



# HEALTH CENTER ACTIVITIES: February 17 – February 23



<u>Monday</u> <u>02/17</u>	<u>Tuesday</u> <u>02/18</u>	<u>Wednesday</u> <u>02/19</u>	<u>Thursday</u> <u>02/20</u>	<u>Friday</u> <u>02/21</u>
<b><u>PRESIDENT'S DAY</u></b> <b><u>BEAUTY SHOP DAY</u></b>	<b><u>BEAUTY SHOP DAY</u></b>			
<b>8:30</b> House Calls	<b>9:15</b> Exercise & Current Events & Devotional – MPR	<b>9:15</b> Exercise & Current Events & Devotional – MPR	<b>9:00</b> Chair Dance -Channel 88	<b>9:00</b> Sit & Fit -Channel 88
<b>9:15</b> Exercise & Current Events & Devotional -MPR	<b>9:30</b> Sit & Fit- Channel 88	<b>9:30</b> Flexible Fitness -Channel 88	<b>9:15</b> Exercise & Current Events & Devotional – MPR	<b>9:15</b> Bible Study with Dave-MPR
<b>9:30</b> Flexible Fitness -Channel 88	<b>10:15</b> Exercise & Current Events & Devotional - 5200 North Social Area	<b>10:15</b> Exercise & Current Events & Devotional - 5200 North Social Area	<b>10:15</b> Exercise & Current Events & Devotional - 5200 North Social Area	<b>9:45</b> Exercise & Current Events & Devotional (Right after Bible Study) -MPR
<b>10:00</b> Room Visits/1:1's/ House Calls	<b>11:15</b> Passing Mail	<b>11:15</b> Passing Mail	<b>11:15</b> Passing Mail	<b>11:15</b> Passing Mail
<b>11:15</b> Passing Mail	<b>1:00</b> Hands In Motion -Channel 88	<b>1:00</b> Chair Yoga Channel 88	<b>12:45</b> Room Visits/1:1's/ House Calls	<b>1:00</b> Popcorn All Floors
<b>1:00</b> Manicures -5100 & A/B & C/D Residents Only -MPR	<b>1:30</b> Women's Group Come Join Us -5100 North Social Area	<b>1:30</b> <b>Vespers</b> -MPR	<b>2:30</b> <b>Mandolin Orchestra Performance "Name That Tune"</b> -MPR	<b>2:30</b> Manicures -5200 West Sitting Area 5200 Resident Only
<b>3:00</b> Bingo –MPR	<b>1:30</b> Men's Group Come Join Us -MPR	<b>2:30</b> Social Hour Refreshment will Be served (Right after Vespers) -MPR	<b>3:00</b> Shadow Boxing -Channel 88	<b>4:00</b> Food Group Talking about Adequate intake Of Nutrients -5100 North Social Area
<b>3:00</b> Joggin your Noggin Word Games -C/D Dining Room	<b>3:00</b> Exercise with the Wellness Center Team Members -MPR	<b>4:00</b> Memory Makers (Manicures) -5200 West Sitting	<b>4:00</b> Room Visits/1:1's/ House Calls	
<b>3:00</b> Chair Chi -Channel 88			<b>7:00</b> <b>Recital by IWU Faculty Piano/Violin</b> -SC	
<b>4:00</b> Room Visits/1:1's/ House Calls	<b>3:00</b> Memory Makers (Manicures) -5100 West Sitting			



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## Saturday      02/22

- 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** **Bean Bags**  
-MPR
- 3:00** Bingo-MPR
- 4:15** Memory Makers  
Music &  
Aromatherapy  
-5100 West Sitting  
Rm.
- 7:00** Evening Movie  
“Frederick Douglass:  
In Five Speeches”  
(2022, TV-MA)  
Biography,  
Documentary  
-Channel 88

## Sunday      02/23

- 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** National Dog Biscuit  
Day-Watching Funny  
Animals  
(IN2L) -MPR
- 2:30** Root Beer Floats  
-All Floors
- 4:15** Memory Makers  
Music &  
Aromatherapy  
-5200 East Sitting Rm.
- 7:00** Evening Movie  
Stanley Tucci:  
Searching for Italy-  
Rome (2021-TV-14)  
Food & Home,  
Culinary Travel  
-Channel 88

### 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

### 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)