



MARTIN HEALTH CARE ACTIVITIES: November 22nd – November 28th



Monday November 22

BEAUTY SHOP DAY

- 8:30 Room Visits-1:1's
- 9:00 Exercise & 30 Days of Gratitude
-5100 North Living Rm
- 10:15 Exercise & 30 Days of Gratitude
-5200 South Living Rm
- 11:30 Passing Mail
- 1:00 Memory Makers -5200
Manicures
-Sitting Rooms
- 1:30 Manicures
-5200 West Sitting Rm.
- 3:00 Bingo- 5100 South Living Rm.
- 4:15 Cleaning & Feeding the Birds
-5100 East Sitting Rm.

Tuesday November 23

BEAUTY SHOP DAY

- 9:00 Exercise & 30 Days of Gratitude
-5100 South Living Rm
- 10:15 Exercise & 30 Days of Gratitude
-5200 North Living Rm
- 10:30 **Catholic Services**
Channel 88 on your TV
- 11:30 Passing Mail
- 1:00 Memory Makers-5100
Manicures
-Sitting Rooms
- 1:30 Manicures—5100 East Sitting Rm
- 3:00 Wellness w/Leah-
-5100 North Living Rm.
- 4:00 Manicures-5100 West Sitting Rm

Wednesday November 24

- 9:00 Exercise & 30 Days of Gratitude
-5100 North Living Rm.
- 10:15 Exercise & 30 Days of Gratitude
-5200 South Living Rm.
- 11:30 Passing Mail
- 1:00 Popcorn Wednesday-All Floors
- 2:15 **Social Hour**
-5200 South Dining Room
- 4:15 Cleaning & Feeding the Birds
-5100 East Sitting Rm.

Thursday November 25

HAPPY THANKSGIVING!!

- 8:00 Room Visits-1:1's
- 9:00 Thanksgiving Reading & Prayer
-5100 South Living Rm.
- 10:00 Thanksgiving Reading & Prayer
- 5200 South Living Rm.

Friday November 26

- 9:00 Decorating For Christmas
—5100 South/North Living Rms.
- 10:15 Decorating For Christmas
– 5200 South/North Living Rms.
- 11:30 Passing Mail
- 1:00 Root Beer Floats– All Floors
- 2:30 Decorating For Christmas
-C/D Dining Rm.
- 4:15 Cleaning & Feeding the Birds
-5100 East Sitting Rm.

Saturday November 27

- 8:30 Room Visits- 1:1's
- 10:00 Manicures -C/D Dining Rm.
- 11:30 Passing Mail
- 12:30 Memory Makers
Aromatherapy
-5100 West Sitting Rm.
- 1:00 Exercise/Art & Craft/Decoration
For your Door
-5100 North Dining Rm
- 3:00 Bingo-5200 South Dining Rm.
- 4:30 Exercise
C/D Dining Room

Sunday November 28

- 8:30 **Live Streaming of Calvary**
United Methodist
Church Service
Channel 88 on your TV
- 9:00 Exercise & Devotional
-5100 South Dining Rm.
- 10:00 **Virtual Catholic Mass –RC1**
- 10:00 Exercise & Devotional
- C/D Dining Rm.
- 10:30 **Live Streaming of**
2nd Presbyterian
Church Service
Channel 88 on your TV
- 11:00 Memory Makers
Aromatherapy
-5200 West Sitting Rm.
- 1:00 Exercise/Art & Craft/Decoration
For your Door
-5200 North Dining Rm.
- 2:00 Snack Cart– 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: November 22nd-November 28th



Monday November 22

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

Tuesday November 23

9:30 Sit and Fit
 10:30 Catholic Service
 1:00 PBS DVD
 "Downton Abbey: Season 2
 Episode 7"
 2:00 Wesley United Methodist
 Service
 3:00 Shadow Boxing

Wednesday November 24

9:30 Flexible Fitness
 10:00 Dolly Parton's Christmas
 On the Square
 1:00 Chair Chi
 2:00 Broadway Theatre
 "American Theater Wing
 Centennial Concert"
 2017 59 min.

Thursday November 25

9:00 Chair Dance
 1:00 Hands in Motion
 2:00 Reel Rundown
 "Golden Girls Season 1
 Episode 1"
 7:00 Entertainment
 "The Oakridge Boys at the
 Grand Ole Opry"

Friday November 26

9:00 Sit and Fit
 11:00 Come From Away: 9/11
 2:00 Hanukkah: The Festival of
 Lights

Saturday November 27

9:00 Chair Dance
 7:15 Movie
 "The Shepherd of the Hills"
 (1941, NR, 1h 38min)

Sunday November 28

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

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

** Check Channel 3 for
 Movie descriptions **