



# MARTIN HEALTH CARE ACTIVITIES: July 19 – July 25



## Monday July 19

- 8:30 Room Visits-1:1's
- 9:00 Exercise & Discussion Starters  
-IN2L  
-5200 East Balcony
- 10:00 Exercise & Discussion Starters  
-IN2L  
- 5100 Garden Court
- 11:00 Passing Mail
- 1:15 How to draw a Giraffe  
Step by Step-IN2L  
-5200 North Dining Rm.
- 3:00 Bingo– 5100 South Dining Rm.
- 4:15 Cleaning & Feeding the Birds  
-5100 East Sitting Rm.

## Tuesday July 20

### **NATIONAL MOON DAY!**

- 9:00 Exercise & Stages of the Moon  
& Eating a Moon Pie-IN2L  
-5200 South Dining Rm.
- 10:00 Exercise & Stages of the Moon  
& Eating a Moon Pie-IN2L  
- 5100 North Dining Rm.
- 10:30 Catholic Services  
Channel 88 on your TV
- 11:00 Passing Mail
- 12:15 July Birthday Luncheon  
The Hearth, WMV
- 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 July 21

### **ZOOKEEPER WEEK!**

- 9:00 Exercise & Virtual Animals-IN2L  
-5200 North Dining Rm.
- 10:00 Exercise & Virtual Animals-IN2L  
-5100 South Dining Rm.
- 11:00 Passing Mail
- 1:00 Popcorn Wednesday-All Floors
- 2:30 **HAPPY HOUR**  
-5200 North Dining Room
- 4:15 Cleaning & Feeding the Birds  
-5100 East Sitting Rm.

## Thursday July 22

- 8:30 Room Visits-1:1's
- 9:00 Exercise & How to draw a Loin  
Step by Step-IN2L  
-5200 South Dining Rm.
- 10:00 Exercise & How to draw a Loin  
Step by Step-IN2L  
-5100 South Dining Rm.
- 11:00 Passing Mail
- 1:00 Memory Makers– 5100 & 5200
- 1:30 Manicures–5200 West Sitting Area  
5200 East Sitting Area
- 3:00 Wellness w/Leah  
-5200 South Living Rm.
- 3:00 Discussion Starters-IN2L  
- 5100 Garden Court

## Friday July 23

- 9:00 Exercise &  
Listening to Music– Sing-a-Long  
-5200 East Balcony outside
- 10:00 Exercise &  
Listening to Music– Sing-a-Long  
-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 July 24

### **NATIONAL WATERMELON MONTH!**

- 8:30 Room Visits- 1:1's
- 10:00 Exercise & Let's enjoy some  
Watermelon!  
-Garden Court 5100
- 11:00 Passing Mail
- 12:30 Memory Makers– 5100
- 1:30 Exercise & Let's enjoy some  
Watermelon!  
-5200 East Balcony-Outside
- 3:00 Bingo  
-5200 South Dining Rm.
- 4:00 Manicures  
-C/D halls in rooms

## Sunday July 25

- 9:00 Devotional– outdoors  
& Exercise to Follow  
– 5200 West Balcony
- 10:00 Devotional– outdoors  
& Exercise to Follow  
-Garden Court
- 10:30 Live Streaming of  
2nd Presbyterian  
Church Service  
Channel 88 on your TV
- 11:00 Memory Makers—5200
- 12:45 Traveling to Mount Sinai, Egypt  
-IN2L-5100 North Living Rm.
- 2:00 Sundae Sunday's– All Floors
- 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: July 19—July 25**



**Monday July 19**

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

**Tuesday July 20**

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

**Wednesday July 21**

9:30 Flexible Fitness  
12:00 Wellness Wednesday  
2:00 Broadway Theatre  
"Merely Marvelous: The Dancing Genius of Gwen Verdon"

**Thursday July 22**

9:00 Chair Dance  
1:00 Hands in Motion  
7:00 Entertainment  
"Jacob Lugo, Percussion"

**Friday July 23**

9:30 Sit and Fit  
1:00 Chair Chi

**Saturday July 24**

9:00 Flexible Fitness  
7:00 Movie  
"They Shall Not Grow Old"  
(2018, Rated R)  
1hr, 39 min.

**Sunday July 25**

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

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\*\*\* For visits with MHC  
Residents please call:  
(309)319-2539\*\*\*  
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\*\* Check Channel 3 for  
Movie descriptions \*\*



**Helen Bennison, July 20**

**Marion Stoops, July 21**

**Walter Kropf, July 24**