



HEALTH CENTER ACTIVITIES: November 20 - November 26



Monday 11/20 BEAUTY SHOP DAY

- 9:15** Exercise & Current Events-MPR
- 9:30** Flexible Fitness -Channel 88
- 10:00** Second Presbyterian Service - Channel 88
- 10:15** Exercise & Current Events -5200 North Living Rm.
- 1:00** Room Visits/House Calls/1:1's
- 11:15** Passing Mail
- 3:00** Bingo-MPR
- 3:00** Chair Yoga -Channel 88

Tuesday 11/21 BEAUTY SHOP DAY

- 9:15** Exercise & Current Events-MPR
- 9:30** Sit & Fit - Channel 88
- 10:15** Exercise & Current Events -5200 North Living Rm.
- 11:15** Passing Mail
- 12:15** **Monthly Birthday Luncheon-WMV**
- 12:30** Memory Makers (Manicures) -5100 West Sitting
- 1:00** Manicures -5100 & A/B & C/D Residents Only -MPR
- 1:00** PBS: "America's Home Cooking: When in Rome" -Channel 88
- 3:00** Exercise w/Wellness -MPR
- 3:00** Shadow Boxing -Channel 88

Wednesday 11/22

- 9:15** Exercise & Current Events -MPR
- 9:30** Flexible Fitness -Channel 88
- 10:15** Exercise & Current Events -5200 North Living Rm
- 11:15** Passing Mail
- 1:00** Manicures -5200 Residents Only East Sitting Rm
- 1:00** Chair Chi -Channel 88
- 2:00** Broadway: "William Shatner's Gonzo Ballet" (2009) -Channel 88
- 3:15** Traveling to Antarctica (IN2L) Refreshments Served -MPR
- 6:30** At Home Movie Night: "A Beautiful Mind" (2001,PG-13) -Channel 88

Thursday 11/23 THANKSGIVING DAY

- 9:15** Exercise & Current Events-MPR
- 10:15** Room Visits/House Calls/1:1's
- 7:00** Evening Entertainment: "The Life and Music Of Dave Brubeck" -Channel 88

Friday 11/24

- 9:00** Sit & Fit -Channel 88
- 9:15** Resident Huddle -MPR
- 9:30** Mornings with the Professors -Channel 88
- 10:15** Resident Huddle -5200 North Living Rm
- 11:15** Passing Mail
- 1:30** Afternoon Movie -Channel 88

Saturday 11/25 Sunday 11/26

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| <p>8:30 Room Visits/House Calls/1:1's</p> <p>9:00 Hands in Motion -Channel 88</p> <p>10:15 Exercise & Current Events-MPR</p> <p>11:15 Passing out Weekly Calendar for Next Week & Mail</p> <p>12:30 Memory Makers Music & Aromatherapy -5200 West Sitting Rm.</p> <p>1:30 Denny Mallory Performance -MPR</p> <p>3:15 Bingo –MPR</p> <p>7:00 Evening Movie: "Love Actually" (2003,R) -Channel 88</p> | <p>9:00 Devotional w/Mike With Exercise to follow –MPR</p> <p>9:00 Live Streaming of Calvary United Methodist Church -Channel 88</p> <p>10:00 Current Events -MPR</p> <p>10:00 Virtual Catholic Mass -RC1</p> <p>10:30 Live Streaming of Second Presbyterian Church - Channel 88</p> <p>12:30 Memory Makers Music & Aromatherapy -5100 East Sitting Rm.</p> <p>12:45 Bridge Club -5200 Family Rm.</p> <p>1:30 Root Beer Floats -All Floors</p> <p>3:00 Vespers -MPR</p> <p>7:00 Evening Movie: "Arthur" (1999,PG-13) -Channel 88</p> |
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BARGAIN BOUTIQUE HOURS

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

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)

HAPPY BIRTHDAY!

Joyce Gilfillan 11/22



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