



MARTIN HEALTH CENTER ACTIVITIES: May 22 - May 28



<u>Monday</u> <u>5/22</u>	<u>Tuesday</u> <u>5/23</u>	<u>Wednesday</u> <u>5/24</u>	<u>Thursday</u> <u>5/25</u>	<u>Friday</u> <u>5/26</u>
BEAUTY SHOP DAY	BEAUTY SHOP DAY			
8:30 Room Visits-1:1's	9:15 Exercise & Current Events –MPR	9:15 Exercise & Current Events -MPR	8:30 Room Visits-1:1's	9:00 Sit & Fit -Channel 88
9:15 Exercise & Current Events –MPR	9:30 Sit & Fit - Channel 88	9:30 Flexible Fitness -Channel 88	9:00 Chair Dance -Channel 88	9:15 Resident Huddle -MPR
9:30 Flexible Fitness -Channel 88	10:15 Exercise & Current Events-5200 East Balcony	10:15 Exercise & Current Events -5200 East Balcony	9:15 Exercise & Current Events—MPR	10:15 Resident Huddle (5200 Residents Only) -5200 East Balcony
10:00 First Presbyterian Service - Channel 88	10:30 Catholic Service -Channel 88	11:15 Passing Mail	10:15 Exercise & Current Events -5200 East Balcony	11:15 Passing Resident Menus & Mail
10:15 Exercise & Current Events-5200 East Balcony	11:15 Passing Mail	1:00 Root Beer Floats -All Floors	11:15 Passing Resident Menus & Mail	1:00 Popcorn -All Floors
11:15 Passing Mail	12:45 Afternoon Drive	1:00 Chair Chi -Channel 88	1:00 Hands in Motion -Channel 88	1:00 Midday Movie: "Seven Brides for Seven Brothers" (1954,NR) Channel 88
12:30 Memory Makers Manicures -5200 East Sitting Rm.	12:30 Memory Makers Manicures -5100 West Sitting	2:00 Broadway "Peter Pan Goes Wrong Show"(2016) -Channel 88	1:00 Sing A Longs (IN2L) -Center Court Yard	1:00 Midday Movie: "Seven Brides for Seven Brothers" (1954,NR) Channel 88
1:00 Manicures-5200 Residents Only East Sitting Rm.	1:00 PBS: "Exodus: The Journey Continues" - Channel 88	3:15 Chit & Chat Refreshments -5200 East Balcony	2:00 Reel Rundown: "Chimp Empire-Paradise" -Channel 88	3:00 Center Court Yard "Telling Jokes" Outside if weather Permits if not MPR
3:00 Bingo-MPR	1:00 Manicures -5100 & A/B & C/D Residents Only -MPR	6:30 At home Movie Night: "80 for Brady" -Channel 88 Older American's Month	3:00 Bingo-5200 South Living Rm.	
3:00 Chair Yoga -Channel 88	3:00 Wellness Exercise -MPR		3:45 Technology Help -SC	
3:00 Dealing w/Change -5100 Family Room	3:00 Shadow Boxing -Channel 88		7:00 Evening Entertainment: "San Diego Mandolin Orchestra" -Channel 88	
3:30 St. John's Service -Channel 88	3:30 Wesley United Methodist Service -Channel 88			

Saturday 5/27

- 8:30** Room Visits-1:1's
- 9:00** Chair Dance
-Channel 88
- 10:15** Exercise & Current Events-MPR
- 11:15** Passing out Weekly Calendar for Next Week & Mail
- 12:35** Memory Makers Aromatherapy
-5200 West Sitting Rm.
- 1:00** Center Court Yard Sing A Longs (IN2L)
If weather permits if Not will be in the MPR
- 3:00** Bingo
-MPR
- 7:00** Evening Movie: "The Great Escape" (1963, NR)
Channel 88

Sunday 5/28

- 9:00** Exercise & Devotional w/Burt
-5100 Family Room
- 9:00** Live Streaming of Calvary United Methodist Church
-Channel 88
- 10:00** Virtual Catholic Mass
-RC1
- 10:15** Exercise & Devotional w/Burt
-5200 Family Room
- 10:30** Live Streaming of Second Presbyterian Church - Channel 88
- 12:35** Memory Makers Aromatherapy
-5100 East Sitting Rm.
- 1:15** Bridge Club
-5200 Family Rm.
- 1:30** Sundae Sunday's
-All Floors
- 3:30** Vespers - MPR
- 7:00** Evening Movie: "The Best Years of Our Lives" (1946,NR)
-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)

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

HAPPY BIRTHDAY!

Rosemary Bavester 5/23

Rita Buffinton 5/27
Happy 100th Birthday
Rita!!

Martha Miller 5/28

