



# HEALTH CENTER ACTIVITIES: September 30 – October 6



<u>Monday</u> <u>09/30</u>	<u>Tuesday</u> <u>10/01</u>	<u>Wednesday</u> <u>10/02</u>	<u>Thursday</u> <u>10/03</u>	<u>Friday</u> <u>10/04</u>
<b>BEAUTY SHOP DAY</b>	<b>BEAUTY SHOP DAY</b>			
<b>8:30</b> House Calls	<b>9:15</b> Exercise & Current Events– MPR	<b>9:15</b> Exercise & Current Events– MPR	<b>9:00</b> Chair Dance -Channel 88	<b>9:00</b> Sit & Fit -Channel 88
<b>9:15</b> Exercise & Current Events-MPR	<b>9:30</b> Sit & Fit - Channel 88	<b>9:30</b> Flexible Fitness -Channel 88	<b>9:15</b> Exercise & Current Events– MPR	<b>9:30</b> Mornings with the Professors Zoom: Biography and Colonial History of The British Empire -Channel 88
<b>9:30</b> Flexible Fitness -Channel 88	<b>10:15</b> Exercise & Current Events -5200 North Social Area	<b>10:15</b> Exercise & Current Events -5200 North Social Area	<b>10:15</b> Exercise & Current Events - 5200 North Social Area	
<b>10:00</b> Room Visits/1:1's	<b>11:15</b> Passing Mail	<b>11:15</b> Passing Mail	<b>11:15</b> Passing Mail	<b>9:15</b> (No Bible Study today)
<b>11:15</b> Passing Mail	<b>1:00</b> Hands In Motion -Channel 88	<b>1:00</b> Chair Yoga -Channel 88	<b>1:15</b> Memory Makers (Manicures) -5100 West Sitting	Exercise & Current Events–MPR
<b>1:00</b> Manicures -5100 & A/B & C/D Residents Only -MPR	<b>1:30</b> Outside Center Court Yard if weather Permits if not Bean Bags in MPR	<b>1:30</b> <b>Vespers-MPR</b>	<b>3:00</b> Room Visits/1:1's/ House Calls	<b>10:15</b> Exercise & Current Events - 5200 North Social Area
<b>3:00</b> Bingo -MPR	<b>3:00</b> Exercise w/Wellness -MPR	<b>2:30</b> Social Hour & Refreshments -5200 North Social Area	<b>3:00</b> Shadow Boxing -Channel 88	<b>11:15</b> Passing Mail
<b>3:00</b> Chair Yoga -Channel 88		<b>4:00</b> Memory Makers (Manicures) -5200 West Sitting		<b>1:00</b> Popcorn
<b>4:00</b> Room Visits/1:1's				<b>2:30</b> Manicures -5200 West Sitting Area 5200 Residents Only
<b>6:15</b> Entertainment: Community Players Singers, AL3SR				<b>4:00</b> Buddy System

### 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  
**RC1**-Resident Center Westminster Village

<u>Saturday</u>	<u>10/05</u>	<u>Sunday</u>	<u>10/06</u>
<b>8:30</b>	House Calls/Room Visits/1:1's	<b>9:00</b>	A Devotional Reading With Burt Exercise to follow –5100 Family Room
<b>9:00</b>	Chair Yoga -Channel 88	<b>9:00</b>	Live Streaming of Calvary United Methodist Church -Channel 88
<b>10:15</b>	Exercise & Current Events—MPR	<b>10:00</b>	<b>Virtual Catholic Mass -RC1</b>
<b>11:00</b>	Passing out Weekly Calendar for Next Week & Mail	<b>10:15</b>	A Devotional Reading With Burt Exercise to Follow -5200 Family Room
<b>1:30</b>	Traveling to Resident Choice (IN2L) -MPR	<b>1:00</b>	Bean Bags-MPR
<b>3:00</b>	Bingo-MPR	<b>2:15</b>	Root Beer Floats -All Floors
<b>4:15</b>	Memory Makers Music & Aromatherapy -5100 West Sitting Rm.	<b>4:15</b>	Memory Makers Music & Aromatherapy -5200 East Sitting Rm.
<b>7:00</b>	Evening Movie: "Apollo 11" (2019,G) -Channel 88	<b>7:00</b>	Evening Movie "Inside the Mind of A Dog" (2024,TV-PG) -Channel 88

**GROCERY STORE 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!**

**ANITA POLING**

**10/06**

