



HEALTH CENTER ACTIVITIES: April 28 – May 4



Monday 04/28 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
1:00 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 Outside Center Courtyard

Tuesday 04/29 BEAUTY SHOP DAY

8:30 Room Visits/1:1's/ House Calls
9:15 Exercise & Current Events & Devotional - MPR
9:30 Sit & Fit- Channel 88
10:15 Exercise & Current Events & Devotional - 5200 North Social Area
11:15 Passing Mail
1:00 Hands In Motion -Channel 88
12:45 Loading the Bus to go To Dawson Lake!
1:15 Outside Center Courtyard weather Permitting otherwise Traveling to Paris (IN2L)-MPR
3:00 Exercise with the Wellness Center Team Members -MPR
3:30 Memory Makers (Manicures) -5100 West Sitting
3:45 Kentucky Derby History and Trivia (IN2L)-MPR

Wednesday 04/30

9:00 Flexible Fitness -Channel 88
9:15 Resident Council -MPR
10:30 Youth Build "How has Music Played a role in Your Lives" -MPR
11:15 Passing Mail
1:00 Chair Yoga Channel 88)
1:30 Vespers -MPR
2:45 Social Hour Refreshment will Be served Outside -5200 West Balcony
4:00 Outside Center Courtyard

Thursday 05/01

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
1:15 Center Courtyard Weather permits Otherwise Traveling To Africa in the MPR
3:00 Room Visits/1:1's/ House Calls
3:00 Shadow Boxing -Channel 88

Friday 05/02

9:00 Sit & Fit -Channel 88
9:15 Bible Study with Dave K.-MPR
9:30 Morning with the Professors: "The Legacy of Medieval Anti-Judaism" -Channel 88
9:45 Exercise & Current Events & Devotional -MPR
11:15 Passing Mail
1:00 Popcorn to be Served in your Room
2:30 Activity Committee Needing Residents to assist In making a sign. -MPR
2:30 Manicures -5200 West Sitting Area 5200 Resident Only
4:00 Outside 5200 West Balcony

Saturday 05/03

Kentucky Derby Day!

- 8:30** Room Visits/1:1's/
House Calls
- 9:00** Chair Yoga
-Channel 88
- 10:15** Exercise & Current
Events—MPR
- 11:00** Passing out Weekly
Calendar for
Next Week & Mail
- 1:30** **Steve Crutcher**
Singing performance
-MPR
- 3:00** Bingo—MPR
- 4:15** Memory Makers
Music &
Aromatherapy
-5100 West Sitting
Rm.
- 7:00** Evening Movie:
“The Leopard”
Episode 5
(2025)
-Channel 88

Sunday 05/04

Cinco de Mayo

- 9:00** Devotional Reading
Exercise to follow
–5100 Family Room
- 10:00** **Virtual Catholic Mass**
-RC1
- 10:15** Devotional
Reading
Exercise to follow
-5200 Family Room
- 1:15** Center Courtyard
Weather permits
Otherwise Cinco de
Mayo History/Trivia
(IN2L)
In the MPR
- 2:30** Root Beer Floats
All Areas will be
Served to your Room
- 4:15** Memory Makers
Music &
Aromatherapy
-5200 East Sitting Rm.
- 7:00** Evening Movie:
“Mamma Mia”
(2008,PG-13)

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!

JOHN KURTOCK

05/03

KAREN LAYTEN

05/04

ANNE LIBERT

05/04



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