



## HEALTH CENTER ACTIVITIES: September 8th – September 14th



### Monday 09/08

#### 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  
**4:00** Outside Center Courtyard

### Tuesday 09/09

#### 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  
**12:30** **Bus Ride**  
**1:00** Hands In Motion -Channel 88  
**1:00** Center Courtyard Outside  
**3:00** Exercise with Wellness Center Team Members -MPR  
**3:30** Memory Makers (Manicures) -5100 West Sitting  
**3:45** **HOPE DOGS** -MPR

### Wednesday 09/10

**9:00** Flexible Fitness -Channel 88  
**9:15** Exercise & Current Events & Devotional -**5100 North Social Area**  
**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 09/11

**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  
**12:30** Room Visits/1:1's/ House Calls  
**3:00** Center Courtyard Outside  
**3:00** Shadow Boxing -Channel 88

### Friday 09/12

**9:00** Sit & Fit -Channel 88  
**9:15** Bible Study with David & Molly -MPR  
**9:45** Exercise & Current Events & Devotional -MPR  
**11:15** Passing Mail  
**1:00** Popcorn to be Served to your Room  
**2:30** Manicures -5200 West Sitting Area 5200 Resident Only  
**4:00** Outside 5200 West Balcony

**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

## Saturday 09/13

- 9:00- Car Show**  
**12:00 -Assisted Living/ Martin Health Center Parking Lot**  
**(There will be NO Parking for Families/ Visitors starting in A.M. till after the Car Show this day)**
- 9:00** Shadow Boxing  
 -Channel 88
- 11:00** Passing out Weekly Calendar for Next Week & Mail
- 12:30** Memory Makers  
 Music & Aromatherapy  
 -5100 West Sitting Rm.
- 1:00** Room Visits/1:1's/  
 House Calls
- 3:30** Bingo—MPR
- 7:00** Evening Movie:  
 The Untold Story of Ed Sullivan  
 Biography, Documentary, History (2025)  
 -Channel 88

## Sunday 09/14

- 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 September Trivia (IN2L)  
 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:  
 Titan: The OceanGate Disaster (2025)  
 -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!

JOHN WOCHNER 09/09

SHIRLEY LACEY 09/13



## BARGAIN BOUTIQUE HOURS

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