



MARTIN HEALTH CENTER ACTIVITIES: March 6 - March 12



Monday 3/6

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.
- 2:00** Making Black America: Episode 4 -Channel 88
- 3:00** Bingo-MPR
- 3:00** Chair Yoga -Channel 88
- 3:30** St. John's Service -Channel 88
- 6:00** Piano Composition By Chris Callahan -AL 3F Sunroom

Tuesday 3/7

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
- 12:30** Memory Makers Manicures -5100 West Sitting Rm.
- 1:00** PBS: "Madoff the Monster of Wall Street-See No Evil" - 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 3/8

- 9:00** Flexible Fitness -Channel 88
- 9:15** Resident Huddle For A/B & C/D & 5100 Residents Only -MPR
- 9:30** Academy of Seniors -Channel 88
- 10:15** Resident Huddle For 5200 Residents Only -5200 North Living Rm.
- 11:15** Passing Mail
- 1:00** Root Beer Floats -All Floors
- 1:00** Chair Chi -Channel 88
- 2:00** Broadway - "Neighbors" (1971) - Channel 88
- 3:00** Chit & Chat Refreshments -5200 North Dining
- 6:30** "Mrs. Harris Goes To Paris" (2022, PG) - Channel 88

Thursday 3/9

- 8:30** Room Visits-1:1's
- 9:00** Chair Dance -Channel 88
- 9:15** Exercise & Current Events-MPR
- 10:00** Veterans Coffee RC 1 & 2
- 10:15** Exercise & Current Events -5200 North Living Rm.
- 11:15** Passing Resident Menus & Mail
- 1:00** Hands in Motion -Channel 88
- 1:15** Funny Videos (IN2L) -MPR
- 2:00** Reel Rundown: "Cunk on Earth: Rise of the Machines" -Channel 88
- 3:00** Bingo-5200 South Living Rm.
- 3:45** Technology Help -SC
- 7:00** Evening Entertainment: "Anna Dale, Oboe ASU Music, Dance, And Theatre" -Channel 88

Friday 3/10

- 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** Art & Craft -5200 North Dining Rm.

Saturday 3/11

- 8:30** Room Visits-1:1's
- 9:00** Chair Yoga
- 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** Traveling too... Resident Choice (IN2L)
-5200 North Dining Rm.
- 3:00** Bingo
-MPR
- 7:00** Evening Movie: "The Banshees of Inisherin"
(2022, R)
-Channel 88

Sunday 3/12

DAYLIGHT SAVING TIME BEGINS

- 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: "Norma Rae"
(2012, PG-13)
-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!

Carol Fox 03/06
Alma Brucker 03/07



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