural History: "An Evening with Scott Edwards, Bicycling and Birding Across America" – Channel 88
- 12:00 Wellness Wednesday– Channel 88
- 1:00 Chair Chi –Channel 88
- 2:00 Broadway Theatre "Moby Dick" - Channel 88
- 4:00 Cleaning & Feeding the Birds - 5100

Thursday January 14

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

- 8:30 Daily Room Checks & 1:1's
- 9:00 Chair Dance– Channel 88
- 10:00 Short Stories—Channel 88
- 1:00 Manicures—5200
- 1:00 Hands in Motion– Channel 88
- 2:00 Reel Rundown "Our Planet: Jungles" -Channel 88
- 7:00 Entertainment Piping Up: Organ Concerts At Temple Square– Channel 88

Friday January 15

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

- 8:30 Daily Room Checks
- 9:30 Sit and Fit– Channel 88

- 10:00 Coffee, DVD "The Wonders of national Parks" - Channel 88
- 1:00 Root Beer Floats —All Floors
- 1:00 Chair Chi– Channel 88
- 2:00 Bingo Live! -Channel 88
- 7:00 Movie -"Homeward Bound" -Channel 88

Saturday January 16

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

- 8:30 Daily Room Checks & 1:1's
- 9:00 Hands in Motion– Channel 88
- 1:00 Coffee: "An Evening with Scott Edwards, Bicycling and Birding Across America" -Channel 88
- 1:00 Manicures—C/D
- 7:00 Movie "Mulan"-Channel 88

Sunday January 17

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

- 8:30 Daily Room Checks
- 9:00 Live Streaming of Calvary United Methodist -Channel 88
- 10:30 Live Streaming of 2nd Presbyterian Church Service -Channel 88
- 1:00 Sundae Sunday —All Floors
- 3:30 **Vespers –Channel 88**
Rev. Scott Moore Jacob's Well Church



TUNE TO CHANNEL 88 ON YOUR TV FOR MORE ACTIVITIES: January 11—January 17



<u>Monday</u>	<u>January 11</u>	<u>Thursday</u>	<u>January 14</u>	<u>Sunday</u>	<u>January 17</u>
9:30	Flexible Fitness	9:00	Chair Dance	9:00	Live Streaming of Calvary United Methodist Church Service
10:00	First Presbyterian Service	10:00	Short Story		
11:30	Flexible Fitness	11:30	Chair Dance		Live Streaming of 2nd Presbyterian Church Service
1:00	Hands in Motion	1:00	Hands in Motion	10:30	
1:30	Bible Study	2:00	Reel Rundown: "Our Planet: Jungles"		Vespers Rev. Scott Moore Jacob's Well Community Church
2:00	Bingo Live!	7:00	Entertainment: Piping Up: Organ Concerts At Temple Square	3:30	
3:00	Chair Yoga				
3:30	St. John's Service				
<u>Tuesday</u>	<u>January 12</u>	<u>Friday</u>	<u>January 15</u>		
9:30-10	Sit and Fit	9:30	Sit and Fit		
10:30	Catholic Service	10:00	Coffee, DVD "The wonders of National Parks"		
11:30	Sit and Fit				
1:00	PBS DVD- "Sinatra: All or Nothing at All" Part 3	11:30	Sit and Fit		
2:00	Wesley United Methodist Service	1:00	Chair Chi		
3:00	Shadow Boxing	2:00	Bingo Live!		
		7:00	Movie: "Homeward Bound"		
<u>Wednesday</u>	<u>January 13</u>	<u>Saturday</u>	<u>January 16</u>		
9:30	Flexible Fitness	9:00	Shadow Boxing		
10:00	Coffee: National Museum of Natural History: "An Evening with Scott Edwards, Bicycling and Birding Across America"	1:00	Coffee: National Museum of Natural History: "An Evening with Scott Edwards, Bicycling and Birding Across America"		
11:30	Flexible Fitness	7:00	Movie "Mulan"		
12:00	Wellness Wednesday				
1:00	Chair Chi				
2:00	Broadway Theatre "Moby Dick"				