



MARTIN HEALTH CARE ACTIVITIES: April 19 – April 25



Monday April 19

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

Tuesday April 20

9:00 Earth Day Humor & Slide Show
 & Exercise to Follow
 -5100 North Living Rm.
 10:00 Earth Day Humor & Slide Show
 & 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 Memory Makers
 —Manicures/Music
 1:30 Manicures
 –5100 West Seating Rm.
 3:00 Wellness w/Leah
 -5100 North Living Rm.
 3:00 I.S.U. Music Therapy
 - 5100 Family room
 4:00 Manicures
 -5100 East Seating Rm.

Wednesday April 21

9:45 Resident Council-MPR Rm.
 1:30 Outside on the Balcony
 -5200 South Dining Rm.
 3:00 Bingo– 5200 North Dining Rm.

4:15 Cleaning & Feeding the Birds
 -5100 East Sitting Rm.

Thursday EARTH DAY April 22

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

Friday April 23

8:30-11:30 Green Team Recycle Event -WMV Social Center

9:00 Making Bird Seed Ornaments &
 Exercise to follow
 - 5100 North Living Rm.
 10:00 Making Bird Seed Ornaments&
 Exercise to follow
 - 5200 North Living Rm.
 11:00 Exercise -C/D Dining Rm
 1:00 Root Beer Floats—All Floors
 2:30 Art & Craft-Corn Husk Dolls
 –5200 North Dining Rm.
 4:15 Cleaning & Feeding the Birds
 -5100 East Sitting Rm.

Saturday April 24

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 Memory Makers-5100
 1:30 Art & Craft- Corn Husk Dolls
 & Exercise to follow-5100
 3:00 Bingo
 -5200 South Dining Rm.
 4:15 Outside on the Balconies
 -5200 hallways

Sunday April 25

9:00 Musical Balloons
 & Exercise to Follow
 -5200 North Living Rm.
 10:00 Musical Balloons
 & 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 Memory Makers- 5200
 1:30 Sundae Sunday —All Floors
 3:00 Reminiscing
 -Outside Garden Court
 -5100 hallways
 3:30 [Vespers](#)
[Channel 88 on your TV](#)
 4:00 Memory Makers- 5200

**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 19—April 25



Monday April 19

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 20

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 21

9:30 Flexible Fitness
10:00 Coffee:
"A Plastic Ocean"
11:30 Flexible Fitness
12:00 Wellness Wednesday
1:00 Chair Chi
2:00 Broadway Theatre
"Peter Brook: The Tightrope"

Thursday April 22

9:00 Chair Dance
1:00 Hands in Motion
7:00 Entertainment
"Illuminati Vocal Arts Ensemble: A Passion for The Planet"

Friday April 23

9:30 Sit and Fit
10:00 Mornings with the Professors April Schultz Professor of History , IWU "Cruising Around the Historical Bloc: Origins & Social Meaning of Rock-n-Roll"
11:30 Sit and Fit
1:00 Chair Chi
7:00 Movie:
"Rango"
(2011, Rated PG)
1hr, 47 min.

Saturday April 24

9:00 Chair Yoga
1:00 Coffee
"A Plastic Ocean"
7:00 Movie
"The Soloist"
(2009, Rated PG-13)
1hr, 49 min.

Sunday April 25

9:00 Live Streaming of Calvary United Methodist Church Service
10:30 Live Streaming of 2nd Presbyterian Church Service
3:30 Vespers Service
Minister Erik Slingerland
Westley UMC, Bloomington

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

** Check Channel 3 for
Movie descriptions **