



# HEALTH CENTER ACTIVITIES: November 25 – December 1



## Monday 11/25

### 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/ House Calls
- 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/ House Calls

## Tuesday 11/26

### 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
- 1:30** Talking about Thanksgiving Memories/Traditions -5100 North Social Area
- 3:00** Exercise w/Wellness -MPR

## Wednesday 11/27

- 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
- 1:00** Chair Yoga -Channel 88
- 1:30** **Vespers-MPR**
- 2:45** Social Hour & Refreshments -5200 North Social Area
- 4:00** Memory Makers (Manicures) -5100 West Sitting

## Thursday 11/28

### HAPPY THANKSGIVING

- 7:30** Room Visits/1:1's/ House Calls
- 9:00** Chair Dance -Channel 88
- 9:00** Exercise & Thanksgiving Devotional - MPR
- 9:45** Exercise & Thanksgiving Devotional -5200 North Social Area
- 10:15** Room Visits/1:1's/ House Calls
- 1:00** **Holiday Movie** "The Bishops Wife" (1948 PG) Comedy, Drama -Channel 88
- 5:00** **Holiday Movie** "Pocketful of Miracles" (1961 TV-14) Comedy, Drama

## Friday 11/29

- 9:00** Sit & Fit -Channel 88
- 9:15** Bible Study with Dave-MPR
- 10:15** Exercise & Current Events & Devotional - 5200 North Social Area
- 11:15** Passing Mail
- 1:00** Popcorn
- 2:30** Manicures -5200 West Sitting Area 5200 Resident Only
- 4:00** Food Trivia 1950's (IN2L) -MPR

**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 11/30**

- 8:30** Room Visits/1:1's/  
House Calls
- 9:00** Chair Dance  
-Channel 88
- 10:15** Exercise & Current  
Events—MPR
- 11:00** Passing out Weekly  
Calendar for  
Next Week & Mail
- 1:15** Native American  
History (IN2L)  
Trivia, Spiritually,  
Events and  
Discussion  
-MPR
- 3:00** Bingo-MPR
- 4:15** Memory Makers  
Music &  
Aromatherapy  
-5100 West Sitting  
Rm.
- 7:00** Evening Movie:  
“Vienna Christmas  
Market 2024 Opening  
Night  
Christkindlmarkt  
Walking Tour”  
-Channel 88

**Sunday 12/01**

- 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 Contest  
-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”  
-Episode 6  
(2024,PG-13)  
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!**

**WAYNE GRAY**

**11/27**

**LORETTA WILLIAMS**

**11/27**

**PATRICIA KELLEY**

**12/01**



**BARGAIN BOUTIQUE HOURS**

- Tuesday's 10:00-12:00
- Wednesday's 1:00-3:00
- Saturday's 9:00-12:00