

Wj. **MARTIN HEALTH CARE ACTIVITIES: September 5th—September 11th** *Wj.*

<u>Monday</u>	<u>August 29</u>	<u>Wednesday</u>	<u>August 31</u>	<u>Saturday</u>	<u>September 3</u>
BEAUTY SHOP DAY		9:00	Exercise & Current Events -5100 South Dining Rm.	8:30	Room Visits- 1:1's
8:30	Room Visits-1:1's	10:15	Exercise & Current Events - 5200 South Dining Rm.	10:00	Manicures A/B & C/D Residents Only-C/D Dining Rm.
9:00	Exercise & Current Events -5100 South Living Rm	11:15	Exercise—C/D Dining Rm.	11:15	Exercise— C/D Dining Rm.
10:00	Exercise & Current Events -5200 South Living Rm	11:30	Passing Mail	11:30	Passing Mail
11:15	Exercise— C/D Dining Rm.	1:00	Root beer Floats —All Floors	12:30	Memory Makers Aromatherapy -5100 West Sitting Rm.
11:30	Passing Mail	2:45	Chit Chat & Refreshments —5200 Balcony	1:15	Cold Coffee Tasting Which one is Your Favorite? -5200 South Dining Rm
12:30	Memory Makers -5200 Manicures-5200 East Sitting Rm	4:00	Bird Aviary Cleaning -5100 East Sitting Rm.	3:00	Bingo-5200 South Dining Rm
1:00-2:30	Manicures 5200 Residents Only -5200 West Sitting Rm.	Thursday	September 1	Sunday	September 4
3:00	Bingo-5100 North Dining Rm.	8:30	Room Visits-1:1's	9:00	Outside
3:00	Dealing w/Change - 5100 Family Room	9:00	Exercise & Current Events -5100 South Living Rm		Exercise & Devotional w/Burt -5100 South Dining Rm.
4:00	Bird Aviary Cleaning -5100 East Sitting Rm.	10:15	Exercise & Current Events -5200 South Living Rm	10:00	Virtual Catholic Mass —WMV RC1
Tuesday	August 30	11:15	Exercise—C/D Dining Rm.	10:15	Outside
BEAUTY SHOP DAY		11:30	Passing Mail		Exercise & Devotional w/Burt -5200 South Dining Rm
9:00	Exercise & Current Events -5100 North Living Rm	1:00	Outside Reminiscing about Fall -5100 Center Court Yard	11:15	Exercise - C/D Dining Rm.
10:15	Exercise & Current Events -5200 North Living Rm	3:00	Wellness w/Leah -5200 South Living Rm.	12:30	Memory Makers Aromatherapy -5200 West Sitting Rm.
11:15	Exercise— C/D Dining Rm.	4:00	Fall Trivia (In2L) —5200 South Living Rm.	1:15	Bridge Club— 5200 Family Room
11:30	Passing Mail	Friday	September 2	2:00	Sundae's Sunday's — All Floors
12:30	Memory Makers-Manicures -5100 West Sitting Rooms	9:15	Bible Study w/Dave & Molly Kistner— 5100 Family Room	3:30	Vespers— MPR Room
12:45	Carl's Ice Cream Outing	10:15	Exercise & Current Events -5200 North Living Rm	Weather Permitting: We will go outside on nice days! If, outside is scheduled and weather is not good we will have a different activity to do in place of going outside!	
1:00	Manicures 5100 Residents Only -5100 West Sitting Rm.	11:15	Exercise—C/D Dining Rm.	***PLEASE WEAR YOUR MASK TO ALL ACTIVITIES! Thank you!	
3:00	Wellness w/Leah -5100 North Living Rm.	11:30	Passing Mail		
		1:00	Popcorn —All Floors		
		3:00	Bingo-5100 South Living Rm		
		4:15	Bird Aviary Cleaning -5100 East Sitting Rm.		



TUNE TO CHANNEL 88 ON YOUR TV FOR MORE ACTIVITIES: August 29th-September 4th

Monday August 29

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

Tuesday August 30

9:30 Sit and Fit
 10:30 Catholic Service
 1:00 PBS DVD
 "Ken Burns Contemporary
 Stories from America's
 National Parks"
 2:15 Wesley United Methodist
 Service
 3:00 Shadow Boxing

Wednesday August 31

9:30 Flexible Fitness
 1:00 Chair Chi
 2:00 Broadway Theatre:
 "Alice in the Palace" (1982)
 with Meryl Streep

Thursday September 1

9:00 Chair Dance
 1:00 Hands in Motion
 2:00 Reel Rundown:
 "Indian Matchmaking"
 7:00 Entertainment:
 The Rat Pack:
 Live At the Sands 1963

Friday September 2

9:00 Sit and Fit

Saturday September 3

9:00 Shadow Boxing
 7:00 Saturday Movie
 "Little Shop of Horrors"
 (1986,PG-13)

Sunday September 4

9:00 Live Streaming of
 Calvary United Methodist
 Church Service
 10:30 Live Streaming of
 2nd Presbyterian
 Church
 7:00 Sunday Night Movie
 "Whiplash"

*** Check Channel 3 for
 Movie descriptions **

HAPPY BIRTHDAY!

John Appleman 9/1
Jerry Chevalier 9/1

