



HEALTH CENTER ACTIVITIES: January 13 – January 19



Monday 01/13

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
- 1:00** Manicures -5100 & A/B & C/D Residents Only -MPR
- 3:00** Bingo –MPR
- 3:00** Memory Makers (Manicures) -5100 West Sitting
- 3:00** Chair Chi -Channel 88
- 4:00** Room Visits/1:1's/ House Calls

Tuesday 01/14

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** **New: Women's Group Come Join Us Getting to Know Each other!** -5100 North Social Area
- 1:30** **New: Men's Group Men Come Join Us Getting to Know Each other!** -MPR
- 3:00** Exercise with the Wellness Center Team Members -MPR
- 3:45** **HOPE DOGS**

Wednesday 01/15

- 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
- 1:30** **Vespers -MPR**
- 2:45** Social Hour Refreshment will Be served -5200 North Social Area
- 4:00** Memory Makers (Manicures) -5200 West Sitting

Thursday 01/16

- 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
- 12:45** Room Visits/1:1's/ House Calls
- 3:00** National Religious Freedom Day (IN2L) Learning about Different Religious Freedoms -MPR
- 3:00** Shadow Boxing -Channel 88
- 4:00** Room Visits/1:1's/ House Calls

Friday 01/17

- 9:00** Sit & Fit -Channel 88
- 9:15** Bible Study with Dave-MPR
- 9:45** **Resident Council -MPR**
- 11:15** Passing Mail
- 1:00** Popcorn
- 2:15** Manicures -5200 West Sitting Area 5200 Resident Only
- 4:00** **New: Food Group Let's Eat Healthier this New Year!** -5200 North Social Area

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 01/18

- 8:30** Room Visits/1:1's/
House Calls
- 9:00** Shadow Boxing
-Channel 88
- 10:15** Exercise & Current
Events—MPR
- 11:00** Passing out Weekly
Calendar for
Next Week & Mail
- 1:30** **Steve Crutcher
Performance
(Singing)
-MPR**
- 3:00** Bingo-MPR
- 4:15** Memory Makers
Music &
Aromatherapy
-5100 West Sitting
Rm.
- 7:00** Evening Movie
“Don’t Die: The Man
Who Wants to Live
Forever”
(2025, TV-14)
Documentary
-Channel 88

Sunday 01/19

- 9:00** A Devotional Reading
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
Exercise to
Follow
-5200 Family Room
- 1:00** **National Popcorn
Day! Popcorn will be
Passed out
To your rooms!
No Root Beer Floats**
- 2:30** Let’s learn about
Penguins tomorrow
Is National Penguin
Day! Emperor
Penguin and Penguin
Trivia-IN2L-MPR
- 4:15** Memory Makers
Music &
Aromatherapy
-5200 East Sitting Rm.
- 7:00** Evening Movie
“Elizabeth Taylor:
The Lost Tapes”
(2024 TV-MA)
Biography, Documentary

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!

RUTH CUNNINGHAM

01/19



BARGAIN BOUTIQUE HOURS

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