



HEALTH CENTER ACTIVITIES: December 15th – December 21st



Monday 12/15

BEAUTY SHOP DAY

- 9:00** Flexible Fitness
-Channel 88
- 9:15** Exercise & Current
Events & Devotional
- 5100 North Social
Area
- 10:15** Exercise & Current
Events & Devotional
- 5200 North Social
Area
- 11:15** Passing Mail
- 12:45** Manicures
-5100 & A/B
& C/D Residents Only
-5100 West Sitting
Area
- 3:00** Bingo
-5100 South
Dining Room
- 3:00** Chair Chi
-Channel 88
- 3:00** Memory Makers
(Manicures)
-5200 West Sitting
- 3:30** **Girl Scouts Caroling
From Corpus Christi
Catholic School
-Caroling around the
Building**

Tuesday 12/16

BEAUTY SHOP DAY

Holiday Pajama Day

- 8:30** Room Visits/1:1's/
House Calls
- 9:15** Exercise & Current
Events & Devotional
-5100 North Social
Area
- 9:30** Sit & Fit- Channel 88
- 10:15** Exercise & Current
Events & Devotional
- 5200 North Social
Area
- 11:15** Passing Mail
- 12:15** **Monthly Birthday
Luncheon
The Hearth Dining
Room—WMV**
- 1:00** Hands In Motion
-Channel 88
- 2:00** **The Community
Players Christmas
Performance
-MPR**
- 3:00** Exercise with
Wellness Team
Members-MPR
- 3:00** Memory Makers
(Manicures)
-5100 West Sitting
- 3:45** Chicken Soup for the
Soul- Christmas
-C/D Dining Room

Wednesday 12/17

Wear Red or Green

- 9:00** Flexible Fitness
-Channel 88
- 9:15** Exercise & Current
Events & Devotional
- 5100 North Social
Center
- 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** **Christmas Parties
For 5100 and 5200
Residents. Parties
Will be in your
Dining Room**

Thursday 12/18

Holiday Sweater Day

- 9:00** Chair Dance
-Channel 88
- 9:15** Exercise & Current
Events & Devotional
- MPR
- 10:00** **BJHS Chorus
Caroling
(40 Students)
-MPR**
- 11:15** Passing Mail
- 1:00** Chair Yoga
Channel 88
- 12:45** Room Visits/1:1's/
House Calls
- 2:30** **Christmas Parties
For A/B and C/D
Residents. Parties
Will be in your
Dining Room**
- 3:00** Shadow Boxing
-Channel 88
- 4:00** Room visits/1:1's/
House Calls

Friday 12/19

Ugly Sweater Day

- 9:00** Sit & Fit
-Channel 88
- 9:15** Bible Study with
Dave & Molly
-MPR
- 9:45** Exercise & Current
Events & Devotional
- MPR
- 11:15** Passing Mail
- 1:00** Popcorn will be
Served to residents
Room
- 2:30** Manicures
-5200 North Social
Area
-5200 Resident
Only
- 3:45** Reminiscing about
Christmas Traditions
Christmas History
(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 12/20 Sunday 12/21

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	1:15 Parachute Fun -MPR
1:30 Denny Mallory Christmas Program -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!

ANDREW NAPPI **12/18**

MARY GILIFORD **12/18**

JOHN ANDERSON **12/19**



BARGAIN BOUTIQUE HOURS

Tuesday's 10:00-12:00

Wednesday's 1:00-3:00

Saturday's 9:00-12:00