



## HEALTH CENTER ACTIVITIES: February 12 - February 18



### Monday 02/12

#### BEAUTY SHOP DAY

- 8:30** House Calls  
**9:15** Exercise & Current Events  
-MPR  
**9:30** Flexible Fitness  
-Channel 88  
**10:00** Second Presbyterian Service - Channel 88  
**10:00** Room Visits/1:1's  
**11:15** Passing Mail  
**1:00** YouthBuild of Mclean County Resident Life Stories  
-MPR  
**3:00** Bingo  
-MPR  
**3:00** Memory Makers (Manicures)  
-5200 West Sitting  
**3:00** Chair Yoga  
-Channel 88  
**4:00** Room Visits/1:1's

### Tuesday 02/13

#### BEAUTY SHOP DAY

- 9:15** Exercise & Current Events-MPR  
**9:30** Sit & Fit  
- Channel 88  
**10:15** Exercise & Current Events  
-5200 North Living Rm.  
**11:15** Passing Mail  
**1:00** Hands In Motion  
-Channel 88  
**1:00** Manicures  
-5100 & A/B & C/D Residents Only  
-MPR  
**1:30** PBS: "Seniority Authority: Secret to A Happy Life"  
-Channel 88  
**3:00** Exercise w/Wellness  
-MPR  
**4:00** Hope Therapy Dogs  
-MPR

### Wednesday 02/14

#### VALENTINE'S DAY AND ASH WEDNESDAY

- 9:15** Exercise & Current Events  
-MPR  
**9:30** Flexible Fitness  
-Channel 88  
**10:00** Ash Wednesday Catholic Mass-RC1&2  
**10:15** Exercise & Current Events  
-5200 North Living Rm.  
**11:15** Passing Mail  
**1:00** Chair Chi  
-Channel 88  
**1:30** Ash Wednesday Vespers-MPR  
**2:00** Broadway: "TBD" (2019)  
-Channel 88  
**3:00** Conversation Starters & Refreshments  
-5200 North Dining Room

### Thursday 02/15

- 8:30** House Calls  
**9:00** Chair Dance  
-Channel 88  
**9:15** Exercise & Current Events-MPR  
**10:15** Exercise & Current Events—5200 North Living Rm  
**11:15** Passing Mail  
**1:00** Hands in Motion  
-Channel 88  
**1:00** Unforgettable Ballads & Prose with The Silver Chords  
-MPR  
**2:00** Reel Rundown: "Self Made: The Fight of the Century"  
-Channel 88  
**2:30** Room Visits/1:1's  
**3:00** Shadow Boxing  
-Channel 88  
**7:00** Evening ENT: "Schumann Piano Concert"  
-Channel 88

### Friday 02/16

- 9:00** Sit & Fit  
-Channel 88  
**9:00-11:00** Dr. Sarah Hanley-Audiologist To see Preselected Residents  
**9:15** Bible Study w/Dave  
-MPR  
**10:00** Playing all Day on Channel 88  
"All Resident Meeting" With Matt Riehle CEO  
**11:15** Passing Mail  
**1:00** Popcorn  
**2:30** Manicures  
-5200 East Sitting Rm.  
And Memory Makers (Manicures)  
-5100 West Sitting

**Sunday** **02/18**

# Random Acts of Kindness Day

## 8:30 House Calls

**9:00** Chair Yoga  
-Channel 88

**10:00 A Valentine Tea &  
Cookie with 2nd  
Presbyrian Church  
Families.  
-MPR**

**11:15** Passing out Weekly  
Calendar for  
Next Week & Mail

## 1:00 Room Visits/1:1's

**3:00** Bingo –MPR

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

**7:00** Evening Movie:  
"Once Upon a Time  
In Hollywood"  
(2019,R)  
-Channel 88

**9:00** Devotional  
w/Burt  
With Exercise to  
follow –5100 Family  
Room

**9:00** Live Streaming of  
Calvary United  
Methodist Church  
-Channel 88

**10:00 Virtual Catholic Mass  
-RC1**

**10:15** Devotional w/  
Burt With Exercise to  
Follow  
-5200 Family Room

**1:00** Bridge Club  
-5200 Family Rm.

**1:00** Root Beer Floats  
-All Floors

**3:00** Parachute Fun  
Keep the ball on the  
Parachute  
-MPR

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

**7:00** Evening Movie:  
"Young Mr. Lincoln"  
(1939)  
-Channel 88

## BARGAIN BOUTIQUE HOURS

Tuesday's 10:00-12:00

Wednesday's 1:00-3:00

Saturday's 9:00-12:00

## GROCERY STORE HOURS

Monday 9:00-3:00

Tuesday 9:00-3:00

Wednesday 9:00-2:00

Thursday 9:00-3:00

Friday 9:00-3:00

Closed Daily 12:30-1:00  
(Lunch)

**MPR - Multi Purpose Room**

# Martin Health Center

## Channel 88— On Your TV in Your Room

**SC - Social Center Westminster Village**

## RC1-Resident Center Westminster Village

# HAPPY BIRTHDAY!

# Earl McIntyre

02/13



♥♥ Name the couples!



♥ Come to the MPR

- ♥ And name the participating
- ♥ Residents & Team Members
- ♥ Wedding Photos.

♥ The one that who correctly identifies the most names will win a box of Fannie May Chocolates on Monday, February 12th