



# HEALTH CENTER ACTIVITIES: April 22 - April 28



<u>Monday</u> <u>04/22</u>	<u>Tuesday</u> <u>04/23</u>	<u>Wednesday</u> <u>04/24</u>	<u>Thursday</u> <u>04/25</u>	<u>Friday</u> <u>04/26</u>
<b>Earth Day</b> <b>BEAUTY SHOP DAY</b>	<b>BEAUTY SHOP DAY</b>			
<b>8:30</b> House Calls	<b>9:15</b> Exercise & Current Events-5100 South Living Room	<b>9:15</b> Exercise & Current Events -5100 South Living Room	<b>8:30</b> House Calls	<b>9:00</b> Sit & Fit -Channel 88
<b>9:15</b> Exercise & Current Events -MPR	<b>9:30</b> Sit & Fit - Channel 88	<b>9:30</b> Flexible Fitness -Channel 88	<b>9:00</b> Chair Dance -Channel 88	<b>9:15</b> Bible Study with Dave-MPR
<b>9:30</b> Flexible Fitness -Channel 88	<b>10:15</b> Exercise & Current Events -5200 North Living Rm.	<b>10:15</b> Exercise & Current Events -5200 North Living Rm	<b>9:15</b> Exercise & Current Events-MPR	<b>9:30</b> Mornings with the Professors -Channel 88
<b>10:00</b> Room Visits/1:1's	<b>11:15</b> Passing Mail	<b>11:15</b> Passing Mail	<b>10:15</b> Exercise & Current Events—5200 North Living Rm	<b>10:15</b> Exercise & Current Events -5200 North Living
<b>11:15</b> Passing Mail	<b>1:00</b> Hands In Motion -Channel 88	<b>11:15</b> Passing Mail	<b>11:15</b> Passing Mail	<b>11:15</b> Passing Mail
<b>1:00</b> Manicures -5100 & A/B & C/D Residents Only -MPR	<b>1:00</b> Hands In Motion -Channel 88	<b>1:00</b> Chair Chi -Channel 88	<b>1:00</b> Hands in Motion -Channel 88	<b>1:00</b> Popcorn
<b>3:00</b> Bingo -MPR	<b>11:15</b> Orpheus Mandolin Orchestra playing Music for Lunch -5100 North Living Rm	<b>1:30</b> <b>Vespers-MPR</b>	<b>1:15</b> Outside Center Courtyard if weather Permits otherwise Earth Day History & Trivia (IN2L)-MPR	<b>3:00</b> Manicures -5200 East Sitting Rm.
<b>3:00</b> Memory Makers (Manicures) -5200 West Sitting	<b>1:30</b> <b>Youth Build of Mclean County: Wheelchair Ride to the Foundation Walk</b>	<b>2:00</b> Broadway: "Rodgers & Hammerstein's Cinderella" (1965) -Channel 88	<b>1:45</b> Reel Rundown: "The Crown" -Season 6, Episode 4 -Channel 88	<b>4:15</b> Time with Our Spotlight Residents
<b>3:00</b> Chair Yoga -Channel 88	<b>1:30</b> PBS: "Eyes on the Prize America's Civil Rights Years: No Easy Walk" (1961-1963) -Channel 88	<b>3:00</b> Discussion Starters (IN2L) & Refreshments -5200 North Dining Rm.	<b>3:00</b> Room Visits/1:1's	
<b>4:00</b> Room Visits/1:1's	<b>3:00</b> Exercise w/Wellness -MPR	<b>4:15</b> Time with Our Spotlight Residents	<b>3:00</b> Shadow Boxing -Channel 88	
	<b>3:00</b> Memory Makers (Manicures) -5100 West Sitting	<b>4:30</b> <b>Family Connect For Families only Not Residents -MPR</b>	<b>7:00</b> Evening Entertainment: "Big Band Holidays Music on Jazz at Lincoln Center" -Channel 88	

**Saturday 04/27 Sunday 04/28**

- |   |   |
|---|---|
| <p><b>8:30</b> House Calls/Room Visits/1:1's</p> <p><b>9:00</b> Chair Chi -Channel 88</p> <p><b>10:15</b> Exercise &amp; Current Events-MPR</p> <p><b>11:15</b> Passing out Weekly Calendar for Next Week &amp; Mail</p> <p><b>1:00</b> Outside Center Court Yard (weather permitting) If unable go outside Sing A Long -MPR</p> <p><b>3:00</b> Bingo –MPR</p> <p><b>4:15</b> Memory Makers Music &amp; Aromatherapy -5100 West Sitting Rm.</p> <p><b>7:00</b> Evening Movie: "Mrs. Miniver" (1942) -Channel 88</p> | <p><b>9:00</b> A Devotional Reading With Exercise to follow –5100 Family Room</p> <p><b>9:00</b> Live Streaming of Calvary United Methodist Church -Channel 88</p> <p><b>10:00</b> <b>Virtual Catholic Mass -RC1</b></p> <p><b>10:15</b> A Devotional Reading With Exercise to Follow -5200 Family Room</p> <p><b>10:30</b> Live Streaming of Second Presbyterian Church-Channel 88</p> <p><b>1:00</b> Outside Center Courtyard (Weather Permitting) If unable to go outside Bean Bags -MPR</p> <p><b>2:15</b> Root Beer Floats -All Floors</p> <p><b>4:15</b> Memory Makers Music &amp; Aromatherapy -5200 East Sitting Rm.</p> <p><b>7:00</b> Evening Movie: "Passengers" (2016, PG-13) -Channel 88</p> |
|---|---|

**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!**

**Donald Hoeft 04/22**



**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