



MARTIN HEALTH CARE ACTIVITIES: August 9 – August 15



ANIMAL LOVERS' WEEK!

Monday August 9

- 8:30 Room Visits-1:1's
- 9:00 Exercise & Guess the Animal
-5100 Garden Court
- 10:00 Exercise & Guess the Animal
- 5200 East Balcony
- 11:00 Passing Mail
- 1:00 Funny Dog Pictures
-5200 North Living Rm.
- 3:00 Bingo– 5100 South Dining Rm.
- 4:15 Cleaning & Feeding the Birds
-5100 East Sitting Rm.

Tuesday August 10

- 9:00 Exercise & Making Animal
Cracker Ants on a Log
-5100 North Dining Rm.
- 10:00 Exercise & Making Animal
Cracker Ants on a Log
- 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 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 August 11

- 9:00 Exercise & Listening to Music
-5100 Garden Court
- 10:00 Exercise & Listening to Music
-5200 East Balcony

- 10:00 **Bard Nathan-**
“All Resident Meeting”
-Channel 88 on your TV
- 11:00 Passing Mail
- 1:00 Popcorn Wednesday-All Floors
- 2:15 HAPPY HOUR
-5200 North Dining Room
- 3:30 **Bard Nathan-**
“All Resident Meeting”
-Channel 88 on your TV
- 4:15 Cleaning & Feeding the Birds
-5100 East Sitting Rm.

Thursday August 12

- 8:30 Room Visits-1:1's
- 9:00 Exercise & Animal Sounds to
Identify
-5100 Garden Court
- 10:00 Exercise & Animal Sounds to
Identify
-5200 East Balcony
- 11:00 Passing Mail
- 1:00 Memory Makers
- 1:30 Manicures–5200 West Sitting Area
- 3:00 Wellness w/Leah
-5200 South Living Rm.

Friday August 13

- 9:00 Exercise & Making Pipe Cleaner
Animal Pencil Toppers
-5100 North Dining Rm.
- 10:00 Exercise & Making Pipe Cleaner
Animal Pencil Toppers
-5200 North Dining Rm.
- 11:00 Passing Mail
- 1:00 Root Beer Floats—All Floors
- 2:00 **Bard Nathan-**
“All Resident Meeting”
-Channel 88 on your TV
- 2:30 Bean Bags – 5100 Garden Court
- 4:15 Cleaning & Feeding the Birds

-5100 East Sitting Rm.

Saturday August 14

- 8:30 Room Visits- 1:1's
- 10:00 Exercise & Listening to Music
-Sing a Long
-Garden Court 5100
- 11:00 Passing Mail
- 12:30 Memory Makers-5100
- 1:15 Pet Stories– 5200 West Balcony
- 3:00 Bingo– 5200 North Dining Rm.
- 4:00 Manicures– C/D hallways

Sunday August 15

- 8:30 Live Streaming of Calvary
United Methodist
Church Service
Channel 88 on your TV
- 9:00 Exercise– outdoors
& Devotional to Follow
– 5100 Garden Court
- 10:00 Exercise - outdoors
& Devotional to Follow
- 5200 East Balcony
- 10:30 Live Streaming of
2nd Presbyterian
Church Service
Channel 88 on your TV
- 11:00 Memory Makers—5200
- 12:45 Traveling to Religious Areas
-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: August 9—August 15



Monday August 9

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

Friday August 13

9:00 Sit and Fit
1:00 Chair Chi
**2:00 Barb Nathan-
"All Resident Meeting"**

Tuesday August 10

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

Saturday August 14

9:00 Chair Yoga
7:00 Movie
"Dark Waters"
(2019, PG-13)
2 hr, 7 min.

*** For visits with MHC
Residents please
Call:(309)319-2539***

Wednesday August 11

9:30 Flexible Fitness
**10:00 Bard Nathan-
"All Resident Meeting"**
12:00 Wellness Wednesday
2:00 Broadway Theatre
"The Last Five Years"
**3:30 Barb Nathan-
"All Resident Meeting"**

Sunday August 15

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

** Check Channel 3 for
Movie descriptions **

Thursday August 12

9:00 Chair Dance
1:00 Hands in Motion
7:00 Entertainment
"Beethoven 9"