



MARTIN HEALTH CARE ACTIVITIES: July 26—August 1



CHRISTMAS IN JULY WEEK:

Monday July 26

- 8:30 Room Visits-1:1's
- 9:00 Exercise & Making Strawberry Santa's
-5100 South Dining Rm.
- 10:00 Exercise & Making Strawberry Santa's
- 5200 South Dining Rm.
- 11:00 Passing Mail
- 1:30 How to draw a Bear Step by Step-IN2L
-5200 North Dining Rm.
- 3:00 Christmas Bingo
- 5100 South Dining Rm.
- 4:15 Cleaning & Feeding the Birds
-5100 East Sitting Rm.

Tuesday July 27

WHEELCHAIR/WALKER BEAUTIFICATION MONTH

- 9:00 Exercise & Wheelchair/Walker Beautification Day
-5100 South Dining Rm.
- 10:00 Exercise & Wheelchair/Walker Beautification Day
- 5200 North 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 Candy Cane Manicures
-5100 Garden Court Tables
- 3:00 Wellness w/Leah—Garden Court
- 3:00 Making Frozen Hot Chocolate
- 5200 North Dining Rm.
- 4:00 Candy Cane Manicures
-5100 Garden Court Tables

Wednesday July 28

- 9:00 Exercise & Making Egg Nog Milkshakes
-5100 North Dining Rm.
- 10:00 Exercise & Making Egg Nog Milkshakes
-5200 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 29

- 8:30 Room Visits-1:1's
- 9:00 Exercise & Making Mini Candy Christmas Trees
-5100 North Dining Rm.
- 10:00 Exercise & Making Mini Candy Christmas Trees
-5200 South Dining Rm.
- 11:00 Passing Mail
- 1:00 Memory Makers— 5100 & 5200
- 1:30 Candy Cane Manicures
-5200 West Sitting Area
5200 East Sitting Area
- 3:00 Wellness w/Leah
-5200 South Living Rm.
- 3:00 Making Frozen Hot Chocolate
- 5100 North Dining Rm.
- 4:00 Candy Cane Manicures
- 5200 Hallways

Friday July 30

- 9:00 Exercise & Listening to Christmas
- Sing-a-Longs
-5100 East Balcony outside
- 10:00 Exercise & Listening to Christmas

- Sing-a-Longs
-5200 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 31

- 8:30 Room Visits- 1:1's
- 10:00 Exercise & Newspaper Snowball Fight
-Garden Court 5100
- 11:00 Passing Mail
- 12:30 Memory Makers-5100
- 1:00 Exercise & Newspaper Snowball Fight— 5200 East Balcony-Outside
- 3:00 Christmas Bingo
- 5200 South Dining Rm.
- 4:00 Candy Cane Manicures
-C/D Halls (In Rooms)

Sunday August 1

- 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 Religious Countries
-IN2L-5100 North Living Rm.
- 2:00 Sundae Sunday's— All Floors
- 3:30 **Vespers— MPR ROOM**

**** PLEASE WEAR YOUR FACE MASK TO ALL ACTIVITIES****



TUNE TO CHANNEL 88 ON YOUR TV FOR MORE ACTIVITIES: July 26—August 1



Monday July 26

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

Tuesday July 27

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

Wednesday July 28

9:30 Flexible Fitness
12:00 Wellness Wednesday
2:00 Broadway Theatre
"Joseph and the Amazing Technicolor Dreamcoat"

Thursday July 29

9:00 Chair Dance
1:00 Hands in Motion
7:00 Entertainment
"Western Illinois University-Senior Recital"

Friday July 30

9:30 Sit and Fit
1:00 Chair Chi

Saturday July 31

9:00 Sit and Fit
7:00 Movie
"West Side Story"
(1961, Rated NR)
2hr, 32min.

Sunday August 1

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 contact:
Miya Williams at (309)319-2539**

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



Pat Caslow , July 30