



HEALTH CENTER ACTIVITIES: February 3 – February 9



Monday 02/03

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** Joggin your Noggin Word Games -C/D Dining Room
- 3:00** Chair Chi -Channel 88
- 4:00** Room Visits/1:1's/ House Calls

Tuesday 02/04

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** Women's Group Come Join Us -5100 North Social Area
- 1:30** Men's Group Come Join Us -MPR
- 3:00** Exercise with the Wellness Center Team Members -MPR
- 3:00** Memory Makers (Manicures) -5100 West Sitting

Wednesday 02/05

- 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
- 2:30** Social Hour Refreshment will Be served (Right after Vespers) -MPR
- 4:00** Memory Makers (Manicures) -5200 West Sitting

Thursday 02/06

- 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** Western Monarch Learning about The monarch and it's migration! (IN2L) -5100 North Social Area
- 3:00** Shadow Boxing -Channel 88
- 4:00** Room Visits/1:1's/ House Calls

Friday 02/07

National Wear Red Day Show support for the Awareness of Heart Disease

- 9:00** Sit & Fit -Channel 88
- 9:15** Bible Study with Dave-MPR
- 9:45** Exercise & Current Events & Devotional -MPR
- 11:15** Passing Mail
- NO POPCORN TODAY**
- 2:00** **Community**
Players Singers
-MPR
- 3:30** Manicures -5200 West Sitting Area 5200 Resident Only

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 02/08

- 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
- 1:30** **Dulcimerdreamers**
Performance
-MPR
- 3:00** Bingo-MPR
- 4:15** Memory Makers
Music &
Aromatherapy
-5100 West Sitting
Rm.
- 7:00** Evening Movie
"The World of Calm:
Episode 1, The Coral
City" (2020, TV-G)
-Channel 88

Sunday 02/09

- SUPER BOWL SUNDAY**
STARTING AT 5:30 ON
FOX-CHANNEL 14
- 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
- 1:20** **SUPER BOWL**
History, Ad's &
Trivia
(IN2L) -MPR
- 2:30** Root Beer Floats
-All Floors
- 4:15** Memory Makers
Music &
Aromatherapy
-5200 East Sitting Rm.
- 7:00** Evening Movie
"Waiting on God"
Season 2, Episodes
5&6
-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!

ANNA ROOP

02/07



BARGAIN BOUTIQUE HOURS

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