



# MARTIN HEALTH CARE ACTIVITIES: August 16 – August 22



<b>Monday</b>	<b>August 16</b>	<b>Wednesday</b>	<b>August 18</b>	<b>Saturday</b>	<b>August 21</b>
8:30	Room Visits-1:1's	9:00	Exercise & Listening to Music -5100 Garden Court	8:30	Room Visits- 1:1's
9:00	Exercise & Tell me a Joke-in2l (National Tell A Joke Day) -5100 Garden Court	10:00	Exercise & Listening to Music -5200 East Balcony	10:00	Exercise & Listening to Music -Sing a Long– Outside -C/D Patio off of Dining Rm.
10:00	Exercise & Tell me a Joke-in2l (National Tell A Joke Day) - 5200 East Balcony	11:00	Passing Mail	11:00	Passing Mail
11:00	Passing Mail	1:00	Popcorn Wednesday-All Floors	12:30	Memory Makers-5100
1:00	August Trivia-in2l -5200 North Living Rm.	2:15	<b>HAPPY HOUR</b> -5200 North Dining Room	1:15	Exercise & Listening to Music -Sing a Long – 5100 Garden Court
3:00	Bingo– 5100 South Dining Rm.	4:15	Cleaning & Feeding the Birds -5100 East Sitting Rm.	2:30	Exercise & Bingo to follow – 5200 North Dining Rm.
4:15	Cleaning & Feeding the Birds -5100 East Sitting Rm.	<b>Thursday</b>	<b>August 19</b>	4:00	Manicures– C/D hallways
<b>Tuesday</b>	<b>August 17</b>	8:30	Room Visits-1:1's	<b>Sunday</b>	<b>August 22</b>
9:00	Exercise & Enjoying some Bomb Pops Popsicles -5100 Garden Court	9:00	Exercise & Clowning Around Making Balloon Animals -in2l -5100 Garden Court	8:30	Live Streaming of Calvary United Methodist Church Service Channel 88 on your TV
10:00	Exercise & Enjoying some Bomb Pops Popsicles - 5200 East Balcony	10:00	Exercise & Clowning Around Making Balloon Animals -in2l -5200 East Balcony	9:00	Exercise– outdoors & Devotional to Follow – 5200 East Balcony
10:30	Catholic Services Channel 88 on your TV	11:00	Passing Mail	10:00	Exercise - outdoors & Devotional to Follow - C/D Patio off of Dining Rm.
11:00	Passing Mail	1:00	Memory Makers 5100 & 5200	10:30	Live Streaming of 2nd Presbyterian Church Service Channel 88 on your TV
12:15	Monthly Birthday Luncheon -WMV Hearth Dining Rm.	1:30	Manicures–5200 West Sitting Area 5200 East Sitting Area	11:00	Memory Makers—5200
1:00-2:30	<b>NATIONAL THRIFT DAY</b> The Boutique in the basement Will be OPEN for MHC Residents to come and purchase items!! <b>LET'S GO SHOPPING!!</b>	3:00	Wellness w/Leah -5200 South Living Rm.	12:45	Exercise & Traveling to Religious Areas -IN2L-5100 North Living Rm.
3:00	Wellness w/Leah—Garden Court	<b>Friday</b>	<b>August 20</b>	2:00	Sundae Sunday's– All Floors
4:00	Manicures -5100 Garden Court Tables	9:45	<b>RESIDENT COUNCIL– MPR ROOM</b>	3:30	<b>Vespers– MPR ROOM</b> <b>ACTIVITIES WILL BE OUTSIDE</b> <b>WHEN WEATHER PERMITTS!</b> <b>** PLEASE WEAR YOUR FACE</b> <b>MASK TO ALL ACTIVITIES**</b>
		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.		



**TUNE TO CHANNEL 88 ON YOUR TV FOR MORE ACTIVITIES: August 16— August 22**



**Monday August 16**

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

**Friday August 20**

9:00 Sit and Fit  
1:00 Chair Chi

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\*\*\* For visits with MHC  
Residents please  
Call:(309)319-2539\*\*\*  
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**Tuesday August 17**

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

**Saturday August 21**

9:00 Shadow Boxing

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

**Wednesday August 18**

9:30 Flexible Fitness  
12:00 Wellness Wednesday  
2:00 Broadway Theatre  
"The King and I"

**Sunday August 22**

8:30 Live Streaming of  
Calvary United Methodist  
Church Service  
10:30 Live Streaming of  
2nd Presbyterian  
Church Service

**HAPPY BIRTHDAY!!**

**8/18 Barbara Samp**

**8/19 Dorothy Arseneault**

**8/21 Glen Ludwig**

**Thursday August 19**

9:00 Chair Dance  
1:00 Hands in Motion  
7:00 Entertainment  
"Young at Heartland  
Summer Showcase 2021"

