



HEALTH CENTER ACTIVITIES: October 14 – October 20



<u>Monday</u> <u>10/14</u>	<u>Tuesday</u> <u>10/15</u>	<u>Wednesday</u> <u>10/16</u>	<u>Thursday</u> <u>10/17</u>	<u>Friday</u> <u>10/18</u>
<u>COLUMBUS DAY</u> <u>BEAUTY SHOP DAY</u>	<u>BEAUTY SHOP DAY</u>			
8:30 House Calls	9:15 Exercise & Current Events– MPR	9:15 Resident Huddle – MPR	9:00 Chair Dance -Channel 88	9:00 Sit & Fit -Channel 88
9:15 Exercise & Current Events-MPR	9:30 Sit & Fit - Channel 88	9:30 Flexible Fitness -Channel 88	9:15 Exercise & Current Events– MPR	9:15 Bible Study with Dave-MPR
9:30 Flexible Fitness -Channel 88	10:15 Exercise & Current Events -5200 North Social Area	10:15 Resident Huddle -5200 North Social Area	10:15 Exercise & Current Events - 5200 North Social Area	9:30 Morning with the Professors Zoom “McHistory: The Podcast Partnership of the Past” -Channel 88
10:00 Room Visits/1:1’s	11:15 Passing Mail	11:15 Passing Mail	11:15 Passing Mail	
11:15 Passing Mail	12:15 Monthly Birthday Luncheon at WMV -Hearth Dining Room	1:00 Chair Yoga -Channel 88	1:00 Hands in Motion -Channel 88	
1:00 Manicures -5100 & A/B & C/D Residents Only -MPR	1:00 Hands In Motion -Channel 88	1:30 Vespers-MPR Special Speaker Tim Cavallo	1:15 Memory Makers (Manicures) -5100 West Sitting	10:15 Exercise & Current Events - 5200 North Social Area
3:00 Bingo -MPR	1:15 Halloween Trivia & Spooky Stories (IN2L) - MPR	3:00 Social Hour & Refreshments -5200 North Social Area	2:15 Catholic Mass -RC 1 WMV	11:15 Passing Mail
3:00 Chair Chi -Channel 88	3:00 Exercise w/Wellness -MPR		3:00 Room Visits/1:1’s/ House Calls	1:15 Popcorn
4:00 Room Visits/1:1’s	4:00 Memory Makers (Manicures) -5200 West Sitting		3:00 Shadow Boxing -Channel 88	2:45 Manicures -5200 West Sitting Area 5200 Residents Only
			7:00 Bloomington Normal Community Concert Band –SC WMV	4:00 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>10/19</u>	<u>Sunday</u>	<u>10/20</u>
8:30	House Calls/Room Visits/1:1's	9:00	A Devotional Reading With Burt Exercise to follow –5100 Family Room
9:00	Shadow Boxing -Channel 88	9:00	Live Streaming of Calvary United Methodist Church -Channel 88
10:15	Exercise & Current Events—MPR	10:00	Virtual Catholic Mass -RC1
11:00	Passing out Weekly Calendar for Next Week & Mail	10:15	A Devotional Reading With Burt Exercise to Follow -5200 Family Room
1:30	Steve Crutcher Singing Performance -MPR	1:00	Bean Bags-MPR
3:00	Bingo-MPR	2:15	Root Beer Floats -All Floors
4:15	Memory Makers Music & Aromatherapy -5100 West Sitting Rm.	4:15	Memory Makers Music & Aromatherapy -5200 East Sitting Rm.
7:00	Evening Movie: "Waiting for God" Cheering Up Tom -Channel 88	7:00	Evening Movie "George Carlin: George's Best Stuff" (1996, TV-MA) Comedy -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!

LINDA TANNAHILL	10/17
DAVID TOLAND	10/17

