

Wj. **MARTIN HEALTH CARE ACTIVITIES: September 12th – September 18th** *Wj.*

Monday September 12

Beauty Shop Day
 8:30 Room Visits-1:1's
 9:00 Exercise & Current Events
 -5100 South Living Rm
 10:15 Exercise & Current Events
 -5200 South Living Rm
 11:15 Exercise- C/D Dining Rm.
 11:30 Passing Mail
 12:30 Memory Makers -5200
 Manicures-5200 East Sitting Rm
 1:00-2:30 Manicures
 5200 Residents Only
 -5200 West Sitting Rm.
 3:00 Bingo- 5100 South Dining Rm.
 4:00 Bird Aviary Cleaning
 -5100 East Sitting Rm.

Tuesday September 13

BEAUTY SHOP DAY
 9:00 Exercise & Current Events
 -5100 North Living Rm
 10:15 Exercise & Current Events
 -5200 North Living Rm
 11:15 Exercise- C/D Dining Rm.
 11:30 Passing Mail
 12:30 Memory Makers-Manicures
 -5100 West Sitting Rooms
 12:45 **Afternoon Drive**
 1:00 Manicures
 5100 Residents Only
 -5100 West Sitting Rm.
 3:00 Wellness w/Leah
 -5100 North Living Rm.

Wednesday September 14

9:00 Exercise & Current Events
 -5100 South Dining Rm.
 10:15 Exercise & Current Events
 - 5200 South Dining Rm.
 11:15 Exercise—C/D Dining Rm.
 11:30 Passing Mail
 1:00 Root beer Floats –All Floors
 2:45 **Chit Chat & Refreshments**
 —5200 Balcony
 4:00 Bird Aviary Cleaning
 -5100 East Sitting Rm.

Thursday September 15

8:30 Room Visits-1:1's
 9:00 Exercise & Current Events
 -5100 South Living Rm
 10:15 Exercise & Current Events
 -5200 South Living Rm
 11:15 Exercise—C/D Dining Rm.
 11:30 Passing Mail
 1:00 Outside Reminiscing
 -5100 South Living Rm
 3:00 Wellness w/Leah
 -5200 South Living Rm.
 7:00 **Marilyn & Linda Sharing Their
 Love of Music- WMV SC**

Friday September 16

Spirit Month: Pajama Day!!!
 9:15 **Bible Study w/Dave & Molly
 Kistner- 5100 Family Room**
 11:30 Passing Mail
 1:00 Popcorn –All Floors
 2:00 Bingo-5100 South Living Rm
 4:15 Bird Aviary Cleaning
 -5100 East Sitting Rm.

Saturday September 17

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.
 1:00-4:00 **Classic Car Cruise In**
 -AL & MHC Parking Lot

Sunday September 18

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

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



TUNE TO CHANNEL 88 ON YOUR TV FOR MORE ACTIVITIES: September 12th-September 18th



Monday September 12

9:30 Flexible Fitness
3:00 Chair Yoga

Tuesday September 13

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

Wednesday September 14

9:30 Flexible Fitness
1:00 Chair Chi
2:00 Broadway Theatre:
"Touching the Void" (2022)

Thursday September 15

9:00 Chair Dance
1:00 Hands in Motion
2:00 Reel Rundown:
"Instant Dream Home"
7:00 Entertainment:
Chamber Music Society
Of Lincoln Center: Mozart
Celebration

Friday September 16

9:00 Sit and Fit

Saturday September 17

9:00 Chair Chi
7:00 Saturday Movie
"The Godfather"
(1972, R)

Sunday September 18

9:00 Live Streaming of
Calvary United Methodist
Church Service
10:30 Live Streaming of
2nd Presbyterian
Church
7:00 Sunday Night Movie
"A Star is Born"
(1954, PG)

*** Check Channel 3 for
Movie descriptions **

HAPPY BIRTHDAY!

Donald Dunt 9/17

