



HEALTH CENTER ACTIVITIES: April 14 – April 20



Monday 04/14 BEAUTY SHOP DAY

8:30 House Calls
9:15 Exercise & Current Events & Devotional -MPR
9:30 Flexible Fitness -Channel 88
10:15 Exercise & Current Events & Devotional -5200 North Social Area
11:15 Passing Mail
1:15 Manicures -5100 & A/B & C/D Residents Only -MPR
1:30 Academy of Seniors: "Artificial Intelligence-Demon, Angel or Something In-between (Part 4) -Channel 88
3:00 Bingo -MPR
3:00 Memory Makers (Manicures) -5200 West Sitting
3:00 Chair Chi -Channel 88
4:00 Laughter Discussion Starters (IN2L) - MPR

Tuesday 04/15 BEAUTY SHOP DAY

8:30 Room Visits/1:1's/ House Calls
9:00 Sit & Fit- Channel 88
9:15 Exercise & Current Events & Devotional - MPR
10:00 Youth Build Visit "How Music Has Played A Role In Your Lives" -MPR
11:15 Passing Mail
12:15 Monthly Birthday WMV Hearth Dining Room -WMV
1:00 Hands In Motion -Channel 88
1:30 Men's Group -MPR
1:30 Women's Group -5100 North Social Area
3:00 Exercise with the Wellness Center Team Members -MPR
3:00 Memory Makers (Manicures) -5100 West Sitting
3:45 Jackie Robinson Day Baseball Trivia/History (IN2L) -MPR

Wednesday 04/16

9:00 Flexible Fitness -Channel 88
9:15 Exercise & Current Events & Devotional - MPR
10:15 Exercise & Current Events & Devotional - 5200 North Social Area
11:15 Passing Mail
1:00 Chair Yoga Channel 88
1:30 Vespers -MPR
1:30 Academy of Seniors: "Artificial Intelligence-Demon, Angel or Something In-between (Part 4) -Channel 88
2:45 Social Hour Refreshment will Be served -5200 North Social Area
4:00 Senior Trivia/Joggin Your Noggin -C/D Dining Room

Thursday 04/17

9:00 Chair Dance -Channel 88
9:15 Exercise & Current Events & Devotional - MPR
10:15 Exercise & Current Events & Devotional - 5200 North Social Area
11:15 Passing Mail
1:00 Chair Yoga Channel 88
1:30 Maundy Thursday Religious Service- "The Last Supper" -MPR
3:00 Room Visits/1:1's/ House Calls
3:00 Shadow Boxing -Channel 88

Friday 04/18 GOOD FRIDAY

9:00 Sit & Fit -Channel 88
9:15 Good Friday Bible Study with Dave K.-MPR
9:30 Morning with the Professors: "Animal Welfare, Human Influence and the Role of Reputable Institutions"
9:45 Exercise & Current Events & Devotional -MPR
11:00 EASTER BUNNY VISIT-MPR
11:15 Passing Mail
12:00 All Resident Meeting RECORDING -Channel 88 (Plays ALL Day after 12:00)
NO POPCORN TODAY!
1:30 Bunny Rabbits With Ginger Come and Hold Real Live Bunnies!! -MPR
2:30 Manicures -5200 West Sitting Area 5200 Resident Only
4:00 Easter Trivia (IN2L) -5200 North Social Area

Saturday 04/19 Sunday 04/20

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| <p>8:30 Room Visits/1:1's/
House Calls</p> <p>9:00 Shadow Boxing
-Channel 88</p> <p>10:15 Exercise & Current
Events—MPR</p> <p>11:00 Passing out Weekly
Calendar for
Next Week & Mail</p> <p>1:30 Denny Mallory
Singing Performance
—MPR</p> <p>3:00 Bingo—MPR</p> <p>4:15 Memory Makers
Music &
Aromatherapy
-5100 West Sitting
Rm.</p> <p>7:00 Evening Movie:
“The Leopard”
Episode 3
(2025)
-Channel 88</p> | <p>EASTER</p> <p>9:00 Easter Devotional
Reading
Exercise to follow
—5100 Family Room</p> <p>10:00 Virtual Catholic Mass
-RC1</p> <p>10:15 Easter Devotional
Reading
Exercise to follow
-5200 Family Room</p> <p>1:15 Bean Bags
-MPR</p> <p>2:30 Root Beer Floats
All Areas will be
Served to your Room</p> <p>4:00 Movie:
“Roman Holiday”
(1953)-Channel 88</p> <p>4:15 Memory Makers
Music &
Aromatherapy
-5200 East Sitting Rm.</p> <p>7:00 Evening Movie:
“Legally Blonde”
(2001,PG-13)
-Channel 88</p> |
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GROCERY STORE HOURS

- Monday 10:00-2:00
2:30-5:00
- Tuesday 10:00-2:00
2:30-5:00
- Wednesday 10:00-2:00
2:30-5:00
- Thursday 10:00-2:00
3:00-5:00
- Friday 10:00-2:00
2:30-5:00
- Closed Daily 2:30-3:00
(Lunch)

HAPPY BIRTHDAY!

SHARON OLESON

04/14

JUDITH DICKINSON

04/15



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

BARGAIN BOUTIQUE HOURS

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