



HEALTH CENTER ACTIVITIES: September 18 - September 24



<u>Monday</u> <u>9/18</u>	<u>Tuesday</u> <u>9/19</u>	<u>Wednesday</u> <u>9/20</u>	<u>Thursday</u> <u>9/21</u>	<u>Friday</u> <u>9/22</u>
BEAUTY SHOP DAY	BEAUTY SHOP DAY			
8:30 Room Visits-1:1's	9:15 Exercise & Current Events -MPR	9:30 Flexible Fitness -Channel 88	8:30 Room Visits-1:1's	9:00 Sit & Fit -Channel 88
9:15 Exercise & Current Events-MPR	9:30 Sit & Fit - Channel 88	10:15 Resident Council -MPR	9:00 Chair Dance -Channel 88	9:15 Exercise & Current Events -MPR
9:30 Flexible Fitness -Channel 88	10:15 Exercise & Current Events -5200 North Living Rm	11:15 Passing Mail	9:15 Exercise & Current Events-MPR	10:15 Exercise & Current Events -5200 North Living Rm.
10:00 First Presbyterian Service - Channel 88	10:30 Catholic Service -Channel 88	1:00 Oktoberfest Root Beer Floats -All Floors	10:15 Exercise & Current Events -5200 North Living Rm	10:15 Exercise & Current Events -5200 North Living Rm.
10:15 Exercise & Current Events -5200 North Living Rm	11:15 Passing Mail	1:00 Chair Chi -Channel 88	11:15 C & D Cookout at The Foundation Fountain Park	11:15 Passing Mail
11:15 Passing Mail	12:30 Afternoon Drive	2:00 Broadway: "Lucky Stiff" (2014) -Channel 88	12:30 Passing Resident Menus & Mail	1:00 Popcorn -All Floors
12:30 Memory Makers Manicures -5200 East Sitting Rm.	12:30 Memory Makers Manicures -5100 West Sitting	3:15 Chit & Chat Refreshments -5200 North Dining Rm.	1:00 Hands in Motion -Channel 88	3:00 Outside Courtyard September Trivia If weather permits If not MPR
1:00 Manicures-5200 Residents Only East Sitting Rm.	1:00 PBS: "Queen Cleopatra: Rivals" -Channel 88		1:00 Outside Courtyard Sing A Long If weather permits If not MPR	
3:00 Bingo-MPR	1:00 Manicures -5100 & A/B & C/D Residents Only -MPR		2:00 Reel Rundown: "The Deepest Breath" Part 1 -Channel 88	
3:00 Bean Bags -C/D Dining Rm.	3:00 Shadow Boxing -Channel 88		2:15 Catholic Mass-RC1	
3:00 Chair Yoga -Channel 88	3:00 Exercise w/Wellness -MPR		3:00 Bingo-5200 South Living Rm.	
3:30 St. John's Service -Channel 88	3:30 Wesley United Methodist Service -Channel 88		3:45 Technology Help -SC	
			4:30 Family Connect (Meet & Greet) Meeting -MPR Rescheduled from Last Week	
			7:00 Golden Embers -SC	

Saturday 9/23
FALL BEGINS

- 8:30** Room Visits-1:1's
- 9:00** Chair Yoga
-Channel 88
- 10:15** Exercise & Current Events-MPR
- 11:15** Passing out Weekly Calendar for Next Week & Mail
- 12:30** Memory Makers Aromatherapy
-5200 West Sitting Rm.
- 1:00** Art & Craft (Fall Craft)
-5200 North Dining Rm.
- 3:00** Bingo –MPR
- 7:00** Evening Movie: "Boy Erased" (2018,R)
-Channel 88

Sunday 9/24

- 9:00** Exercise & Devotional w/Burt
-5100 Family Room
- 9:00** Live Streaming of Calvary United Methodist Church
-Channel 88
- 10:00** Virtual Catholic Mass
-RC1
- 10:15** Exercise & Devotional w/Burt
-5200 Family Room
- 10:30** Live Streaming of Second Presbyterian Church - Channel 88
- 12:35** Memory Makers Aromatherapy
-5100 East Sitting Rm.
- 12:45** Bridge Club
-5200 Family Rm.
- 1:30** Sundae Sunday
-All Floors
- 3:00** Vespers
-MPR

BARGAIN BOUTIQUE HOURS

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

GROCERY STORE HOURS

- Monday 9:00-3:00
- Tuesday 9:00-3:00
- Wednesday 9:00-2:00
- Thursday 9:00-3:00
- Friday 9:00-3:00
- Closed Daily 12:30-1:00 (Lunch)

HAPPY BIRTHDAY!

- Patsy Parsons 09/19**
- Oleda Woodrey 09/24**



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