



MARTIN HEALTH CARE ACTIVITIES: June 21—June 27



Celebrating Summer Break Week!

Monday June 21

- 8:30 Room Visits-1:1's
- 9:00 Making your own Origami Yacht & Exercise to follow
-5200 South Dining Rm.
- 10:00 Making your own Origami Yacht & Exercise to follow
- 5100 South Dining Rm.
- 11:00 Passing Mail
- 1:00 Reminiscing: Family Summer Vacations
-5200 West Balcony (Outside)
- 3:00 Bingo
-5100 North Dining Rm.
- 4:15 Cleaning & Feeding the Birds
-5100 East Sitting Rm.

Tuesday June 22

- 9:00 Making Kool Aid Marshmallow Pops & Exercise to Follow
-5200 South Dining Rm.
- 10:00 Making Kool Aid Marshmallow Pops & Exercise to Follow
- 5100 South Dining Rm.
- 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 Wellness w/Leah-Garden Court
- 3:00 Bean Bags
-5200 North Living Rm.
- 4:00 Manicures
-5100 Garden Court Tables

Wednesday June 23

- 9:00 Making Fruit Kabob Stands
-5200 South Dining Rm.
- 10:00 Making Fruit Kabob Stands
-5100 South Dining Rm.
- 11:00 Passing Mail
- 1:00 Popcorn Wednesday-All Floors
- 2:30 **HAPPY HOUR**
-5200 South Dining Rm.
- 4:15 Cleaning & Feeding the Birds
-5100 East Sitting Rm.

Thursday June 24

- 8:30 Room Visits-1:1's
- 9:00 Making Rainbow Swirl Tie Dye Shirts -5200 North Dining Rm.
- 10:00 Making Rainbow Swirl Tie Dye Shirts- 5100 South Dining Rm.
- 11:00 Passing Mail
- 1:00 Memory Makers- 5100 & 5200
- 1:30 Manicures- 5200 West Seating Rm. & 5200 East Seating Rm.
- 3:00 Wellness w/Leah
-5200 North Living Rm.
- 3:00 Exercise & Summer Trivia
-5100 South Living Rm.

Friday June 25

- 9:45 **RESIDENT COUNCIL -MPR ROOM**
- 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 26

- 8:30 Room Visits- 1:1's
- 10:00 Manicures
—C/D Hallways in Rooms
- 11:00 Passing Mail
- 12:30 Memory Makers- 5100
- 1:15 Going Fishing in the pool & Exercise to follow
-5100 Garden Court
- 2:30 Bingo
-5200 South Dining Rm.
- 3:45 Reminiscing: How did you Celebrate Patriotic Holidays?
-5200 Outside on the East Balcony

Sunday June 27

- 9:00 Devotional & Exercise to Follow
- 5200 West Balcony
- 10:00 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
- 2:00 Reminiscing: Family Summer Vacations- 5100 Garden Court
- 3:30 **Vespers- MPR ROOM**

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 21—June 27



Monday June 21

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

Tuesday June 22

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

Wednesday June 23

9:30 Flexible Fitness
10:00 Coffee
"Carnegie Hall Opening Night of the 130th Anniversary Season: A Virtual Gala Celebration"
12:00 Wellness Wednesday

Thursday June 24

9:00 Chair Dance
1:00 Hands in Motion
7:00 Digital Premier— Quartet For the End of Time

Friday June 25

9:30 Sit and Fit
10:00 Coffee
"The Manhattan Project Electronic Field Trip"
Chair Chi
7:00 Movie:
"Toy Story 4"
(2019, Rated G)
1hr, 40 min.

Saturday June 26

9:00 Chair Chi
7:00 Movie
"Silver Linings Playbook"
(2012, Rated R)
2hr, 2min.

Sunday June 27

9:00 Live Streaming of Calvary United Methodist Church Service
10:30 Live Streaming of 2nd Presbyterian Church Service

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

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