



MARTIN HEALTH CARE ACTIVITIES: June 7—June 13



CELEBRATING OCEAN WEEK!

Monday June 7

- 8:30 Room Visits-1:1's
- 10:00 Name that Ocean Animal & Exercise to follow
-5200 East Balcony (Outside)
- 11:00 Passing Mail
- 1:00 Name that Ocean Animal & Exercise to follow
- 5100 Garden Court
- 3:00 Ocean Bingo
-5100 North Dining Rm.
- 4:15 Cleaning & Feeding the Birds
-5100 East Sitting Rm.

Tuesday June 8

- 9:00 Seahorse Art & Exercise to Follow
-5200 South Dining Rm.
- 10:00 Seahorse Art & Exercise to Follow
- 5100 North Dining Rm.
- 10:30 **Catholic Services**
Channel 88 on your TV
- 11:00 Passing Mail
- 12:00 **ALL RESIDENT MEETING - CHANNEL 88**
- 1:00 Memory Makers
-5100 & 5200 (Outside) Manicures
- 1:30 Manicures
-5100 Garden Court Tables
- 3:00 Wellness w/Leah
-5100 Garden Court
- 3:00 Bean Bags
- 5200 West Balcony (Outside)
- 4:00 Manicures
-5100 Garden Court Tables
- 4:00 **ALL RESIDENT MEETING - CHANNEL 88**

Wednesday

- 9:00 Lets go Ocean Fishing & Exercise to follow
-5200 East Balcony (Outside)
- 10:00 Lets go Ocean Fishing & Exercise to follow
-Garden Court
- 10:30 **ALL RESIDENT MEETING - CHANNEL 88**
- 11:00 Passing Mail
- 1:00 Popcorn Wednesday-Garden Court
- 3:00 Ocean Bingo
-5100 South Dining Rm.
- 4:15 Cleaning & Feeding the Birds
-5100 East Sitting Rm.

Thursday June 10

- 8:30 Room Visits-1:1's
- 10:00 Making Sand Jars & Exercise to Follow
- 5200 North Dining Rm.
- 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 Swimming With Sharks
- 5100 South Living Rm.

Friday June 11

- 9:00 Ocean Facts & Exercise to Follow
-5200 West Balcony
- 10:00 Ocean Facts & 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.

June 9 Saturday

- 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 Sand Jars & Exercise to follow
-5100 North Dining Rm.
- 3:00 Ocean Bingo
-5200 South Dining Rm.
- 4:00 Have you ever been to the Ocean?
-Outside on the East Balcony-5200

Sunday June 13

- 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
- 2:30 Have you ever been to the Ocean?
- 5100 Garden Court
- 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 7—June 13



Monday June 7

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

Friday June 11

9:30 Sit and Fit
1:00 Chair Chi
7:00 Movie:
"Christmas in July"
(1940, Not Rated)
1hr, 8 min.

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

Tuesday June 8

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
4:00 All Resident Meeting

Saturday June 12

9:00 Shadow Boxing
7:00 Movie
"Sully"
(2016, Rated PG-13)
1hr, 36 min.

** Check Channel 3 for
Movie descriptions **

HAPPY BIRTHDAY!!

Wednesday June 9

9:30 Flexible Fitness
10:30 All Resident Meeting
12:00 Wellness Wednesday
2:00 Broadway Theatre
"Fiddler on the Roof"

Sunday June 13

9:00 Live Streaming of
Calvary United Methodist
Church Service
10:30 Live Streaming of
2nd Presbyterian
Church Service
3:00 Hymn Sing
3:30 Vespers Service

HOWARD REED 6/12



Thursday June 10

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