



HEALTH CENTER ACTIVITIES: January 19th – January 25th



Monday 01/19

- Martin Luther King Jr Day**
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
12:45 Manicures -5100 & A/B & C/D Residents Only -MPR
3:00 Bingo -MPR
3:00 Chair Chi -Channel 88
3:00 Memory Makers (Manicures) -5200 West Sitting
4:00 **Martin Luther King Jr. Trivia and History (IN2L)** -MPR

Tuesday 01/20

- 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
12:15 **Monthly Birthday Luncheon-WMV-SC**
1:00 Hands In Motion -Channel 88
1:30 Women's Group -5100 North Living Rm
1:30 Men's Group-MPR
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 (after Wellness) -MPR

Wednesday 01/21

- 9:00** Flexible Fitness -Channel 88
9:30 **Cornerstone School 1st Grades coming To sing and read to Residents-MPR**
11:15 Passing Mail
1:00 Chair Yoga -Channel 88
1:30 Academy of Seniors Reimaging Modernisms: South And Southeast Asian Art-Channel88
1:30 Vespers (IN2L) -MPR
2:45 Social Hour Refreshments will Be Served- 5200 North Social Area
4:00 **Wellness Month** Relaxation Trivia (IN2L) -5200 North Social Area

Thursday 01/22

- 9:00** Chair Dance -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
12:45 Room Visits/1:1's/ House Calls
3:00 Shadow Boxing -Channel 88
4:00 **New Food Group** Leaning about Nutrition Cooking Trivia (IN2L) -MPR
7:00 **Traveling CAST "Sherlock Holmes Radio Mystery" Performance-SC**

Friday 01/23

- 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 Delaware and Delaware Trivia (IN2L) -MPR

HAPPY ANNIVERSARY!
Wayne & Sandy Kimber 01/25/53

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

