



MARTIN HEALTH CARE ACTIVITIES: July 25th – July 31st

Monday July 25

BEAUTY SHOP DAY

8:30 Room Visits-1:1's
 9:00 Outside
 Exercise & Current Events
 -5100 Center Court Yard
 9:45 **Maria playing the Piano**
-5100 Family Room
 10:00 Outside
 Exercise & Current Events
 -5200 East Balcony
 11:15 Exercise– C/D Dining Rm.
 11:30 Passing Mail
 12:30 Memory Makers -5200
 Manicures-5200 West Sitting Rm
 1:00-2:30 Manicures
 -5200 Residents Only
 -5200 West Sitting Rm.
 3:00 Bingo-5100 North Dining Rm.
 3:00 **Dealing with Change**
-5100 Family Room
 4:00 Bird Aviary Cleaning
 -5100 East Sitting Rm.

Tuesday July 26

BEAUTY SHOP DAY

8:45 Outside
 Exercise & Current Events
 -5100 Center Court Yard
 9:45 **Maria playing the Piano**
- 5200 Family Room
 9:45 **Loading Bus for**
River Boat Casino-Peoria
 10:15 Outside
 Exercise & Current Events
 -5200 East Balcony
 11:15 Exercise– C/D Dining Rm.
 11:30 Passing Mail
 12:30 Memory Makers-Manicures

-5100 West Sitting Rooms
 1:00-2:30 Manicures
 -5100 Residents Only
 -5100 East Sitting Rm.
 3:00 Wellness w/Leah
 -5100 South Living Rm

Wednesday July 27

10:15 **Resident Council—MPR Room**
 11:30 Passing Mail
 1:00 Root beer Floats –All Floors
 2:45 **Chit-Chat & Refreshments**
—5100 South Dining Room
 4:00 Bird Aviary Cleaning
 -5100 East Sitting Rm.

Thursday July 28

8:30 Room Visits-1:1's
 9:00 Outside
 Exercise & Current Events
 - 5100 Center Court Yard
 10:15 Outside
 Exercise & Current Events
 - 5200 East Balcony
 11:15 Exercise-C/D Dining Rm.
 11:30 **Foundation Park Cookout**
-5200 Residents Cookout
 11:30 Passing Mail
 1:00 Bean Bags
 -5100 North Living Rm.
 3:00 Wellness w/Leah
 -5200 North Living Rm.
 4:00 **Nutrition Presentation w/Amelia**
-5200 South Living Rm.

Friday July 29

9:15 **Bible Study w/Dave & Molly**
Kistner– 5100 Family Room

10:15 Outside
 Exercise & Current Events
 -5200 East Balcony
 11:15 Exercise– C/D Dining Rm.
 11:30 Passing Mail
 1:00 Popcorn– All Floors
 3:00 Bingo-5100 South Dining Rm.
 4:15 Bird Aviary Cleaning
 -5100 East Sitting Rm.

Saturday July 30

8:30 Room Visits- 1:1's
 10:00 Manicures A/B & C/D
 Residents Only-C/D Dining Rm.
 11:15 Exercise– C/D Dining Rm.
 11:30 Passing Mail
 12:30 Memory Makers Aromatherapy
 -5100 West Sitting Rm.
 1:15 Big Bowling
 -5200 South Living Rm.
 3:00 Bingo-5200 North Dining Rm.

Sunday July 31

9:00 Outside
 Exercise & Devotional
 -5100 South Dining Rm.
 10:00 **Virtual Catholic Mass –WMV RC1**
 10:15 Outside
 Exercise & Devotional
 -5200 South Dining Rm
 11:15 Exercise - C/D Dining Rm.
 12:30 Memory Makers Aromatherapy
 -5200 West Sitting Rm.
 1:15 **Bridge Club– 5100 Family Room**
 2:00 Sundae's Sunday's – All Floors
 3:30 Vespers– MPR Room

***PLEASE WEAR YOUR MASK TO ALL ACTIVITIES! Thank you!



TUNE TO CHANNEL 88 ON YOUR TV FOR MORE ACTIVITIES: July 25th-July 31



Monday July 25

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

Tuesday July 26

9:30 Sit and Fit
 10:30 Catholic Service
 1:00 PBS DVD
 Ken Burns American
 Collection: Brooklyn Bridge
 2:15 Wesley United Methodist
 Service
 3:00 Shadow Boxing

Wednesday July 27

9:30 Flexible Fitness
 1:00 Chair Chi
 2:00 Broadway Theatre:
 "Put it Together"
 (2000)
 6:30 Wednesday Night Movie:
 "Into the Woods"
 (2014, PG)

Thursday July 28

9:00 Chair Dance
 1:00 Hands in Motion
 2:00 Reel Rundown:
 "Abstract the Art of Design"

Friday July 29

9:00 Sit and Fit

Saturday July 30

9:00 Chair Chi
 7:00 Saturday Movie
 "Faces Places"
 (2017, PG)

Sunday July 31

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

*** Check Channel 3 for
 Movie descriptions **

HAPPY BIRTHDAY!

Burt McIntosh 7/31

