



MARTIN HEALTH CARE ACTIVITIES: January 10th – January 16th



Monday January 10

BEAUTY SHOP DAY

8:30 Room Visits-1:1's
 9:00 Exercise -5100 North Living Rm.
 9:30 Exercise –5100 South Living Rm.
 10:00 Exercise -5200 South Living Rm.
 10:30 Exercise –5200 North Living Rm.
 11:00 Exercise– C/D Hallway
 11:30 Passing Mail
 12:30 Memory Makers -5200
 Manicures in Rm.
 1:00 Manicures 5200 Residents only
 -5200 East Sitting Room
 3:00 Bingo 5100 Residents only
 -5100 South Dining Rm/Living Rm
 4:15 Cleaning & Feeding the Birds
 -5100 East Sitting Rm.

Tuesday January 11

BEAUTY SHOP DAY

9:00 Exercise -5100 North Living Rm.
 9:30 Exercise –5100 South Living Rm.
 10:00 Exercise -5200 South Living Rm.
 10:30 Exercise –5200 North Living Rm.
 11:00 Exercise– C/D Hallway
 10:30 [Catholic Services -Channel 88](#)
 11:30 Passing Mail
 12:30 Memory Makers -5100
 -Manicures in Rooms
 1:00 Manicures 5100 Residents only
 —5100 West Sitting Rm
 3:00 Wellness w/Leah-
 -5200 North Living Rm.
 4:00 Manicures 5100 Residents only
 -5100 West Sitting Rm

Wednesday January 12

10:00 Exercise -5200 South Living Rm.
 10:30 Exercise –5200 North Living Rm.
 11:00 Exercise– C/D Hallway
 11:30 Passing Mail

1:00 Popcorn Wednesday-All Floors
 2:00 Exercise –5100 North Living Rm
 2:30 Exercise—5100 South Living Rm
 3:15 Dealing with Change– 5100 MPR Rm.
 4:15 Cleaning & Feeding the Birds
 -5100 East Sitting Rm.

Thursday January 13

8:30 Room Visits-1:1's
 9:00 Exercise -5100 North Living Rm.
 9:30 Exercise –5100 South Living Rm.
 10:00 Exercise -5200 South Living Rm.
 10:30 Exercise –5200 North Living Rm.
 11:00 Exercise– C/D Hallway
 11:30 Passing Mail
 1:00 Bingo 5200 Residents only
 -5200 North Dining Rm/Living Rm.
 2:00 Snack Cart—All Floors
 3:00 Wellness w/Leah
 -5100 South Living Rm
 4:00*** Library Day– Going to
 Westminster Village
 Library (For Our Readers)

Friday January 14

9:00 Exercise -5100 North Living Rm.
 9:30 Exercise –5100 South Living Rm.
 10:00 Exercise -5200 South Living Rm.
 10:30 Exercise –5200 North Living Rm.
 11:00 Exercise– C/D Hallway
 11:30 Passing Mail
 1:00 Root Beer Floats– All Floors
 2:00 Handing out fun packets with:
 Word Searches, Seek & Find, Crossword
 Puzzles, Sudoku etc.
 3:00 Bean Bags—5100 North Living Rm.
 4:15 Cleaning & Feeding the Birds
 -5100 East Sitting Rm.

Saturday January 15

8:30 Room Visits- 1:1's
 9:00 Exercise -5100 North Living Rm.

9:30 Exercise –5100 South Living Rm.
 10:00 Exercise -5200 South Living Rm.
 10:30 Exercise –5200 North Living Rm.
 11:00 Exercise– C/D Hallway
 11:30 Passing Mail
 12:30 Memory Makers-5100
 Aromatherapy in Rooms
 1:15 Manicures C/D Residents only
 -C/D Dining Room
 3:00 Bingo 5200 Residents only
 -5200 South Dining Rm/Living Rm.

Sunday January 16

9:00 [Live Streaming of Calvary
 United Methodist
 Church Service -Channel 88](#)
 9:00 Exercise -5100 North Living Rm.
 9:30 Exercise –5100 South Living Rm.
 10:00 Exercise -5200 South Living Rm.
 10:30 Exercise –5200 North Living Rm.
 11:00 Exercise– C/D Hallway
 10:30 [Live Streaming of 2nd Presbyterian
 Church Service -Channel 88](#)
 12:30 Memory Makers-5200
 Aromatherapy in Rooms
 1:00 Bingo 5100 Residents only
 - North Dining Rm/Living Rm.
 2:00 Snack Cart– All Floors
 3:30 [Vespers-Channel 88](#)
 *****Activity staff will be coming
 around to assist getting Channel 88 on
 your TV for you

VERY IMPORTANT READ:
**** PLEASE WEAR YOUR FACE MASK
 OVER YOUR NOSE AND MOUTH
 AND TO ALL ACTIVITIES**
****SOCIAL DISTANCING IS A MUST
 (STAY 6 FEET APART FROM ANOTHER)**



TUNE TO CHANNEL 88 ON YOUR TV FOR MORE ACTIVITIES: January 10th-January 16th



Monday January 10

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

Tuesday January 11

9:30 Sit and Fit
 10:30 Catholic Service
 1:00 PBS DVD
 "Downton Abbey: Season 3
 Episode 5"
 2:00 Wesley United Methodist
 Service
 3:00 Shadow Boxing

Wednesday January 12

9:30 Flexible Fitness
 10:00 Coffee: Art Institute of
 Chicago Virtual Lecture of
 Monet Exhibit
 1:00 Chair Chi
 2:00 Broadway Theatre:
 "Arthur Miller: Incident at
 Vichy"
 2015, 1hr. 31min

Thursday January 13

9:00 Chair Dance
 1:00 Hands in Motion
 2:00 Reel Rundown:
 "The Alpinist"
 (2020, PG13, 1hr. 32 min.)
 7:00 Entertainment:
 "Stomp-Out Loud"

Friday January 14

9:00 Sit and Fit

Saturday January 15

9:00 Chair Chi
 7:00 Saturday Movie
 "Out of Africa"
 (1985, PG, 2h 41min)
 11 Academy Awards

Sunday January 16

9:00 Live Streaming of
 Calvary United Methodist
 Church Service
 10:30 Live Streaming of
 2nd Presbyterian
 Church Service
 3:30 Vespers

*** Check Channel 3 for
 Movie descriptions **

HAPPY BIRTHDAY!

Mary Romine 1/15

Mary Smith 1/15

