



# MARTIN HEALTH CARE ACTIVITIES: April 26—May 2



| <u>Monday</u>  | <u>April 26</u>  | <u>Wednesday</u> | <u>April 28</u>   | <u>Saturday</u>  | <u>May 1</u>  |
|----------------|--|------------------|---|--|---|
| 8:30           | Room Visits-1:1's  | 9:00             | Susie's Cooking Show/Kids   | <b><u>MAY DAY &amp; KENTUCKY DERBY DAY!</u></b>              |   |
| 10:00          | Art & Craft –Butterfly's<br>– 5200 North Dining Rm.                        |                  | & Exercise to follow<br>-5100 South Living Rm.                                | 8:30   | Room Visits- 1:1's  |
| 11:00          | Exercise–C/D Dining Rm.  | 10:00            | Susie's Cooking Show/Kids   | 10:00  | Exercise & Manicures to follow<br>–C/D Dining Rm.   |
| 1:00           | Getting to know you Neighbor<br>& Exercise<br>- Garden Court 5100          |                  | & Exercise to follow-5200 ND  | 11:00  | Exercise– 5200 South Living Rm.   |
| 3:00           | Bingo-5100 South Dining Rm.  | 1:30             | Making Peach Cobbler In a Mug<br>-5100 South Dining Rm.                       | 1:00   | Memory Makers-5100  |
| 4:15           | Cleaning & Feeding the Birds<br>-5100 East Sitting Rm.                     | 3:00             | Bingo– 5200 North Dining Rm.  | 1:30   | How do Horses earn a spot in the<br>Kentucky Derby & Trivia<br>& Exercise to follow-5100 ND |
|                |  | 4:15             | Cleaning & Feeding the Birds<br>-5100 East Sitting Rm.                        | 3:00   | Bingo<br>-5200 South Dining Rm.   |
| <u>Tuesday</u> | <u>April 27</u>  | <u>Thursday</u>  | <u>April 29</u>   | 4:00   | Outside on the Balcony<br>May Day- Flowers -Talk-5200                                       |
| 9:00           | Transitions Trivia 50's<br>& Exercise to follow<br>-5100 North Living Rm.  | 8:30             | Room Visits-1:1's   | 5:50   | Kentucky Derby Race on NBC  |
| 10:00          | Broadway- Sound of Music<br>& Exercise to Follow<br>-5200 South Living Rm. | 10:00            | Favorite Dances of the 1940's<br>Exercise to Follow<br>–5100 South Living Rm. | <u>Sunday</u>  | <u>May 2</u>  |
| 10:30          | Catholic Services<br>Channel 88 on your TV                                 | 11:00            | Exercise-C/D Dining Rm.   | 9:00   | Post Card Week<br>& Exercise to Follow<br>-5200 North Living Rm.                            |
| 11:00          | Exercise-C/D Dining Rm.  | 1:00             | Memory Makers- Music/Bubbles  | 10:00  | Making Peach Cobble In A Mug<br>& Exercise to Follow<br>-5200 South Living Rm.              |
| 12:30          | Popcorn—All Floors   | 1:30             | Manicures<br>—5200 East Seating Rm.   | 10:00  | Live Streaming of<br>2nd Presbyterian<br>Church Service<br>Channel 88 on your TV            |
| 1:00           | Memory Makers<br>—Manicures/Music/Outdoors                                 | 3:00             | Wellness w/Leah<br>-5200 North Living Rm.                                     | 11:00  | Exercise -C/D Dining Rm.  |
| 1:30           | Manicures<br>–5100 West Seating Rm.  | 3:45             | Art & Craft-Corn Husk Dolls<br>—5200 North Dining Rm.                         | 1:00   | Memory Makers- 5200   |
| 3:00           | Wellness w/Leah<br>-5100 North Living Rm.                                  | <u>Friday</u>    | <u>April 30</u>   | 1:30   | Sundae Sunday —All Floors   |
| 3:00           | I.S.U. Music Therapy<br>- 5100 Family room                                 | 9:45             | Arbor Day Tree Planting<br>Ceremony & Exercise to follow<br>- MPR room        | 3:00   | Reminiscing - Garden Court  |
| 4:00           | Manicures<br>-5100 East Seating Rm.  | 1:00             | Root Beer Floats—All Floors   | 3:30   | Vespers<br>Channel 88 on your TV  |
|                |  | 2:30             | Art & Craft-Corn Husk Dolls<br>–5100 South Dining Rm.                         | <b>ACTIVITIES WILL BE OUTSIDE<br/>WHEN WEATHER PERMITTS!</b> |   |
|                |  | 4:15             | Cleaning & Feeding the Birds<br>-5100 East Sitting Rm.                        | <b>** PLEASE WEAR YOUR FACE<br/>MASK TO ALL ACTIVITIES**</b> |   |



**TUNE TO CHANNEL 88 ON YOUR TV FOR MORE ACTIVITIES: April 26—May 2**



**Monday April 26**

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

**Thursday April 29**

9:00 Chair Dance  
1:00 Hands in Motion  
7:00 Entertainment  
"Illinois Symphony  
Orchestra Around the  
Town: Souvenir de  
Florence"

**Sunday May 2**

9:00 Live Streaming of  
Calvary United Methodist  
Church Service  
10:30 Live Streaming of  
2nd Presbyterian  
Church Service  
3:30 Vespers Service  
Rev. Trey Haddon  
2nd Presbyterian, BL

**Tuesday April 27**

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

**Friday April 30**

9:30 Sit and Fit  
10:00 Coffee  
"The Butchant Garden"  
11:30 Sit and Fit  
1:00 Chair Chi  
7:00 Movie:  
"Mr. Smith Goes to  
Washington"  
(1939, Not Rated )  
2hr, 9 min.

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\*\* For visits with MHC  
Residents please contact:  
Miya Williams at (309)319-2539  
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**Wednesday April 28**

9:30 Flexible Fitness  
10:00 Coffee:  
"Yellowstone Battle for Life"  
11:30 Flexible Fitness  
12:00 Wellness Wednesday  
1:00 Chair Chi  
2:00 Broadway Theatre  
"Brigadoon"

**Saturday May 1**

9:00 Hands in Motion  
1:00 Coffee  
"Yellowstone Battle for Life"  
7:00 Movie  
"The High Note"  
(2020, Rated PG-13)  
1hr, 53 min.

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