

MARTIN HEALTH CARE ACTIVITIES: January 2nd–January 8th

Monday January 2

BEAUTY SHOP DAY

8:30 Room Visits –1:1's
 9:00 Exercise & Current Events
 -5100 South Living Rm
 10:00 Exercise & Current Events
 -5200 North 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 North Dining Rm.
 3:00 Bean Bags
 -5200 North Living Rm
 4:00 Bird Aviary Cleaning
 -5100 East Sitting Rm.

Tuesday January 3

BEAUTY SHOP DAY

9:00 Exercise & Current Events
 -5100 South Living Rm
 10:00 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
 1:00-2:30 Manicures
 5100 Residents Only
 - 5100 West Sitting Rm.
 3:00 Wellness Center/Exercise
 -5100 South Living Rm
 3:00 Bible Trivia
 -5200 South Living Rm

Wednesday January 4

9:00 Exercise & Current Events
 -5100 South Living Rm
 10:00 Exercise & Current Events
 -5200 North Living 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 North Dining Rm
 4:00 Bird Aviary Cleaning
 -5100 East Sitting Rm.

Thursday January 5

8:30 Room Visits-1:1's
 9:00 Exercise & Current Events
 -5100 South Living Rm.
 10:15 Exercise & Current Events
 -5200 North Living Rm.
 11:15 Exercise—C/D Dining Rm.
 11:30 Passing Mail
 1:00 Bible Trivia
 -5100 North Living Rm.
 3:00 Wellness Center/Exercise
 -5200 South Living Rm.

Friday January 6

9:15 **Bible Study w/Dave**
-MPR
 10:15 Resident Huddle
 -5200 North Living Rm
 11:30 Passing Mail
 1:00 Popcorn –All Floors
 3:00 Bingo– 5100 South Dining Rm.
 4:00 Bird Aviary-5100 East Sitting Rm.

Saturday January 7

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 Traveling to.....Resident Choice
 - 5100 North Living Rm.
 3:00 Bingo-5200 South Living Rm

Sunday January 8

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



TUNE TO CHANNEL 88 ON YOUR TV FOR MORE ACTIVITIES: January 2nd-January 8th



Monday January 2

9:30 Flexible Fitness
10:00 First Presbyterian Service
11:00 St. John's Service
7:00 Movie- "Forrest Gump"

Tuesday January 3

9:30 Sit and Fit
10:30 Catholic Service
1:00 PBS: "The Empress: Episode 2
The Arrival"
2:15 Wesley United Methodist
Service
3:00 Shadow Boxing

Wednesday January 4

9:30 Flexible Fitness
1:00 Chair Chi
2:00 Broadway Theatre:
"The Importance of Being
Earnest" (2018)

Thursday January 5

9:00 Chair Dance
1:00 Hands in Motion
2:00 Reel Rundown:
"Harry & Megan- Episode 1"
7:00 Evening Entertainment:
"Sunday at Six Recital Series:
Violin & Piano"

Friday January 6

9:00 Sit and Fit

Saturday January 7

9:00 Flexible Fitness
7:00 Saturday Movie
"Jungle Cruise"
(2021,PG-13)

Sunday January 8

9:30 Live Streaming of
Calvary United Methodist
Church Service
10:30 Live Streaming of
2nd Presbyterian
Church
7:00 Sunday Night Movie
"Moonfall"
(2022, PG-13)

*** Check Channel 3 for
Movie descriptions **

HAPPY BIRTHDAY!

MARJORIE SCHURR 01/02

EMMA COUILARD 01/05

TERRY ELLIOTT 01/05

CAROLINE DENNY 01/08

GEORGE MYERS 01/08

