



# HEALTH CENTER ACTIVITIES: October 28 – November 3



## Monday 10/28 BEAUTY SHOP DAY

- 8:30** House Calls
- 9:15** Exercise & Current Events & Devotional -MPR
- 9:30** Flexible Fitness -Channel 88
- 10:00** Room Visits/1:1's
- 11:15** Passing Mail
- 1:15** Manicures -5100 & A/B & C/D Residents Only -MPR
- 3:00** Bingo -MPR
- 3:00** Memory Makers (Manicures) -5200 West Sitting
- 3:00** Chair Chi -Channel 88
- 4:00** Room Visits/1:1's

## Tuesday 10/29 BEAUTY SHOP DAY

- 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
- 1:00** Hands In Motion -Channel 88
- 1:15** Art & Craft (A Fall Craft) -MPR
- 3:00** Exercise w/Wellness -MPR
- 3:00** Memory Makers (Manicures) -5100 West Sitting
- 7:00** **New Day Ringers** -SC

## Wednesday 10/30

- 9:15** Exercises & Current Events & Devotional - MPR
- 9:30** Flexible Fitness -Channel 88
- 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 -5200 North Social Area
- 4:00** Manicures -5200 West Sitting Area 5200 Resident Only

## Thursday 10/31 HAPPY HALLOWEEN

- 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** Hands in Motion -Channel 88
- 2:00** **Annual Halloween Costume Contest** -SC
- 3:00** Room Visits/1:1's/ House Calls
- 3:00** Shadow Boxing -Channel 88

## Friday 11/01 Celebrating 45 Years of Service to our Community and Residents!

- 9:00** **Election Judges Here for Residents That Registered to Vote at MHC -Family Room 5100**
- 9:00** Sit & Fit -Channel 88
- 9:15** Bible Study with Dave-MPR
- 10:15** Exercise & Current Events & Devotional - 5200 North Social Area
- 9:30** Morning with the Professors Zoom "Harmonie and You" -Channel 88
- 11:15** Passing Mail
- 1:15** Popcorn
- 2:30** **Redbird Road Concert Featuring ISU Music Students** -SC
- 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

**Saturday 11/02**

- 8:30** House Calls/Room Visits/1:1's
- 9:00** Chair Chi -Channel 88
- 10:15** Exercise & Current Events—MPR
- 11:00** Passing out Weekly Calendar for Next Week & Mail
- 1:30** Day of the Dead Learning about Hispanic Heritage (IN2L) -MPR
- 3:00** Bingo-MPR
- 4:15** Memory Makers Music & Aromatherapy -5100 West Sitting Rm.
- 7:00** Evening Movie: "Four Minute" (2006, Not Rated) Drama, Music -Channel 88

**Sunday 11/03**

- DAYLIGHT SAVING TIME CLOCKS GO BACK A HOUR**
- 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
- 1:15** Bean Bags -MPR
- 2:15** Root Beer Floats -All Floors
- 4:15** Memory Makers Music & Aromatherapy -5200 East Sitting Rm.
- 7:00** Evening Movie "Waiting for God-The Christening" (1990, Season 1, Episode 4) 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!**

**MARILYN WEBB 11/03**

