



## HEALTH CENTER ACTIVITIES: July 21 – July 27



### Monday 07/21 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 07/22 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  
**1:00** Hands In Motion -Channel 88  
**1:15** Outside Center Courtyard weather Permitting otherwise Traveling in California (IN2L) -MPR  
**3:00** Exercise with the Wellness Center Team Members -MPR  
**3:30** Memory Makers (Manicures) -5100 West Sitting  
**3:45** Discussion Starters (IN2L)-MPR

### Wednesday 07/23

**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 5200 West Balcony

### Thursday 07/24

**8:00** Loading the Bus For "Young At Heart" Mclean County Fair At the Interstate Center Returning before Lunch  
**9:00** Chair Dance -Channel 88  
**11:15** Passing Mail  
**1:00** Chair Yoga Channel 88  
**12:30** Room Visits/1:1's/ House Calls  
**3:00** Center Courtyard Weather Permitting Otherwise Parachute Fun-MPR  
**3:00** Shadow Boxing -Channel 88

### Friday 07/25

**9:00** Sit & Fit -Channel 88  
**9:15** State Farm Interns Assisting Residents To The Foundation Park for a Wheelchair Ride -Meeting on A/B Hallway to be Transported in a Wheelchair to the Foundation Park (Must have Foot Pedals On Wheelchair) Weather Permitting Otherwise Attending "Donuts Make the World Go Around" Tasting Event-SC  
**11:15** Passing Mail  
**1:00** Popcorn to be Served to your Room  
**2:30** Manicures -5200 West Sitting Area 5200 Resident Only



## HEALTH CENTER ACTIVITIES: July 21- July 27



### Saturday 07/26

- 8:30** Room Visits/1:1's/  
House Calls
- 9:00** Shadow Boxing  
-Channel 88
- 10:15** Exercise & Current  
Events—MPR
- 11:00** Passing out Weekly  
Calendar for  
Next Week & Mail
- 1:30** **Denny Mallory**  
**Singing Performance**  
-MPR
- 2:45** Bingo—MPR
- 4:00** Memory Makers  
Music &  
Aromatherapy  
-5100 West Sitting  
Rm.
- 7:00** Evening Movie:  
-Channel 88

### Sunday 07/27

- 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
- 1:00** Center Courtyard  
Weather permits  
Otherwise Trivia  
In the MPR
- 2:15** Sunday Sundaes  
Will be delivered to  
Residents Room
- 4:15** Memory Makers  
Music &  
Aromatherapy  
-5200 East Sitting Rm.
- 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

### 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