

## HEALTH CENTER ACTIVITIES: January 26th – February 1st

<b>Monday</b>	<b>01/26</b>	<b>Tuesday</b>	<b>01/27</b>	<b>Wednesday</b>	<b>01/28</b>	<b>Thursday</b>	<b>01/29</b>	<b>Friday</b>	<b>01/30</b>
	<b>BEAUTY SHOP DAY</b>		<b>Holocaust Remeberance Day</b>						
9:00	Flexible Fitness -Channel 88			9:00	Flexible Fitness -Channel 88		9:00	Chair Dance -Channel 88	
9:15	Exercise & Current Events & Devotional -MPR			9:30	<b>Resident Council -MPR</b>		9:15	Exercise & Current Events & Devotional – MPR	
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			1:00	Chair Yoga -Channel 88		11:15	Passing Mail	
12:45	Manicures -5100 & A/B & C/D Residents Only -MPR			1:30	Academy of Seniors Reimaging Modernisms: South And Southeast Asian Art-Channel 88		1:00	Chair Yoga Channel 88	
3:00	Bingo -MPR			1:30	Vespers (IN2L) -MPR		12:45	Room Visits/1:1's/ House Calls	
3:00	Chair Chi -Channel 88			2:30	Social Hour Refreshments will Be Served– 5200 North Social Area		3:00	Shadow Boxing -Channel 88	
3:00	Memory Makers (Manicures) -5200 West Sitting						7:00	Evening Movie: -Channel 88	
4:00	Remembering the Holocaust (After Bingo) (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

<b>Saturday</b>	<b>01/31</b>	<b>Sunday</b>	<b>02/01</b>
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	<b>Virtual Catholic Mass</b> -RC1
10:30	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	<b>Denny Mallory</b> <b>Singing Performance</b> -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: -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

**BARGAIN BOUTIQUE HOURS**

Tuesday's 10:00-12:00

Wednesday's 1:00-3:00

Saturday's 9:00-12:00

**HAPPY BIRTHDAY!**

**MARIAN ELSON**

**01/31**

**JOHN KAMOWSKI**

**01/31**



♥  
♥ We are collecting  
♥ Wedding Photo's  
♥ Of Residents and  
♥ Team Members to display  
♥ In the MPR. Please bring  
♥ Your Wedding Photo to  
♥ The Activity Office. Also, if  
♥ You could let us know the  
♥ Year you got Married.

