



MARTIN HEALTH CARE ACTIVITIES: May 17—May 23



<u>Monday</u>	<u>May 17</u>	<u>Wednesday</u>	<u>May 19</u>	<u>Saturday</u>	<u>May 22</u>
8:30	Room Visits-1:1's	9:00	Classic Hollywood Crossword & Exercise to follow -5200 North Living Rm.	8:30	Room Visits- 1:1's
10:00	Decorating Salt Dough Heart Ornaments from last week -5200 North Living Rm.	10:00	Caribbean Travel (Not Just Bingo) -5100 South Living Rm.	10:00	Manicures —C/D Hallways in Rooms
11:00	Exercise—5200 South Din. Rm.	11:00	Exercise —5200 South Living Rm.	11:00	Exercise— 5100 North Living Rm.
1:00	Decorating Salt Dough Heart Ornaments from last week & Exercise to follow - 5100 South Living Rm.	1:00	Popcorn Wednesday-All Floors	1:00	Memory Makers— 5100
3:00	Bingo -5100 North Dining Rm.	2:00	Resident Council -MPR Room	1:30	Citrus Tea Towel (Art & Craft) -5100 South Dining Rm.
4:15	Cleaning & Feeding the Birds -5100 East Sitting Rm.	4:15	Cleaning & Feeding the Birds -5100 East Sitting Rm.	3:00	Bingo -5200 South Dining Rm.
		5:00	Family Connect-MPR Rm.	4:00	Outside on the Balconies-5200
<u>Tuesday</u>	<u>May 18</u>	<u>Thursday</u>	<u>May 20</u>	<u>Sunday</u>	<u>May 23</u>
9:00	Lucille Ball Comedy Shows -5200 North Living Rm.	8:30	Room Visits-1:1's	9:00	Devotional & Exercise to Follow — 5200 West Balcony
10:00	Lucille Ball Comedy Shows & Exercise to Follow — 5100 North Dining Rm.	10:00	Citrus Tea Towel (Art & Craft) - 5200 North Dining Rm.	10:00	Devotional & Exercise to Follow -5100 South Living Rm.
10:30	Catholic Services Channel 88 on your TV	11:00	Exercise— 5100 North Living Rm.	10:30	Live Streaming of 2nd Presbyterian Church Service Channel 88 on your TV
11:00	Exercise-5200 North Living Rm.	1:00	Memory Makers— 5100 & 5200	11:00	Memory Makers 5200
1:00	Memory Makers 5100 & 5200 Manicures/Music	1:30	Manicures -5200 West & East Seating Rooms	1:00	Sundae Sunday —All Floors
1:30	Manicures —5100 West & East Seating Rooms	3:00	Wellness w/Leah -5200 North Living Rm.	2:30	Listening To Your Favorite Music - Garden Court
3:00	Wellness w/Leah -5100 North Living Rm.	4:00	Manicures -5200 West & East Seating Rooms	3:30	Vespers Channel 88 on your TV
3:00	Bean Bags - 5200 North Dining Rm.	<u>Friday</u>	<u>May 21</u>		
4:00	Manicures -5100 West & East Seating Rooms	9:00	Reminiscing about Family -5200 East Balcony		
		10:00	Reminiscing about Family & Exercise to follow -5100 North Living Rm		
		11:00	Exercise— 5200 North Living Rm		
		1:00	Root Beer Floats—All Floors		
		2:30	Bean Bags —Garden Court		
		4:15	Cleaning & Feeding the Birds -5100 East Sitting Rm.		

**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: May 17—May 23



Monday May 17

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

Thursday May 20

9:00 Chair Dance
1:00 Hands in Motion
7:00 Entertainment
"Arizona State Student
Recital: Percussion"

Sunday May 23

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

Tuesday May 18

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 May 21

9:30 Sit and Fit
10:00 Coffee
"Oregon Reveal: Coastal
Wonder"
11:30 Sit and Fit
1:00 Chair Chi
7:00 Movie:
"A Night in Casablanca"
(1946, Rated NR)
1hr, 25 min.

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

Wednesday May 19

9:30 Flexible Fitness
10:00 Coffee:
"The Lucy Show: Lucy
Decides to Redecorate"
11:30 Flexible Fitness
1:00 Chair Chi
2:00 Broadway Theatre
"Fiddler on the Roof"

Saturday May 22

9:00 Flexible Fitness
1:00 Coffee:
"The Lucy Show: Lucy
Decides to Redecorate"
7:00 Movie
"Ad Astra"
(2019, Rated PG-13)
2hr, 2 min.

** Check Channel 3 for
Movie descriptions **