



HEALTH CENTER ACTIVITIES: June 2 – June 8



<u>Monday</u>	<u>06/02</u>	<u>Tuesday</u>	<u>06/03</u>	<u>Wednesday</u>	<u>06/04</u>	<u>Thursday</u>	<u>06/05</u>	<u>Friday</u>	<u>06/06</u>
<u>BEAUTY SHOP DAY</u>		<u>BEAUTY SHOP DAY</u>							
9:15	Exercise & Current Events & Devotional -MPR	8:30	Room Visits/1:1's/ House Calls	9:00	Flexible Fitness -Channel 88	9:00	Chair Dance -Channel 88	9:00	Sit & Fit -Channel 88
9:30	Flexible Fitness -Channel 88	9:15	Exercise & Current Events & Devotional – MPR	9:15	Exercise & Current Events & Devotional – MPR	9:15	Exercise & Current Events & Devotional – MPR	9:15	Bible Study with Dave K.-MPR
10:15	Exercise & Current Events & Devotional -5200 North Social Area	9:30	Sit & Fit- Channel 88	10:15	Exercise & Current Events & Devotional - 5200 North Social Area	10:15	Exercise & Current Events & Devotional - 5200 North Social Area	9:45	Exercise & Current Events & Devotional -MPR
11:15	Passing Mail	10:15	Exercise & Current Events & Devotional - 5200 North Social Area	11:15	Passing Mail	11:15	Passing Mail	11:15	Passing Mail
12:45	Manicures -5100 & A/B & C/D Residents Only -MPR	11:15	Passing Mail	1:00	Chair Yoga -Channel 88	1:00	Chair Yoga Channel 88	1:00	Popcorn to be Served to your Room
2:45	Bingo -MPR	12:45	Loading Bus for a Bus Ride	1:30	Vespers -MPR	1:15	Center Courtyard Weather permits Parachute Fun -MPR	2:30	Manicures -5200 West Sitting Area 5200 Resident Only
2:45	Memory Makers (Manicures) -5200 West Sitting	1:00	Hands In Motion -Channel 88	2:45	Social Hour Refreshments will Be Served– 5200 North Social Area	3:00	Room Visits/1:1's/ House Calls	4:00	Outside 5200 West Balcony Weather permitting Or Bean Bags in the MPR
3:00	Chair Chi -Channel 88	1:15	Outside Center Courtyard weather Permitting otherwise Traveling to Italy (IN2L) -MPR	4:00	Outside Center Courtyard weather Permitting Otherwise Senior Trivia-MPR	3:00	Shadow Boxing -Channel 88		
4:00	Outside Courtyard Weather permitting Otherwise Trivia IN2L -5100 Social Area	3:00	Exercise with the Wellness Center Team Members -MPR						
		3:30	Memory Makers (Manicures) -5100 West Sitting						
		3:45	Discussion Starters (IN2L)-MPR						

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

<u>Saturday</u>	<u>06/07</u>	<u>Sunday</u>	<u>06/08</u>
8:30	Room Visits/1:1's/ House Calls	9:00	Devotional Reading Exercise to follow -5100 Family Room
9:00	Shadow Boxing -Channel 88	10:00	Virtual Catholic Mass -RC1
10:15	Exercise & Current Events—MPR	10:15	Devotional Reading Exercise to follow -5200 Family Room
11:00	Passing out Weekly Calendar for Next Week & Mail	1:15	Center Courtyard Weather permits Otherwise Bean Bags In the MPR
1:30	Singing Performance Steve Crutcher-MPR	2:00	Spring Social Presented by The Westminster Foundation -Foundation Garden Walk
2:45	Bingo—MPR	2:15	Sunday Sundaes Will be delivered to Residents Room
4:00	Memory Makers Music & Aromatherapy -5100 West Sitting Rm.	4:15	Memory Makers Music & Aromatherapy -5200 East Sitting Rm.
7:00	Evening Movie: -Channel 88	7:00	Evening Movie: -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)	

HAPPY BIRTHDAY!

LINDA LANZER	06/05
NANCY MORRIS	06/07



BARGAIN BOUTIQUE HOURS

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