



# HEALTH CENTER ACTIVITIES: April 29 - May 5



<u>Monday</u> <u>04/29</u>	<u>Tuesday</u> <u>04/30</u>	<u>Wednesday</u> <u>05/01</u>	<u>Thursday</u> <u>05/02</u>	<u>Friday</u> <u>05/03</u>
<b>BEAUTY SHOP DAY</b>	<b>BEAUTY SHOP DAY</b>			
<b>8:30</b> House Calls	<b>9:15</b> Exercise & Current Events-MPR	<b>9:15</b> Resident Huddle -MPR	<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> Resident Huddle -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>1:00</b> Chair Chi -Channel 88	<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>1:30</b> Youth Build of Mclean County: Wheelchair Ride around the Foundation Garden	<b>1:30</b> Vespers-MPR	<b>1:00</b> Hands in Motion -Channel 88	<b>1:00</b> Popcorn
<b>3:00</b> Bingo -MPR	<b>1:30</b> PBS: "Eyes on the Prize America's Civil Rights Years: Mississippi: Is This American?" (1962-1964) -Channel 88	<b>2:00</b> Broadway: "Rodgers & Hammerstein's Cinderella" (1965) -Channel 88	<b>1:15</b> Outside Center Courtyard if weather Permits otherwise Sing A Long (IN2L)-MPR	<b>3:00</b> Manicures -5200 East Sitting Rm.
<b>3:00</b> Memory Makers (Manicures) -5200 West Sitting	<b>3:00</b> Exercise w/Wellness -MPR	<b>3:00</b> Conversation Starters & Refreshments -Outside Center Courtyard	<b>1:45</b> Reel Rundown: "The Crown" -Season 6, Episode 5 -Channel 88	<b>4:15</b> Time with Our Spotlight Residents
<b>3:00</b> Chair Yoga -Channel 88	<b>3:00</b> Memory Makers (Manicures) -5100 West Sitting	<b>4:15</b> Time with Our Spotlight Residents	<b>3:00</b> Room Visits/1:1's	
<b>4:00</b> Room Visits/1:1's		<b>7:00</b> St. Mary's Church Choir - SC	<b>3:00</b> Shadow Boxing -Channel 88	
			<b>7:00</b> Evening Entertainment: "2023 Nobel Prize Concert" -Channel 88	

**Saturday 05/04**

- Kentucky Derby**  
**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  
**1:00** Outside Center Courtyard (Weather Permitting) If unable to go outside Bean Bags -MPR  
**3:00** Bingo –MPR  
**4:15** Memory Makers Music & Aromatherapy -5100 West Sitting Rm.  
**4:30-5:30** Kentucky Derby On CBS  
**7:00** Evening Movie: "Legal Eagles" (1986, PG) -Channel 88

**Sunday 05/05**

- 9:00** A Devotional Reading 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** A Devotional Reading With Exercise to Follow -5200 Family Room  
**10:30** Live Streaming of Second Presbyterian Church-Channel 88  
**1:00** Outside Center Courtyard (Weather Permitting) If unable to go outside Big Bowling-MPR  
**2:15** Root Beer Floats -All Floors  
**4:15** Memory Makers Music & Aromatherapy -5200 East Sitting Rm.  
**7:00** Evening Movie: "Falling for Figaro" (2021) -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!**

**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