



# MARTIN HEALTH CARE ACTIVITIES: October 4—October 10



<u>Monday</u>	<u>October 4</u>	<u>Thursday</u>	<u>October 7</u>	<u>Sunday</u>	<u>October 10</u>	
8:30	Room Visits-1:1's	8:30	Room Visits-1:1's	8:30	Live Streaming of Calvary United Methodist Church Service Channel 88 on your TV	
9:00	Exercise & What Am I? -5100 North	9:00	Exercise & Finish the Saying -5100 North Living Room	9:00	Exercise & Devotional -5100 South Dining Room	
10:15	Exercise & What Am I? 5200 South	10:15	Exercise & Finish the Saying -5200 South Living Room	10:00	Virtual Catholic Mass -RC1	
11:30	Passing Mail	11:30	Passing Mail	10:00	Exercise & Devotional - C/D Dining Rm.	
1:00	Audience Participation Story -5200 North Living Rm.	1:00	Memory Makers 5100 & 5200	10:30	Live Streaming of 2nd Presbyterian Church Service Channel 88 on your TV	
3:00	Bingo- 5100 South Dining Rm.	1:30	Manicures-5200 North Dining Room	11:00	Memory Makers-5200	
4:15	Cleaning & Feeding the Birds -5100 East Sitting Rm.	3:00	Wellness w/Leah -5200 South Living Rm.	12:45	Exercise & Traveling to Religious Areas -IN2L-5200 North Living Rm.	
		3:00	Reminiscing: One Liners -5100 South	2:00	Sundae Sunday's- All Floors	
<u>Tuesday</u>	<u>October 5</u>	<u>Friday</u>	<u>October 8</u>		3:30	Vespers- MPR ROOM
9:00	Exercise & Pot Luck Quiz -5100 North	9:00	Exercise & October Trivia -5100 North			
10:15	Exercise & Pot Luck Quiz -5200 South	10:15	Exercise & October Trivia -5200 South			
10:30	Catholic Services Channel 88 on your TV	11:30	Passing Mail			
11:30	Passing Mail	1:00	Root Beer Floats-All Floors			
1:00	Memory Makers -5100/5200	2:30	Bean Bags - 5100 Garden Court			
1:30	Manicures-5100 South	4:15	Cleaning & Feeding the Birds -5100 East Sitting Rm.			
3:00	Wellness w/Leah-North					
3:00	Bean Bags -5200 North Dining Room	<u>Saturday</u>	<u>October 9</u>			
4:00	Manicures -5100 Garden Court Tables	8:30	Room Visits- 1:1's			
		10:00	Manicures -C/D Dining Room			
		11:00	Passing Mail			
		12:30	Memory Makers-5100			
		1:15	Exercise & Art & Craft- Painted Tulip- 5100 South			
		3:00	Bingo - 5200 South Dining Rm.			
		4:00	Exercise and Birds Words C/D Dining Room			
<u>Wednesday</u>	<u>October 6</u>					
9:00	Exercise & Games We Played as Kids -5100 North					
10:15	Exercise & Games We Played as Kids -5200 South					
11:30	Passing Mail					
1:00	Popcorn Wednesday-All Floors					
2:00	Happy Hour -5200 North Dining Room					
4:15	Cleaning & Feeding the Birds -5100 East Sitting Rm.					

ACTIVITIES WILL BE OUTSIDE WHEN WEATHER PERMITS!

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



**TUNE TO CHANNEL 88 ON YOUR TV FOR MORE ACTIVITIES: October 4—October 10**



**Monday October 4**

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

**Tuesday October 5**

9:30 Sit and Fit  
10:30 Catholic Service  
1:00 PBS DVD  
"Downton Abbey: Episode 8"  
2:00 Wesley United Methodist  
Service  
3:00 Shadow Boxing

**Wednesday October 6**

9:30 Flexible Fitness  
10:00 Coffee: Amtrak  
California Zephyr Ride  
Along: Most Scenic Train  
Ride in the USA; Fall Foliage  
1:00 Chair Chi  
2:00 Broadway Theatre  
"Peter Pan"

**Thursday October 7**

9:00 Chair Dance  
1:00 Hands in Motion  
2:00 Reel Rundown  
"Athlete A: Part 1"  
7:00 Entertainment  
"New York Philharmonic:  
Celebrating Sondheim"

**Friday October 8**

9:30 Sit and Fit  
9:30 Mornings with Professors:  
"Introduction to Picasso"

**Saturday October 9**

9:30 Sit and Fit  
7:15 Movie  
"The Book Thief"  
(2013, PG, 2h 11min)

**Sunday October 10**

8:30 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 \*\*



**Maxine Robinson, Oct 1**