

HEALTH CENTER ACTIVITIES: January 5th – January 11th

Monday	01/05	Tuesday	01/06	Wednesday	01/07	Thursday	01/08	Friday	01/09
	BEAUTY SHOP DAY		BEAUTY SHOP DAY						
9:00	Flexible Fitness -Channel 88	8:30	Room Visits/1:1's/ House Calls	9:00	Flexible Fitness -Channel 88	9:00	Chair Dance -Channel 88	9:00	Sit & Fit -Channel 88
9:15	Exercise & Current Events & Devotional -MPR	9:15	Exercise & Current Events & Devotional – MPR	9:15	Exercise & Current Events & Devotional – MPR	9:15	Exercise & Current Events & Devotional – MPR	9:15	Bible Study w/Dave And Molly – MPR
10:15	Exercise & Current Events & Devotional -5200 North Social Area	9:30	Sit & Fit- Channel 88	10:15	Exercise & Current Events & Devotional - 5200 North Social Area	10:00	Veterans Coffee -RC 1&2	10:15	Exercise & Current Events & Devotional – MPR
11:15	Passing Mail	10:15	Exercise & Current Events & Devotional - 5200 North Social Area	11:15	Passing Mail	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)	11:15	Passing Mail	1:00	Chair Yoga -Channel 88	1:00	Chair Yoga Channel 88	1:00	Popcorn will be Served to residents Room
3:00	Bingo –MPR	12:45	Manicures -5100 & A/B & C/D Residents Only -MPR	1:30	Vespers -MPR	2:45	Social Hour Refreshments will Be Served– 5200 North Social Area	2:30	Manicures -5200 North Social Area
3:00	Chair Chi -Channel 88	1:00	Hands In Motion -Channel 88	4:00	Wellness Month Discussion on Health and Wellness (IN2L)	3:00	Room Visits/1:1's/ House Calls	3:00	-5200 Resident Only
3:00	Memory Makers (Manicures) -5200 West Sitting	3:00	Exercise with Wellness Team Members-MPR	7:00	New Food Group Leaning about Nutrition -MPR	3:45	Shadow Boxing -Channel 88	3:45	10 Facts about Alabama and Alabama Trivia (IN2L) -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						

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

Saturday**01/10**

8:30 Room Visits/1:1's/
House Calls

9:00 Shadow Boxing
-Channel 88

10:15 Exercise & Current
Events –MPR

11:00 Passing out Weekly
Calendar for
Next Week & Mail

1:30 **National Hot Tea**
Month Come and Try
A Varity of Hot Teas
-MPR

3:00 Bingo—MPR

4:15 Memory Makers
Music &
Aromatherapy
-5100 West Sitting
Rm.

7:00 Evening Movie:
"Loin"
(2016, PG-13)
-Channel 88

Sunday**01/11**

9:00 Devotional Reading
Exercise to follow
-5100 Family Room

10:00 Virtual Catholic Mass
-RC1

10:15 Devotional
Reading
Exercise to follow
-5200 Family Room

1:15 Parachute Fun
-MPR

2:15 Root Beer Floats
Will be delivered to
Residents Room

4:15 Memory Makers
Music &
Aromatherapy
-5200 East Sitting Rm.

7:00 Evening Movie:
-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