



MARTIN HEALTH CENTER ACTIVITIES: March 20 - March 26



Monday 3/20

SPRING BEGINS

BEAUTY SHOP DAY

- 8:30** Room Visits-1:1's
9:15 Exercise & Current Events –MPR
9:30 Flexible Fitness -Channel 88
10:00 First Presbyterian Service - Channel 88
10:15 Exercise & Current Events-5200 North Living Rm.
11:15 Passing Mail
12:30 Memory Makers Manicures -5200 East Sitting Rm.
1:00 Manicures-5200 Residents Only East Sitting Rm.
1:15 Low Vision Support Group-MPR
3:00 Bingo-MPR
3:00 Writing “Thank You” Cards Staff/Families - 5100 South Dining R
3:00 Chair Yoga -Channel 88
3:30 St. John’s Service -Channel 88

Tuesday 3/21

BEAUTY SHOP DAY

- 9:15** Exercise & Current Events –MPR
9:30 Sit & Fit - Channel 88
10:15 Exercise & Current Events-5200 North Living Rm.
10:30 Catholic Service -Channel 88
11:15 Passing Mail
12:15 Monthly Birthday Luncheon-WMV Hearth Dining Rm
12:30 Memory Makers Manicures -5100 West Sitting Rm.
1:00 PBS: “From the Cornfields to the Coal and Copper Mines”- Channel 88
1:00 Manicures -5100 & A/B & C/D Residents Only -MPR
3:00 Wellness Center/ Exercise-MPR
3:00 Shadow Boxing -Channel 88
3:30 Wesley United Methodist Service -Channel 88

Wednesday 3/22

- 9:30** Flexible Fitness -Channel 88
10:15 Resident Council -MPR
11:15 Passing Mail
1:00 Root Beer Floats -All Floors
1:00 Chair Chi -Channel 88
2:00 Broadway - TBD - Channel 88
3:15 Chit & Chat Refreshments -5200 North Dining
6:30 “The Fabelmans” -Channel 88

Thursday 3/23

- 8:30** Room Visits-1:1's
9:00 Chair Dance -Channel 88
9:15 Exercise & Current Events-MPR
10:15 Exercise & Current Events -5200 North Living Rm.
11:15 Passing Resident Menus & Mail
1:00 Hands in Motion -Channel 88
1:00 Bean Bags -MPR
2:00 Reel Rundown: “Snack vs Chef: KitKat” -Channel 88
2:30 Bingo-5200 South Living Rm.
3:45 Technology Help -SC
7:00 Evening Entertainment: “Best of Spinning II Cirque du Soleil” -Channel 88

Friday 3/24

- 9:00** Sit & Fit -Channel 88
9:15 Bible Study w/Dave -MPR
10:15 Exercise & Current Events -5200 North Living Rm.
11:15 Passing Mail
1:00 Popcorn -All Floors
3:00 Writing “Thank You” Cards Staff/Families -5200 North Dining Rm.



MARTIN HEALTH CENTER ACTIVITIES: March 20 - March 26



Saturday 3/25

- 8:30 Room Visits-1:1's
- 9:00 Hands in Motion - Channel 88
- 10:15 Exercise & Current Events-MPR
- 11:15 Passing out Weekly Calendar for Next Week & Mail
- 12:35 Memory Makers Aromatherapy -5200 West Sitting Rm.
- 1:00 Writing "Thank You", "Birthday Cards" Cards-MPR
- 3:00 Bingo -MPR
- 7:00 Evening Movie: "All Quiet on the Western Front" (2022, R) -Channel 88

Sunday 3/26

- 9:00 Exercise & Devotional w/Burt -5100 Family Room
- 9:00 Live Streaming of Calvary United Methodist Church -Channel 88
- 10:00 Virtual Catholic Mass -RC1
- 10:15 Exercise & Devotional w/Burt -5200 Family Room
- 10:30 Live Streaming of Second Presbyterian Church - Channel 88
- 12:35 Memory Makers Aromatherapy -5100 East Sitting Rm.
- 1:15 Bridge Club -5200 Family Rm.
- 2:00 Snack Cart-All Floors
- 3:30 Vespers - MPR
- 7:00 Evening Movie: "Turning Red" (2022, PG) -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)

HAPPY BIRTHDAY!

Howard Little 03/22
Blanche Bernardi 03/23



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