



# HEALTH CENTER ACTIVITIES: August 12 - August 18



<u>Monday</u> <u>08/12</u>	<u>Tuesday</u> <u>08/13</u>	<u>Wednesday</u> <u>08/14</u>	<u>Thursday</u> <u>08/15</u>	<u>Friday</u> <u>08/16</u>
<b>BEAUTY SHOP DAY</b>	<b>BEAUTY SHOP DAY</b>			
<b>8:30</b> House Calls	<b>9:15</b> Exercise & Current Events– Outside Center Courtyard	<b>9:15</b> Exercise & Current Events – Outside Center Courtyard	<b>9:00</b> Chair Dance -Channel 88	<b>9:00</b> Sit & Fit -Channel 88
<b>9:15</b> Exercise & Current Events-Outside –Center Courtyard	<b>9:30</b> Sit & Fit - Channel 88	<b>9:30</b> Flexible Fitness -Channel 88	<b>9:15</b> Exercise & Current Events– Outside Center Courtyard	<b>9:15</b> Bible Study w/Dave -MPR
<b>9:30</b> Flexible Fitness -Channel 88	<b>10:15</b> Exercise & Current Events Outside -East Balcony	<b>10:15</b> Exercise & Current Events -Outside -East Balcony	<b>10:15</b> Exercise & Current Events Outside -East Balcony	<b>10:15</b> Resident Huddle 5200 -Outside -East Balcony
<b>10:00</b> Room Visits/1:1's	<b>11:00</b> Resident Cookout C/D Hallways Only Foundation Park	<b>11:15</b> Passing Mail	<b>11:15</b> Passing Mail	<b>11:15</b> Passing Mail
<b>11:15</b> Passing Mail	<b>11:15</b> Passing Mail	<b>1:00</b> Chair Chi -Channel 88	<b>1:00</b> Hands in Motion -Channel 88	<b>12:00</b> Recording of All Resident Meeting w/ Matt Riehle, CEO Channel 88: Plays all Day!
<b>1:00</b> Manicures -5100 & A/B & C/D Residents Only -MPR	<b>1:00</b> Hands In Motion -Channel 88	<b>1:30</b> Vespers-MPR	<b>1:00</b> Outside Center Court yard Sing A Longs -(IN2L)	<b>12:20</b> Healing Rides
<b>3:00</b> Bingo -MPR	<b>1:00</b> Outside Center Court Yard or (IN2L) Traveling to Resident Choice -MPR	<b>2:30</b> Social Hour & Refreshments -5200 North Dining Rm.	<b>3:00</b> Room Visits/1:1's/ House Calls	<b>1:00</b> Popcorn
<b>3:00</b> Memory Makers (Manicures) -5200 West Sitting	<b>3:00</b> Exercise w/Wellness -MPR		<b>3:00</b> Shadow Boxing -Channel 88	<b>2:30</b> Manicures -5200 East Sitting Rm.
<b>3:00</b> Chair Yoga -Channel 88	<b>3:00</b> Memory Makers (Manicures) –5100 West Sitting Area			<b>4:00</b> Buddy System
<b>4:00</b> Room Visits/1:1's	<b>4:00</b> HOPE DOGS -MPR			

**Saturday 08/17**

- 8:30** House Calls/Room Visits/1:1's
- 9:00** Shadow Boxing -Channel 88
- 10:15** Exercise & Current Events Outside -Center Courtyard
- 11:00** Passing out Weekly Calendar for Next Week & Mail
- 1:30** **Dulcimer Dreamer Music Performance** -MPR
- 3:00** Bingo -MPR
- 4:15** Memory Makers Music & Aromatherapy -5100 West Sitting Rm.
- 7:00** Evening Movie: "Elvis Lives" (2007, TV-PG) Music, Documentary -Channel 88

**Sunday 08/18**

- 9:00** A Devotional Reading With Burt Exercise to follow -5100 Family Room
- 9:00** Live Streaming of Calvary United Methodist Church -Channel 88
- 10:00** **Virtual Catholic Mass** -RC1
- 10:15** A Devotional Reading With Burt Exercise to Follow -5200 Family Room
- 1:00** Outside Center Courtyard (Weather Permitting) If unable to go outside Bean Bags-MPR
- 2:15** Sundae Sunday's -All Floors
- 4:15** Memory Makers Music & Aromatherapy -5200 East Sitting Rm.
- 7:00** Evening Movie -Channel 88

**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

**GROCERY STORE**

**HOURS—New 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!**

**RAYMOND MEYSENBURG** 08/12

**BARBARA SAMP** 08/18



**BARGAIN BOUTIQUE HOURS**

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