



HEALTH CENTER ACTIVITIES: October 6th – October 12th



Monday 10/06

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
3:45 Center Courtyard Weather permitting Otherwise Joggin Your Nogging -5100 North Social Area

Tuesday 10/07

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**
1:15 Oktoberfest History, Trivia (IN2L) -MPR
3:00 Exercise with the Wellness Team Members -MPR
1:00 Hands In Motion -Channel 88
3:30 Memory Makers (Manicures) -5100 West Sitting
3:45 Bean Bags -MPR

Wednesday 10/08

9:00 Flexible Fitness -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
1:30 Vespers -MPR
2:30 Social Hour Refreshments will Be Served- 5200 North Social Area
4:00 5200 Balcony Outside

Thursday 10/09

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 Shadow Boxing -Channel 88
3:30 Center Courtyard Weather permitting Otherwise Parachute Fun -MPR

Friday 10/10

9:00 Sit & Fit -Channel 88
9:15 **Bible Study with Dave & Molly** -MPR
10:15 Exercise & Current Events & Devotional -5200 North Social Area
11:15 Passing Mail
1:00 Popcorn to be Served to your Room
2:30 Manicures -5200 North Social Area -5200 Resident Only
4:00 Family Feud (IN2L) -MPR

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 10/11 Sunday 10/12

8:30 Room Visits/1:1's/ House Calls	9:00 Devotional Reading Exercise to follow -5100 Family Room
9:00 Shadow Boxing -Channel 88	10:00 Virtual Catholic Mass -RC1
10:15 Exercise & Current Events -MPR	10:15 Devotional Reading Exercise to follow -5200 Family Room
11:00 Passing out Weekly Calendar for Next Week & Mail	1:00 Center Courtyard Weather permits Otherwise October Trivia (IN2L) - MPR
1:30 Denny Mallory Southern Gospel Singer-MPR	2:15 Root Beer Floats Will be delivered to Residents Room
3:00 Bingo—MPR	4:15 Memory Makers Music & Aromatherapy -5200 East Sitting Rm.
4:15 Memory Makers Music & Aromatherapy -5100 West Sitting Rm.	7:00 Evening Movie: -Channel 88
7:00 Evening Movie: -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!

KAY KJELDGAARD

10/09



BARGAIN BOUTIQUE HOURS

Tuesday's 10:00-12:00

Wednesday's 1:00-3:00

Saturday's 9:00-12:00