



HEALTH CENTER ACTIVITIES: January 5th – January 11th



Monday 01/05

BEAUTY SHOP DAY

9:00 Flexible Fitness
-Channel 88
9:15 Exercise & Current
Events & Devotional
-MPR
10:15 Exercise & Current
Events & Devotional
-5200 North Social
Area
11:15 Passing Mail
12:30 Taking down
Christmas Trees and
Decorations
(Manicures on Tuesday)
3:00 Bingo
-MPR
3:00 Chair Chi
-Channel 88
3:00 Memory Makers
(Manicures)
-5200 West Sitting

Tuesday 01/06

BEAUTY SHOP DAY

8:30 Room Visits/1:1's/
House Calls
9:15 Exercise & Current
Events & Devotional
-MPR
9:30 Sit & Fit- Channel 88
10:15 Exercise & Current
Events & Devotional
-5200 North Social
Area
11:15 Passing Mail
12:45 Manicures
-5100 & A/B
& C/D Residents Only
-MPR
1:00 Hands In Motion
-Channel 88
3:00 Exercise with
Wellness Team
Members-MPR
3:00 Memory Makers
(Manicures)
-5100 West Sitting
Area
3:45 Joggin Your Noggin/
Senior Trivia Fun
-C/D Living Rm/
Dining Room
7:00 J108 Vocal Jazz
Ensemble
Performance-SC

Wednesday 01/07

9:00 Flexible Fitness
-Channel 88
9:15 Exercise & Current
Events & Devotional
-MPR
10:15 Exercise & Current
Events & Devotional
-5200 North
Social Area
11:15 Passing Mail
1:00 Chair Yoga
-Channel 88
1:30 Vespers
-MPR
2:45 Social Hour
Refreshments will
Be Served- 5200
North Social Area
4:00 **Wellness Month**
Discussion on
Health and Wellness
(IN2L)
-5200 North Social
Area

Thursday 01/08

9:00 Chair Dance
-Channel 88
9:15 Exercise & Current
Events & Devotional
-MPR
10:00 **Veterans Coffee**
-RC 1&2
10:15 Exercise & Current
Events & Devotional
-5200 North
Social Area
11:15 Passing Mail
1:00 Chair Yoga
Channel 88
12:45 Room Visits/1:1's/
House Calls
3:00 Shadow Boxing
-Channel 88
3:45 **New Food Group**
Leaning about
Nutrition
-MPR
7:00 Evening Movie:
"Waiting for God"
-Channel 88

Friday 01/09

9:00 Sit & Fit
-Channel 88
9:15 Bible Study w/Dave
And Molly
-MPR
10:15 Exercise & Current
Events & Devotional
-MPR
11:15 Passing Mail
1:00 Popcorn will be
Served to residents
Room
2:30 Manicures
-5200 North Social
Area
-5200 Resident
Only
3:45 10 Facts about
Alabama and
Alabama Trivia
(IN2L)
-MPR

MPR - Multi Purpose Room

Martin Health Center

Channel 88– On Your TV in Your Room

SC - Social Center Westminster Village

RC 1,2,3-Resident Center Westminster
Village

<u>Saturday</u>	<u>01/10</u>	<u>Sunday</u>	<u>01/11</u>
8:30	Room Visits/1:1's/ House Calls	9:00	Devotional Reading Exercise to follow -5100 Family Room
9:00	Shadow Boxing -Channel 88	10:00	Virtual Catholic Mass -RC1
10:15	Exercise & Current Events -MPR	10:15	Devotional Reading Exercise to follow -5200 Family Room
11:00	Passing out Weekly Calendar for Next Week & Mail	1:15	Parachute Fun -MPR
1:30	National Hot Tea Month Come and Try A Varity of Hot Teas -MPR	2:15	Root Beer Floats Will be delivered to Residents Room
3:00	Bingo—MPR	4:15	Memory Makers Music & Aromatherapy -5200 East Sitting Rm.
4:15	Memory Makers Music & Aromatherapy -5100 West Sitting Rm.	7:00	Evening Movie: -Channel 88
7:00	Evening Movie: "Loin" (2016, PG-13) -Channel 88		

GROCERY STORE

HOURS

Monday 10:00-2:00

3:00-5:00

Tuesday 10:00-2:00

3:00-5:00

Wednesday

10:00-2:00

3:00-5:00

Thursday

10:00-1:30

3:30-5:00

Friday 10:00-2:00

3:00-5:00

Closed Daily 2:00-3:00

HAPPY BIRTHDAY!

JOHN STEAR

01/06



BARGAIN BOUTIQUE HOURS

Tuesday's 10:00-12:00

Wednesday's 1:00-3:00

Saturday's 9:00-12:00