



HEALTH CENTER ACTIVITIES: February 23rd – March 1st



<u>Monday</u> <u>02/23</u>	<u>Tuesday</u> <u>02/24</u>	<u>Wednesday</u> <u>02/25</u>	<u>Thursday</u> <u>02/26</u>	<u>Friday</u> <u>02/27</u>
BEAUTY SHOP DAY	BEAUTY SHOP DAY			
9:00 Flexible Fitness -Channel 88	8:30 In Room Activity/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	9:00 Sit and Fit-Channel 88	9:15 Resident Council -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	9:15 Exercise & Current Events & Devotional - MPR	10:15 (Right after Resident Council) Current Events/ Exercise-MPR	10:30 Exercise & Current Events & Devotional - 5200 North Social Area	9:45 (Right after Bible Study) Exercise & Current Events - MPR
11:15 Passing Mail	10:30 Exercise & Current Events & Devotional - 5200 North Social Area	11:15 Passing Mail	11:15 Passing Mail	11:15 Passing Mail
12:45 Manicures -MPR	11:15 Passing Mail	1:00 Chair Yoga -Channel 88	1:00 Chair Yoga Channel 88	1:00 Popcorn will be Served to residents Room
3:00 Bingo w/Destini -MPR	1:00 Hands In Motion -Channel 88	1:30 Vespers -MPR	12:45 In Room Activity/ 1:1's/House Calls	2:30 Family Feud with Destini -MPR
3:00 Chair Chi -Channel 88	1:30 Elvis Presley Live Impersonator -MPR	2:45 Social Hour Refreshments will Be Served- 5200 North Social Area	3:00 Shadow Boxing -Channel 88	3:45 California Facts and Trivia (IN2L) -MPR
3:00 Memory Makers (Manicures) -5200 Resident Room	1:30 Academy of Seniors "Saudi Arabia and the Reinvention of Modernity" -Channel 88	4:00 Traveling to Louisiana (IN2L) -5200 North Social Area	3:30 Food Group Leaning about Nutrition -MPR	
4:00 (Right after Bingo) Shakespeare Day William Shakespeare Trivia and History (IN2L) -MPR	3:00 Exercise with Wellness Team-MPR		7:00 Evening Movie: "Ordinary Men- The Forgotten Holocaust" (2023) -Channel 88	
	3:00 Memory Makers (Manicures) -5100 Resident Room			
	3:45 Jogging your Noggin C/D Living Room Area			

Saturday 02/28

- 8:30** In Room Activity/
1:1's/House Calls
- 9:00** Shadow Boxing
-Channel 88
- 10:30** Exercise & Current
Events –MPR
- 11:00** Passing out Weekly
Calendar for
Next Week & Mail
- 1:30** **Dulcimerdreamer
Musical
Performance**
-MPR
- 3:00** Bingo-MPR
- 4:15** Memory Makers
Music &
Aromatherapy
-5100 Family Rm.
- 7:00** Evening Movie:
"Operation
Mincemeat"
(2021,PG13)
-Channel 88

Sunday 03/01

- 9:00** Devotional Reading
Exercise to follow
–5100 Family Room
- 10:00** **Virtual Catholic Mass**
-RC1
- 10:30** Devotional Reading
Exercise to follow
-5200 Family Room
- 1:15** Bean Bags
-MPR
- 2:15** Root Beer Floats
Will be delivered to
Residents Room
- 4:00** Memory Makers
Music &
Aromatherapy
-5200 Family Rm.
- 7:00** Evening Movie:
"The Talented Mr.
Ripley" (1999, R)
-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

HAPPY BIRTHDAY!

- JOYCE GREGORY 02/26**
- JIM EBERWINE 02/26**
- RHEA KINGMAN 03/01**



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

BARGAIN BOUTIQUE HOURS

- Tuesday's 10:00-12:00
- Wednesday's 1:00-3:00
- Saturday's 9:00-12:00