



## HEALTH CENTER ACTIVITIES: April 1 - April 7



<u>Monday</u> <u>04/01</u>	<u>Tuesday</u> <u>04/02</u>	<u>Wednesday</u> <u>04/03</u>	<u>Thursday</u> <u>04/04</u>	<u>Friday</u> <u>04/05</u>
<p><b><u>April Fool's Day</u></b> <b><u>BEAUTY SHOP DAY</u></b></p> <p><b>8:30</b> House Calls</p> <p><b>9:15</b> Exercise &amp; Current Events -MPR</p> <p><b>9:30</b> Flexible Fitness -Channel 88</p> <p><b>10:00</b> Second Presbyterian Service - Channel 88</p> <p><b>10:00</b> Room Visits/1:1's</p> <p><b>11:15</b> Passing Mail</p> <p><b>1:00</b> Manicures -5100 &amp; A/B &amp; C/D Residents Only -MPR</p> <p><b>3:00</b> Bingo -MPR</p> <p><b>3:00</b> Memory Makers (Manicures) -5200 West Sitting</p> <p><b>3:00</b> Chair Yoga -Channel 88</p> <p><b>4:00</b> Room Visits/1:1's</p>	<p><b><u>International Children's Book Day</u></b> <b><u>BEAUTY SHOP DAY</u></b></p> <p><b>9:15</b> Exercise &amp; Current Events-MPR</p> <p><b>9:30</b> Sit &amp; Fit - Channel 88</p> <p><b>10:15</b> Exercise &amp; Current Events -5200 North Living Rm.</p> <p><b>11:15</b> Passing Mail</p> <p><b>1:00</b> Hands In Motion -Channel 88</p> <p><b>1:00</b> Children Book Trivia (IN2L) -MPR</p> <p><b>1:00</b> Coloring - C &amp; D Dining Room</p> <p><b>1:30</b> PBS: "Eyes on the Prize America's Civil Rights Years: Awakenings" (1954-1956) -Channel 88</p> <p><b>3:00</b> Exercise w/Wellness -MPR</p> <p><b>3:00</b> Memory Makers (Manicures) -5100 West Sitting</p>	<p><b><u>National Walk Day</u></b></p> <p><b>9:15</b> Resident Huddle -MPR</p> <p><b>9:30</b> Flexible Fitness -Channel 88</p> <p><b>10:15</b> Resident Huddle -5200 North Living Rm</p> <p><b>11:15</b> Passing Mail</p> <p><b>1:00</b> Chair Chi -Channel 88</p> <p><b>1:30</b> <b>Vespers-MPR</b></p> <p><b>2:00</b> Broadway: "Buried Child" (2016) -Channel 88</p> <p><b>3:00</b> Conversation Starters &amp; Refreshments -5200 North Dining Rm.</p> <p><b>4:15</b> Time with Our Spotlight Residents</p>	<p><b>8:30</b> House Calls</p> <p><b>9:00</b> Chair Dance -Channel 88</p> <p><b>9:15</b> Exercise &amp; Current Events-MPR</p> <p><b>10:15</b> Exercise &amp; Current Events—5200 North Living Rm</p> <p><b>11:15</b> Passing Mail</p> <p><b>1:00</b> Hands in Motion -Channel 88</p> <p><b>1:15</b> Best and Worst Pranks (IN2L) -MPR</p> <p><b>2:00</b> Reel Rundown: "The Crown" -Season 6, Episode 1 -Channel 88</p> <p><b>3:00</b> Room Visits/1:1's</p> <p><b>3:00</b> Shadow Boxing -Channel 88</p> <p><b>7:00</b> Evening Entertainment: "Benny Goodman Septet at the North Sea Jazz Festival" -Channel 88</p>	<p><b>9:00</b> Sit &amp; Fit -Channel 88</p> <p><b>9:15</b> Bible Study with Dave-MPR</p> <p><b>9:30</b> Mornings with the Professors -Channel 88</p> <p><b>10:15</b> Exercise &amp; Current Events -5200 North Living</p> <p><b>11:15</b> Passing Mail</p> <p><b>1:00</b> Popcorn</p> <p><b>3:00</b> Manicures -5200 East Sitting Rm.</p> <p><b>4:15</b> Time with Our Spotlight Residents</p>

**Saturday 04/06**

- 8:30** House Calls/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
- 1:30** **Steve Crutcher**  
-Live Music  
- MPR
- 3:00** Bingo -MPR
- 4:15** Memory Makers Music & Aromatherapy -5100 West Sitting Rm.
- 7:00** Evening Movie: "The Art of Love" (2024) -Channel 88

**Sunday 04/07**

- 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** Outside Center Courtyard  
\_\_\_\_(Weather Permitting)  
If unable to go outside Games & Trivia in MPR
- 2:15** Root Beer Floats -All Floors
- 4:15** Memory Makers Music & Aromatherapy -5200 East Sitting Rm.
- 7:00** Evening Movie: "The Thomas Crown Affair" (1999,R) -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!**

**William Johnson 04/02**



**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