



HEALTH CENTER ACTIVITIES: January 20 – January 26



Monday 01/20

BEAUTY SHOP DAY

Inauguration Day and Martin Luther King Jr. 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
- (And)** Memory Makers (Manicures) -5200 West Sitting
- 3:00** Chair Chi -Channel 88
- 4:00** Room Visits/1:1's/ House Calls

Tuesday 01/21

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
- 12:15** **Monthly Birthday Luncheon** -Hearth Dining-WMV
- 1:00** Hands In Motion -Channel 88
- 1:30** **New: Women's Group Come Join Us Getting to Know Each other! National Grandma's Day!** -5100 North Social Area
- 1:30** **New: Men's Group Men Come Join Us Getting to Know Each other! National Grandpa's Day Tomorrow!** -MPR
- 3:00** Exercise with the Wellness Center Team Members-MPR

Wednesday 01/22

- 9:15** Exercise & Current Events & Devotional - 5100 North Social Area
- 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
- 2:15** Social Hour Refreshment will Be served (after Vespers) -MPR

Thursday 01/23

- 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 Belly Laugh Day: tell me a joke, Funny Videos (IN2L) -MPR
- 3:00** Shadow Boxing -Channel 88
- 4:00** Room Visits/1:1's/ House Calls
- 7:00** **"Just a Little Dickens"** -WMV SC

Friday 01/24

- 9:00** Sit & Fit -Channel 88
- 9:15** Bible Study with Dave-MPR
- 10:15** Exercise & Current Events & Devotional - MPR
- 11:15** Passing Mail
- 1:00** Popcorn
- 2:30** Manicures -5200 West Sitting Area 5200 Resident Only
- 4:00** **New: Food Group Let's Eat Healthier this New Year!** -5200 North Social Area



HEALTH CENTER ACTIVITIES: January 20 – January 26



Saturday 01/25

- 8:30** Room Visits/1:1's/
House Calls
- 9:00** Chair Chi
-Channel 88
- 10:15** Exercise & Current
Events—MPR
- 11:00** Passing out Weekly
Calendar for
Next Week & Mail
- 1:30** **Dulcimerdreamers**
Performance
—MPR
- 3:00** Bingo-MPR
- 4:15** Memory Makers
Music &
Aromatherapy
-5100 West Sitting
Rm.
- 7:00** Evening Movie
“King in the
Wilderness”
(2018, PG-14)
-Channel 88

Sunday 01/26

- 9:15** 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
- 1:20** **Australia Day**
Traveling to Australia
(IN2L) -MPR
- 2:30** Root Beer Floats
-All Floors
- 4:15** Memory Makers
Music &
Aromatherapy
-5200 East Sitting Rm.
- 7:00** Evening Movie
“Waiting for God”
(1990, Season 2,
Episodes 3&4)
-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)

BARGAIN BOUTIQUE HOURS

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

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