



## HEALTH CENTER ACTIVITIES: May 19 – May 25



### Monday 05/19

#### BEAUTY SHOP DAY

- 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
- 1:30** Manicures  
-5100 & A/B  
& C/D Residents Only  
-MPR
- (NOTICE NEW TIME  
CHANGE FOR MANICURES)
- 3:15** Bingo  
-MPR
- (NOTICE NEW TIME  
CHANGE FOR BINGO)
- 3:00** Chair Chi  
-Channel 88
- 3:15** Memory Makers  
(Manicures)  
-5200 West Sitting
- 4:00** Outside Center  
Courtyard

### Tuesday 05/20

#### 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
- 12:15** Birthday Luncheon  
-WMV Hearth Dining  
Rm.
- 12:45** Loading Bus for a  
Bus Ride
- 1:00** Hands In Motion  
-Channel 88
- 1:15** Outside Center  
Courtyard weather  
Permitting otherwise  
Traveling to California  
Wine County  
(IN2L) -MPR
- 3:00** Exercise with  
Wellness Center  
Team Members  
-MPR
- 3:30** Memory Makers  
(Manicures)  
-5100 West Sitting
- 3:45** Family Feud Game  
(IN2L)-MPR

### Wednesday 05/21

- 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
- 3:00** Meet & Greet with  
New Chief  
Operation Officer  
Kristi Nottelmann,  
New Spiritual Care  
Coordinator  
Ernie Stone,  
New Assistant  
Director of Culinary  
Jodi Sullivan,  
New Social Service  
Director,  
Jennifer Trowbridge  
-MPR

### Thursday 05/22

- 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 Parachute  
Fun with Balls  
-MPR
- 3:00** Room Visits/1:1's/  
House Calls
- 3:00** Shadow Boxing  
-Channel 88

### Friday 05/23

- 9:00** Sit & Fit  
-Channel 88
- 9:15** Bible Study with  
Dave K.  
-MPR
- 9:45** Exercise & Current  
Events & Devotional  
-MPR
- 11:15** Passing Mail
- 1:00** Popcorn to be  
Served to your  
Room
- 2:30** Manicures  
-5200 West Sitting  
Area 5200 Resident  
Only
- 4:00** Outside 5200  
West Balcony  
Weather permitting  
Or Bean Bags in the  
MPR



HEALTH CENTER ACTIVITIES: May 19 – May 25



**Saturday 05/24**

- 8:30** Room Visits/1:1's/  
House Calls
- 9:00** Chair Chi  
-Channel 88
- 10:15** Exercise & Current  
Events—MPR
- 11:00** Passing out Weekly  
Calendar for  
Next Week & Mail
- 1:15** Outside Center  
Courtyard listening to  
Music IN2L Sing A  
Long if weather  
Permits otherwise  
Sing A Longs -MPR
- 2:45** Bingo—MPR  
(NOTICE NEW TIME CHANGE  
FOR BINGO)
- 4:15** Memory Makers  
Music &  
Aromatherapy  
-5100 West Sitting  
Rm.
- 7:00** Evening Movie:  
“The Gods Must Be  
Crazy”  
(1980,PG)  
-Channel 88

**Sunday 05/25**

- 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 Bean Bags  
In the MPR
- 2:30** Sunday Sundaes  
Will be delivered to  
Residents Room
- 4:15** Memory Makers  
Music &  
Aromatherapy  
-5200 East Sitting Rm.
- 7:00** Evening Movie:  
“Waiting for God”  
(1990) Season 3,  
Episodes 1&2  
-Channel 88

**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)

**BARGAIN BOUTIQUE HOURS**

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

**MPR** - Multi Purpose Room  
Martin Health Center  
**Channel 88**– On Your TV in Your Room  
**SC** - Social Center Westminster Village  
**RC 1,2,3**-Resident Center Westminster  
Village