



HEALTH CENTER ACTIVITIES: November 17th – November 23rd



Monday 11/17

BEAUTY SHOP DAY

- 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
- 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** Joggin Your Noggin/
Senior Trivia Fun
-C/D Living Rm/
Dining Room

Tuesday 11/18

BEAUTY SHOP DAY

- 8:30** Room Visits/1:1's/
House Calls
- 9:30** **BJHS Student Council
Coming and putting
Up Christmas Trees
And Decorating them
(Residents can enjoy
Watching Students
In your area)
All areas of MHC**
- 11:15** Passing Mail
- 12:15** **Monthly Birthday
Luncheon Hearth
Dining Rm. -WMV**
- 1:30** **Men's Group
-MPR**
- 1:30** **Women's Group
-5100 North Social
Area**
- 3:00** Exercise with
Wellness Team
Members-MPR
- 3:00** Memory Makers
(Manicures)
-5100 West Sitting
- 3:45** What is "Day of Dead"
About "Day of Dead"
"Day of Dead"
Slideshow (IN2L)
-MPR

Wednesday 11/19

- 8:30-12N** **Fall Recycling
Collection—SC-WMV**
- 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
- 2:45** Social Hour
Refreshments will
Be Served- 5200
North Social Area
- 4:00** Traveling to
Mexico (IN2L)
-MPR

Thursday 11/20

- 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** Parachute Fun
-MPR

Friday 11/21

- 8:15** **Loading the Bus
To go attend
Senior Day at The
Baby Fold's
Annual Festival
Of Trees, The
Interstate Center
Reservations
Only RSVP with
MHC Activity
Team Members**
- 9:00** Sit & Fit
-Channel 88
- 11:15** Passing Mail
- 1:00** Popcorn will be
Served to residents
Room
- 2:30** Manicures
-5200 North Social
Area
-5200 Resident
Only

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

<u>Saturday</u>	<u>11/22</u>	<u>Sunday</u>	<u>11/23</u>
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
10:00	"The Cloggers" Live Performance -MPR	10:15	Devotional Reading Exercise to follow -5200 Family Room
11:00	Passing out Weekly Calendar for Next Week & Mail	1:15	Bean Bags -MPR
1:30	"Ukuleles" Live Performance -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		

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 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!

DONALD TRISSEL 11/18
"HAPPY 103 BIRTHDAY DON"

JOYCE GILFILLAN 11/22

