



# MARTIN HEALTH CARE ACTIVITIES: May 3—May 9



## Monday May 3

8:30 Room Visits-1:1's  
 10:00 Crossword— Flowers  
 – 5200 North Dining Rm.  
 11:00 Exercise—C/D Dining Rm.  
 1:00 Discussion Starters  
 & Exercise  
 - Garden Court 5100  
 3:00 Bingo-5100 North Dining Rm.  
 4:15 Cleaning & Feeding the Birds  
 -5100 East Sitting Rm.

## Tuesday May 4

9:00 Google Earth  
 & Exercise to follow  
 -5100 North Living Rm.  
 10:00 Broadway— My Fair Lady  
 & Exercise to Follow  
 -5200 South Living Rm.  
 10:30 [Catholic Services](#)  
[Channel 88 on your TV](#)  
 11:00 Exercise-C/D Dining Rm.  
 1:00 Memory Makers  
 5100 & 5200 Manicures/Music  
 1:30 Manicures  
 –5100 West Seating Rm.  
 3:00 Wellness w/Leah  
 -5100 South Living Rm.  
 3:00 Bingo  
 - 5200 North Living Rm.  
 4:00 Manicures  
 -5100 East Seating Rm.

## Wednesday May 5

### CINCO DE MAYO DAY!

9:00 Cinco de Mayo Trivia  
 & Exercise to follow

-5100 South Living Rm.  
 10:00 Cinco de Mayo Trivia  
 & Exercise to follow-5200 ND  
 1:00 Cinco de Mayo History &  
 Conchas and Jarritos  
 (Mexican sweet bread and soda)  
 -5100 North Dining Rm.  
 3:00 Loteria (Mexican Bingo)  
 – 5200 North Dining Rm.  
 4:15 Cleaning & Feeding the Birds  
 -5100 East Sitting Rm.

## Thursday May 6

8:30 Room Visits-1:1's  
 10:00 Signing Cards  
 Exercise to Follow  
 –5100 South Living Rm.  
 11:00 Exercise-C/D Dining Rm.  
 1:00 Memory Makers— 5100 & 5200  
 1:30 Manicures  
 —5200 East Seating Rm.  
 3:00 Wellness w/Leah  
 -5200 South Living Rm.  
 3:00 Traveling to Scotland  
 -5100 North Dining Rm.  
 4:00 Manicures-5200 West Seating

## Friday May 7

9:00 Signing Cards & Exercise  
 -5200 South Living Rm.  
 10:00 Crosswords— Flowers  
 -5100 North Living Rm  
 11:00 Exercise— C/D Dining Rm  
 1:00 Root Beer Floats—All Floors  
 2:30 Art & Craft  
 –5100 South Dining Rm.  
 4:15 Cleaning & Feeding the Birds  
 -5100 East Sitting Rm.

## Saturday May 8

8:30 Room Visits- 1:1's  
 10:00 Manicures—C/D Hallways  
 11:00 Exercise— 5200 South Living Rm.  
 1:00 Memory Makers-5100  
 1:30 Exercise & Reminiscing  
 -Garden Court  
 3:00 Bingo  
 -5200 South Dining Rm.  
 4:00 Outside on the Balconies-5200

## Sunday May 9

### HAPPY MOTHER'S DAY!

9:00 Stem Roses and Cards Delivered  
 To all of the Mother's  
 "Happy Mother's Day"  
 10:00 Mother's Day History & Trivia  
 & Exercise to Follow  
 -5200 South Living Rm.  
 10:30 [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  
 2:30 Mother's Day Humor & Trivia  
 - Garden Court  
 3:30 [Vespers-Mother's Day Message](#)  
[Channel 88 on your TV](#)

**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 3—May 9**



**Monday May 3**

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

**Tuesday May 4**

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 May 5**

9:30 Flexible Fitness  
10:00 Coffee:  
Bob Bradley, Professor Emeritus, Politics & Gov't, ISU Zoom: "Reflection on Biden's First 100 Days in Office"  
11:30 Flexible Fitness  
12:00 Wellness Wednesday  
1:00 Chair Chi  
2:00 Broadway Theatre "Far from the Madding Crowd"

**Thursday May 6**

9:00 Chair Dance  
1:00 Hands in Motion  
7:00 Entertainment "Carnegie Hall: Daniil Trifonov"

**Friday May 7**

9:30 Sit and Fit  
10:00 Coffee "Victor Borge Comedy and Music"  
11:30 Sit and Fit  
1:00 Chair Chi  
7:00 Movie: "Cat on a Hot Tin Roof" (1958, Not Rated ) 1hr, 48 min.

**Saturday May 8**

9:00 Chair Chi  
1:00 Coffee:  
Bob Bradley, Professor Emeritus, Politics & Gov't, ISU Zoom: "Reflection on Biden's First 100 Days in Office"  
7:00 Movie "Ad Astra" (2019, Rated PG-13) 2hr, 2 min.

**Sunday May 9**

**HAPPY MOTHER'S DAY!**  
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

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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 \*\***