



HEALTH CENTER ACTIVITIES: February 9th – February 15th



<u>Monday</u> <u>02/09</u>	<u>Tuesday</u> <u>02/10</u>	<u>Wednesday</u> <u>02/11</u>	<u>Thursday</u> <u>02/12</u>	<u>Friday</u> <u>02/13</u>
BEAUTY SHOP DAY Wear Your Favorite Team Jersey or Shirt	BEAUTY SHOP DAY			Wear Pink 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
10:30 Exercise & Current Events & Devotional -5200 North Social Area	9:30 Sit & Fit- Channel 88 10:00 All Resident Meeting With Matt Riehle, CEO- The Big Screen TV in the MPR-Channel 88	10:30 Exercise & Current Events & Devotional - 5200 North Social Area	10:30 Exercise & Current Events & Devotional - 5200 North Social Area	9:45 (Right after Bible Study) Exercise & Current Events & Devotional - MPR
11:15 Passing Mail	11:15 Passing Mail	11:15 Passing Mail	11:15 Passing Mail	11:15 Passing Mail
12:45 Manicures -5100 & A/B & C/D Residents Only -MPR	1:00 Hands In Motion -Channel 88	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	1:30 Academy of Seniors "Saudi Arabia and the Reinvention of Modernity -Channel 88	1:30 Vespers (IN2L) -MPR	12:45 Room Visits/1:1's/ House Calls	2:30 Manicures -5200 North Social Area -5200 Resident Only
3:00 Chair Chi -Channel 88	1:30 Women's Group -5100 North Social Area	2:45 Social Hour Refreshments will Be Served- 5200 North Social Area	1:30 Siver Chords Valentine's Day Program-MPR	3:45 10 Facts about Kansas City and Kansas City Trivia, Slideshow -MPR
4:00 Memory Makers (Manicures) -In Resident Room	3:00 Exercise with Wellness Team Members-MPR	4:00 African-American History Month (IN2L) -5200 North Social Area	3:00 Shadow Boxing -Channel 88	
	3:45 HOPE DOGS -MPR		4:00 Food Group Leaning about Nutrition -MPR	
	4:15 Memory Makers (Manicures) - In Resident Room		7:00 Evening Movie: "Waiting for God" -Channel 88	

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

