



# MARTIN HEALTH CARE ACTIVITIES: April 5 – April 11



## Monday April 5

- 8:30 Room Visits-1:1's
- 10:00 Matching Garden & Exercise to Follow – 5200 North Living Rm.
- 11:00 Exercise–C/D Dining Rm.
- 1:00 Matching Seasons & Exercise to Follow - 5100 Garden Court
- 3:00 Bingo-5100 South Din. Rm.
- 4:15 Cleaning & Feeding the Birds -5100 East Sitting Rm.

## Tuesday April 6

- 9:00 Tell me a Joke & Exercise to Follow -5100 North Living Rm.
- 10:00 Men's Items Trivia & Exercise to Follow -5200 South Living Rm.
- 10:30 [Catholic Services](#)  
[Channel 88 on your TV](#)
- 11:00 Exercise-C/D Dining Rm.
- 12:30 Popcorn—All Floors
- 1:00 Manicures –5100 West Seating Rm.
- 3:00 Wellness w/Leah -5100 South Living Rm.
- 3:00 I.S.U. Music Therapy - 5100 Family room
- 4:00 Memory Makers —Manicures/Outdoors

## Wednesday April 7

- 9:00 Reminiscing & Exercise to Follow—5200 North Living Rm
- 10:00 Tic Tac Toe & Exercise to follow -5100 South Dining Rm.

- 11:00 Exercise-C/D Dining Rm.
- 1:00 Want to be a Millionaire -5200 South Dining Rm.
- 2:30 I.S.U Music Therapy
- 4:15 Cleaning & Feeding the Birds -5100 East Sitting Rm.

## Thursday April 8

- 8:30 Room Visits-1:1's
- 10:00 Senior Trivia & Exercise to Follow –5100 South Living Rm.
- 11:00 Exercise-C/D Dining Rm.
- 1:00 Manicures —5200 East Seating Rm.
- 2:30 I.S.U. Music Therapy - Family room 5100
- 3:00 Wellness w/Leah -5200 South Living Rm.
- 4:00 Memory Makers - Music-Outdoors

## Friday April 9

- 9:00 Funny Babies Videos & Exercise to follow - 5100 North Living Rm.
- 10:00 Funny Babies Videos & Exercise to follow - 5200 North Living Rm.
- 11:00 Exercise -C/D Dining Rm
- 1:00 Root Beer Floats—All Floors
- 2:30 I.S.U Music Therapy
- 4:15 Cleaning & Feeding the Birds -5100 East Sitting Rm.

## Saturday April 10

- 8:30 Room Visits- 1:1's
- 10:00 Exercise & Manicures to follow —C/D Dining Rm.
- 11:00 Exercise– 5200 South Living Rm.

- 1:00 Joggin your Noggin I & Exercise to Follow -5100 North Dining Rm.
- 2:00 Outside on the Balconies -5200 hallways
- 3:00 Bingo -5200 South Dining Rm.
- 4:15 Memory Makers 5100 Garden Court Aromatherapy

## Sunday April 11

- 9:00 Remember your First Car & Exercise to Follow -5200 North Living Rm.
- 10:00 The cost back then..... & Exercise to Follow -5100 South Living Rm.
- 10:00 [Live Streaming of 2nd Presbyterian Church Service](#)  
[Channel 88 on your TV](#)
- 11:00 Exercise -C/D Dining Rm.
- 1:00 Sundae Sunday —All Floors
- 2:30 Outside Garden Court -5100 hallways
- 3:30 [Vespers](#)  
[Channel 88 on your TV](#)
- 4:00 Memory Makers - 5200 Balcony Aromatherapy

**ACTIVITIES WILL BE OUTSIDE WHEN WEATHER PERMITTS!**

**\*\* PLEASE WEAR YOUR FACE MASK TO ALL ACTIVITIES\*\***



**TUNE TO CHANNEL 88 ON YOUR TV FOR MORE ACTIVITIES: April 5 – April 11**



**Monday April 5**

9:30 Flexible Fitness  
10:00 First Presbyterian Service  
11:30 Flexible Fitness  
1:00 Hands in Motion  
2:00 Bingo Live!  
3:00 Chair Yoga  
3:30 St. John's Service

**Tuesday April 6**

9:30 Sit and Fit  
10:30 Catholic Service  
11:30 Sit and Fit  
2:00 Wesley United Methodist Service  
3:00 Shadow Boxing

**Wednesday April 7**

9:30 Flexible Fitness  
10:00 Coffee:  
"NOVA: Dead Sea Scroll  
Detectives"  
11:30 Flexible Fitness  
12:00 Wellness Wednesday  
1:00 Chair Chi  
2:00 Broadway Theatre  
"Allegiance"

**Thursday April 8**

9:00 Chair Dance  
1:00 Hands in Motion  
7:00 Entertainment  
"Coast to Coast with  
National Youth Orchestra"

**Friday April 9**

9:30 Sit and Fit  
10:00 Mornings with the  
Professors John Freed,  
Distinguished Prof.  
Emeritus of History, ISU  
"Martin Luther: Saint or  
Sinner?"  
11:30 Sit and Fit  
1:00 Chair Chi  
7:00 Movie:  
"Driving Miss Daisy"  
(1989, Rated PG)  
1hr, 39 min.

**Saturday April 10**

9:00 Chair Chi  
1:00 Coffee  
"NOVA: Dead Sea Scroll  
Detectives"  
7:00 Movie  
"Knives Out"  
(2019, Rated PG-13)  
2hr, 10 min.

**Sunday April 11**

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

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**\*\* For visits with MHC  
Residents please contact:  
Miya Williams at (309)319-2539**

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