



MARTIN HEALTH CARE ACTIVITIES: June 14—June 20



Celebrating Stars & Stripes Week

Monday **FLAG DAY** June 14

- 8:30 Room Visits-1:1's
- 9:00 Pledge of Allegiance, Music & Snacks & Exercise to follow
-5200 East Balcony (Outside)
- 10:00 Pledge of Allegiance, Music & Snacks & Exercise to follow
- 5100 Garden Court
- 11:00 Passing Mail
- 1:00 Spring Humor— in2l
-5200 North Living Rm.
- 3:00 Red, White & Blue Bingo
-5100 North Dining Rm.
- 4:15 Cleaning & Feeding the Birds
-5100 East Sitting Rm.

Tuesday June 15

- 9:00 Flag Facts about the American Flag & Exercise to Follow
-5200 West outside Balcony
- 10:00 Flag Facts about the American Flag & Exercise to Follow
- 5100 Garden Court
- 10:30 **Catholic Services**
Channel 88 on your TV
- 11:00 Passing Mail
- 1:00 Memory Makers
-5100 & 5200 (Outside) Manicures
- 1:30 Manicures
-5100 Garden Court Tables
- 3:00 Bean Bags
-5100 Garden Court
- 4:00 Manicures
-5100 Garden Court Tables

Wednesday June 16

- 9:45 **RESIDENT COUNCIL –MPR RM.**
- 11:00 Passing Mail
- 1:00 Popcorn Wednesday-All Floors
- 2:30 **SOCIAL HOUR**
-5100 South Dining Rm.
- 4:15 Cleaning & Feeding the Birds
-5100 East Sitting Rm.

Thursday June 17

- 8:30 Room Visits-1:1's
- 9:00 Making Red, White & Blue Necklaces & Exercise to Follow
- 5200 North Dining Rm.
- 10:00 Spring Humor & Exercise to follow
-5100 Garden Court
- 11:00 Passing Mail
- 1:00 Memory Makers— 5100 & 5200
- 1:30 Manicures
-5200 (Outside) West Balcony
- 3:00 Wellness w/Leah
-5200 North Living Rm.
- 3:00 Manicures
- 5200 Manicures East Balcony

Friday June 18

- 9:00 Learning About Periodical Cicadas & Exercise to Follow
-5200 West Balcony
- 10:00 Learning About Periodical Cicadas & Exercise to Follow
-5100 Garden Court
- 11:00 Passing Mail
- 1:00 Root Beer Floats—All Floors
- 2:30 Bean Bags – 5100 Garden Court
- 4:15 Cleaning & Feeding the Birds
-5100 East Sitting Rm.

Saturday June 19

- 8:30 Room Visits- 1:1's
- 10:00 Manicures
—C/D Hallways in Rooms
- 11:00 Passing Mail
- 1:00 Memory Makers— 5100
- 1:30 Making Red, White & Blue Necklaces & Exercise to follow
-5100 North Dining Rm.
- 3:00 Red, White & Blue Bingo
-5200 South Dining Rm.
- 4:00 Reminiscing: How did you Celebrate Patriotic Holidays?
-Outside on the East Balcony-5200

Sunday **FATHER'S DAY** June 20

- 9:00 **Father's Day Devotional & Exercise to Follow**
- 5200 West Balcony
- 10:00 **Father's Day Devotional & Exercise to Follow**
-Garden Court
- 10:30 **Live Streaming of 2nd Presbyterian Church Service**
Channel 88 on your TV
- 11:00 Memory Makers—5200
- 1:00 Sundae Sunday —All Floors
- 2:30 Reminiscing: How did you Celebrate Patriotic Holidays?
- 5100 Garden Court
- 3:30 **Handing out Peanuts to all our Father's— All Floors**
- 3:30 **Vespers**
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: June 14—June 20



Monday June 14

9:30 Flexible Fitness
 10:00 First Presbyterian Service
11:30 ALL RESIDENT MEETING
 3:00 Chair Yoga
 3:30 St. John's Service

Tuesday June 15

9:30 Sit and Fit
 10:30 Catholic Service
 11:30 Sit and Fit
12:00 ALL RESIDENT MEETING
 2:00 Wesley United Methodist Service
 3:00 Shadow Boxing

Wednesday June 16

9:30 Flexible Fitness
 12:00 Wellness Wednesday

Thursday June 17

9:00 Chair Dance
 1:00 Hands in Motion
 7:00 Entertainment
 Western Illinois University Music Faculty Chamber Series

Friday June 18

9:30 Sit and Fit
 1:00 Chair Chi
 7:00 Movie:
 "The Parent Trap"
 (1961, Rated G)
 3hr, 30 min.

Saturday June 19

9:00 Hands in Motion
 7:00 Movie
 "1917"
 (2019, Rated R)
 1hr, 59 min.

Sunday June 20

9:00 Live Streaming of Calvary United Methodist Church Service
 10:30 Live Streaming of 2nd Presbyterian Church Service
 3:30 Vespers Service
 Rev. Andrew Gifford
 St. Luke Union Church, BL

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

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

HAPPY BIRTHDAY!!

DOROTHY SALLEE 6/20

