



MARTIN HEALTH CARE ACTIVITIES: January 3rd – January 9th



Monday January 3

BEAUTY SHOP DAY

- 8:30 Room Visits-1:1's
- 9:00 Exercise & Discussion Starters
"True Confessions"
-5100 North Living Rm
- 10:15 Exercise & Discussion Starters
"True Confessions"
-5200 South Living Rm
- 11:30 Passing Mail
- 12:30 Memory Makers -5200
Manicures
-5200 West Sitting Room
- 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 January 4

BEAUTY SHOP DAY

- 9:00 Exercise & Making Epiphany Crowns
-5100 South Dining Rm.
- 10:15 Exercise & Making Epiphany Crowns
-5200 South Dining Rm.
- 10:30 [Catholic Services](#)
[Channel 88 on your TV](#)
- 11:30 Passing Mail
- 12:30 Memory Makers-Manicures
-5100 West Sitting Rooms
- 1:00 Manicures—5100 West Sitting Rm
- 3:00 Wellness w/Leah-
-5200 North Living Rm.
- 4:00 Manicures-5100 West Sitting Rm

Wednesday January 5

- 9:00 Exercise & Making Graham
Cracker Nativity Scene
-5100 North Dining Rm.
- 10:15 Exercise & Making Graham
Cracker Nativity Scene

- 5200 South Living Rm
- 11:30 Passing Mail
- 1:00 Popcorn Wednesday-All Floors
- 2:30 **Social Hour**
**(Playing Cards, Dominos, Games &
Having Refreshments)**
-5200 South Dining rm.
- 4:15 Cleaning & Feeding the Birds
-5100 East Sitting Rm.

Thursday January 6 EPIPHANY

- 8:30 Room Visits-1:1's
- 9:00 Exercise & Three Wise Men
Picture (Find the missing objects)
Reading: Why Shepherds and
Wise Men?
-5100 North Dining Rm.
- 10:15 Exercise & Three Wise Men
Picture (Find the missing objects)
Reading: Why Shepherds and
Wise Men?
- 5200 South Dining Rm.
- 11:30 Passing Mail
- 1:00 Making Stained Glass Nativity/
Reminisce about Religious
Traditions (Epiphany)
-5200 South Dining Room
- 3:00 Wellness w/Leah
-5100 South Living Rm

Friday January 7

- 9:15 Exercise & Farm Animal Fun
Trivia (in2L)
-5100 South Dining Rm.
- 10:15 Exercise & Farm Animal Fun
Trivia (in2L)
-5200 South Dining Rm.
- 11:30 Passing Mail
- 1:00 Root Beer Floats- All Floors
- 2:00 Bridge Club Assisted Living

- AL-3F-Card Room
- 2:30 Watching Lucile Ball (in2L)
-5200 South Living Rm.
- 4:15 Cleaning & Feeding the Birds
-5100 East Sitting Rm.

Saturday January 8

- 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 & Making Stained Glass
Nativity/Reminisce about Religious
Traditions (Epiphany)
-5100 North Dining Rm
- 3:00 Bingo-5200 South Dining Rm.
- 4:30 Exercise-C/D Dining Room

Sunday January 9

- 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**
- 10:30 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 & Bean Bags Game
-5200 North Living Rm.
- 2:00 Snack Cart- All Floors
- 3:30 **Vespers- MPR ROOM**



TUNE TO CHANNEL 88 ON YOUR TV FOR MORE ACTIVITIES: January 3rd-January 9th



Monday January 3

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

Tuesday January 4

9:30 Sit and Fit
 10:30 Catholic Service
 1:00 PBS DVD
 "Downton Abbey: Season 3
 Episode 4"
 2:00 Wesley United Methodist
 Service
 3:00 Shadow Boxing

Wednesday January 5

9:30 Flexible Fitness
 10:00 Coffee: Art Institute of Chicago
 Mark Rothko
 1:00 Chair Chi
 2:00 Broadway Theatre
 "Billy Elliot: The Musical"
 2015 2 hr 49min

Thursday January 6

9:00 Chair Dance
 1:00 Hands in Motion
 2:00 Reel Rundown
 "Betty White First Lady of
 Television"
 Documentary
 (2018, TV14, 55mins.)

7:00 Entertainment:
 Barbara Mandrell
 Statler Brothers Special

Friday January 7

9:00 Sit and Fit

Saturday January 8

9:00 Hands in Motion
 7:00 Saturday Movie
 "Invictus"
 (2009, (PG,13) 2h 13min)

Sunday January 9

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

*** Check Channel 3 for
 Movie descriptions **

HAPPY BIRTHDAY!!!

Emma Couillard, January 5



****MAKE SURE YOU WEAR YOUR
 FACE MASK TO ALL ACTIVITIES****