



MARTIN HEALTH CENTER ACTIVITIES: January 23 - January 29



Monday 1/23

BEAUTY SHOP DAY

- 8:30** Room Visits-1:1's
- 9:00** Exercise & Current Events-5100 South Living Rm.
- 9:30** Flexible Fitness -Channel 88
- 10:00** First Presbyterian Service - Channel 88
- 10:15** Exercise & Current Events-5200 North Living Rm.
- 11:15** Exercise-C/D Dining Rm.
- 11:30** Passing Mail
- 12:30** Memory Makers -5100 West Sitting Rm.
- 1:00** Manicures-5200 Residents Only West Sitting Rm.
- 3:00** Bingo-5100 South Dining Rm.
- 3:00** Chair Yoga -Channel 88
- 3:30** St. John's Service -Channel 88
- 4:00** Bird Aviary Cleaning -5100 East Sitting Rm

Tuesday 1/24

BEAUTY SHOP DAY

- 9:00** Exercise & Current Events-5100 South Living Rm.
- 9:30** Sit & Fit- Channel 88
- 10:15** Exercise & Current Events-5200 North Living Rm.
- 10:30** Catholic Service -Channel 88
- 11:15** Exercise-C/D Dining Rm.
- 11:30** Passing Mail
- 12:30** Memory Makers -5200 East Sitting Rm.
- 1:00** PBS: "The Empress Ep 4- The Hunt" - Channel 88
- 1:00** Manicures-5100 Residents Only West Sitting Rm.
- 3:00** Wellness Center/ Exercise-5100 South Living Rm.
- 3:00** Shadow Boxing -Channel 88
- 3:30** Wesley United Methodist Service -Channel 88

Wednesday 1/25

- 9:30** Flexible Fitness -Channel 88
- 10:15** Resident Council -MPR
- 11:30** Passing Mail
- 1:00** Chair Chi -Channel 88
- 1:00** Root Beer Floats -All Floors
- 2:00** Broadway—"Michael Ball & Alfie Boe: Back Together (2020) - Channel 88
- 2:45** Chit & Chat Refreshments -5200 North Dining
- 4:00** Bird Aviary Cleaning -5100 East Sitting Rm
- 6:30** "Guillermo Del Toro's Pinocchio" (2022, PG) -Channel 88

Thursday 1/26

- 8:30** Room Visits-1:1's
- 9:00** Chair Dance -Channel 88
- 10:30** Resident Huddle -5100 South Living Rm.
- 11:30** Passing Resident Menus & Mail
- 1:00** Hands in Motion -Channel 88
- 1:15** Joggin' Your Noggin -5100 North Living Rm.
- 2:00** Reel Rundown: "Guillermo Del Toro's Pinocchio Hand Carved Cinema" -Channel 88
- 3:00** Wellness Center/ Exercise-5200 South Living Rm.
- 7:00** Evening Entertainment: "Praise and Harmony Medley Marathon" - Channel 88

Friday 1/27

International Holocaust Remembrance Day

- 9:15** Bible Study w/Dave -MPR
- 9:00** Sit & Fit -Channel 88
- 10:15** Resident Huddle -5200 North Living Rm.
- 11:30** Passing Mail
- 1:00** Popcorn -All Floors
- 2:00** Bingo -5100 South Dining Rm
- 3:00** Bird Aviary Cleaning -5100 East Sitting Rm

Saturday 1/28

- 8:30** Room Visits-1:1's
- 9:00** Shadow Boxing
- Channel 88
- 10:00** Manicures A/B &
C/D Resident Only
-C/D Dining Rm.
- 11:15** Exercise
-C/D Dining Rm.
- 11:30** Passing out Weekly
Calendar for
Next Week & Mail
- 12:30** Memory Makers
Snacks &
Aromatherapy
-5200 West Sitting
Rm.
- 1:30** Traveling to...
Resident Choice
(IN2L)
-5100 North Living
Rm.
- 3:00** Bingo
-5200 South Dining
Rm.
- 7:00** Evening Movie:
"African Queen"
(1951, PG)
-Channel 88

Sunday 1/29

- 9:00** Exercise & Devotional
w/Burt
-5100 North Living
Rm.
- 9:00** Live Streaming of
Calvary United
Methodist Church
-Channel 88
- 10:00** Virtual Catholic Mass
-RC1
- 10:15** Exercise & Devotional
w/Burt
-5200 North Living
Rm.
- 10:30** Live Streaming of
Second Presbyterian
Church - Channel 88
- 11:15** Exercise
-C/D Dining Rm.
- 12:30** Memory Makers
Snacks &
Aromatherapy
-5100 East Sitting
Rm.
- 1:15** Bridge Club
-5200 Family Rm.
- 2:00** Snack Cart-All Floors
- 3:30** Vespers - MPR
- 7:00** Evening Movie: "Top
Gun: Maverick"
(2022,PG-13)
Channel 88

GROCERY STORE HOURS

Monday 9:00-3:00
 Tuesday 9:00-3:00
 Wednesday 9:00-2:00
 Thursday 9:00-3:00
 Friday 9:00-3:00
 Closed Daily 12:30-1:00 (Lunch)



BARGAIN BOUTIQUE HOURS

Tuesday's 10:00-12:00
 Wednesday's 1:00-3:00
 Saturday's 9:00-12:00

MPR - Multi Purpose Room

Martin Health Center
Channel 88– On Your TV in Your Room
SC - Social Center Westminster Village
RC1-Resident Center Westminster Village