



HEALTH CENTER ACTIVITIES: June 30 – July 06



Monday 06/30 BEAUTY SHOP DAY

9:15 Exercise & Current Events & Devotional -MPR
9:30 Flexible Fitness -Channel 88
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 Weather permitting Otherwise Family Feud IN2L -5100 Social Area

Tuesday 07/01 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
12:45 Loading Bus for a Bus Ride
1:00 Hands In Motion -Channel 88
1:15 Outside Center Courtyard weather Permitting otherwise Traveling in Illinois (IN2L) -MPR
3:00 Exercise with the Wellness Center Team Members -MPR
3:30 Memory Makers (Manicures) -5100 West Sitting
3:45 July Triva (IN2L)-MPR

Wednesday 07/02

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 weather Permitting Otherwise Parachute Fun in the MPR

Thursday 07/03

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 Manicures -5200 West Sitting Area 5200 Resident Only
3:00 Room Visits/1:1's/ House Calls
3:00 Shadow Boxing -Channel 88

Friday 07/04 HAPPY 4TH OF JULY

9:00 Sit & Fit -Channel 88
9:15 Exercise & Current Events & Devotional - MPR
10:15 Exercise & Current Events & Devotional -5200 North Social Area
No Mail today
NO POPCORN TODAY!
1:15 Celebrating the 4th of July! Enjoying 4th of July Trivia, Music , Bubbles and having Popsicles at the Celebration Only They will not be Served to Rooms. -Center Courtyard Weather permitting Otherwise MPR

<u>Saturday</u>	<u>07/05</u>	<u>Sunday</u>	<u>07/06</u>
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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	1:00 Center Courtyard Weather permits Otherwise Trivia In the MPR
1:30 Singing Performance Steve Crutcher -MPR	2:15 Sunday Sundaes Will be delivered to Residents Room
2:45 Bingo—MPR	4:15 Memory Makers Music & Aromatherapy -5200 East Sitting Rm.
4:00 Memory Makers Music & Aromatherapy -5100 West Sitting Rm.	7:00 Evening Movie: -Channel 88
7:00 Evening Movie: -Channel 88	

GROCERY STORE

HOURS

Monday 10:00-2:00

3:00-5:00

Tuesday 10:00-2:00

3:00-5:00

Wednesday

10:00-2:00

3:00-5:00

Thursday

10:00-1:30

3:30-5:00

Friday 10:00-2:00

3:00-5:00

Closed Daily 2:00-3:00

HAPPY BIRTHDAY!

CATHERINE CARMODY **07/01**

PAT KILLIAN **07/06**

JAMES KURTOCK **07/06**



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