



## HEALTH CENTER ACTIVITIES: June 23 – June 29



### Monday 06/23

#### 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
- 12:45** Manicures  
-5100 & A/B  
& C/D Residents Only  
-MPR
- 3:00** Bingo  
-MPR
- 3:00** Chair Chi  
-Channel 88
- 3:00** Memory Makers  
(Manicures)  
-5200 West Sitting
- 3:00** Chair Chi  
-Channel 88
- 4:15** Outside Courtyard

### Tuesday 06/24

#### 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
- 10:30** In Person Catholic  
Mass, with Father  
Bo Schmitt  
-RC3
- 11:15** Passing Mail
- 12:45** Loading Bus for a  
Bus Ride
- 1:00** Hands In Motion  
-Channel 88
- 1:15** Outside Center  
Courtyard
- 3:00** Exercise with the  
Wellness Center  
Team Members  
-MPR
- 3:30** Memory Makers  
(Manicures)  
-5100 West Sitting
- 3:45** Short Stories  
(IN2L)-MPR

### Wednesday 06/25

- 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
- 2:45** Social Hour  
Refreshments will  
Be Served  
- 5200  
North Social Area
- 4:00** Outside Center  
Courtyard

### Thursday 06/26

- 9:00** Chair Dance  
-Channel 88
- 9:15** Exercise & Current  
Events & Devotional  
- MPR
- 10:15** Exercise & Current  
Events & Devotional  
- 5200 North  
Social Area
- 11:30** Cookout for  
5200 Hallways Only  
Fountain Park
- 11:15** Passing Mail
- 1:00** Chair Yoga  
Channel 88
- 1:15** Center Courtyard  
Weather permits  
Otherwise  
Parachute Fun  
-MPR
- 3:00** Room Visits/1:1's/  
House Calls
- 3:00** Shadow Boxing  
-Channel 88
- 7:00** Movie Night:  
"The PITT"  
-Channel 88

### Friday 06/27

- 9:00** Sit & Fit  
-Channel 88
- 9:15** Bible Study with  
Dave K.-MPR
- 9:45** Resident Council  
-MPR
- 11:15** Passing Mail  
**NO POPCORN TODAY!**
- 2:00** The Community  
Players Singers  
-MPR
- 3:30** Manicures  
-5200 West Sitting  
Area 5200 Resident  
Only

**Saturday      06/28      Sunday      06/29**

<b>8:30</b>	Room Visits/1:1's/ House Calls	<b>9:00</b>	Devotional Reading Exercise to follow -5100 Family Room
<b>9:00</b>	Chair Chi -Channel 88	<b>10:00</b>	<b>Virtual Catholic Mass -RC1</b>
<b>10:15</b>	Exercise & Current Events—MPR	<b>10:15</b>	Devotional Reading Exercise to follow -5200 Family Room
<b>11:00</b>	Passing out Weekly Calendar for Next Week & Mail	<b>1:00</b>	Center Courtyard Weather permits Otherwise Trivia In the MPR
<b>1:30</b>	<b>Music Performance: Dulcimerdreamer -MPR</b>	<b>2:15</b>	Sunday Sundaes Will be delivered to Residents Room
<b>2:45</b>	Bingo—MPR	<b>4:15</b>	Memory Makers Music & Aromatherapy -5200 East Sitting Rm.
<b>4:00</b>	Memory Makers Music & Aromatherapy -5100 West Sitting Rm.	<b>7:00</b>	Evening Movie: Chernobyl Mini Series (2019) -Channel 88
<b>7:00</b>	Evening Movie: "Life or Something Like it" (2002) -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!**

**CORNELIA SOMMERS      06/25**

**GRETHE ARMSTRONG      06/26**



**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