



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



### Monday 01/26

#### 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** Remembering the  
Holocaust  
(After Bingo)  
(IN2L)  
-MPR

### Tuesday 01/27

#### Holocaust Remeberance Day

#### 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
- 1:00** Hands In Motion  
-Channel 88
- 1:30** Traveling to  
Jerusalem Holy Land  
(IN2L) -MPR
- 3:00** Exercise with  
Wellness Team  
Members-MPR
- 4:00** Memory Makers  
(Manicures)  
-5100 West Sitting  
Area

### Wednesday 01/28

- 9:00** Flexible Fitness  
-Channel 88
- 9:30** Resident Council  
-MPR
- 11:15** Passing Mail
- 1:00** Chair Yoga  
-Channel 88
- 1:30** Academy of Seniors  
Reimaging  
Modernisms: South  
And Southeast Asian  
Art-Channel 88
- 1:30** Vespers  
(IN2L)  
-MPR
- 2:30** Social Hour  
Refreshments will  
Be Served- 5200  
North Social Area

### Thursday 01/29

- 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
- 7:00** Evening Movie:  
-Channel 88

### Friday 01/30

- 9:00** Sit & Fit  
-Channel 88
- 9:15** Bible Study w/Dave  
And Molly  
- MPR
- 9:45** (Right after Bible  
Study)  
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
- 4:00** 10 Facts about  
New England and  
New England 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

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.