



HEALTH CENTER ACTIVITIES: July 22 - July 28



<u>Monday</u> <u>07/22</u>	<u>Tuesday</u> <u>07/23</u>	<u>Wednesday</u> <u>07/24</u>	<u>Thursday</u> <u>07/25</u>	<u>Friday</u> <u>07/26</u>
BEAUTY SHOP DAY	BEAUTY SHOP DAY			
8:30 House Calls	9:15 Exercise & Current Events– OUTSIDE Center Courtyard	9:30 Flexible Fitness -Channel 88	8:00 Loading the Bus:	9:00 Sit & Fit -Channel 88
9:15 Exercise & Current Events-OUTSIDE –Center Courtyard	9:30 Sit & Fit - Channel 88	10:15 Resident Council -MPR	Going to the Mclean County Fair: Young at Heart	9:15 Bible Study w/Dave -MPR
9:30 Flexible Fitness -Channel 88	10:15 Exercise & Current Events OUTSIDE -East Balcony	11:15 Passing Mail	Fair: Young at Heart	9:30 Mornings with the Professors -Channel 88
10:00 Room Visits/1:1's	11:15 Resident Cookout Over at the Foundation Park for 5100 Residents ONLY	1:00 Chair Chi -Channel 88	by RSVP ONLY	10:15 Exercise & Current Events -OUTSIDE -East Balcony
11:15 Passing Mail		1:30 Vespers-MPR	9:00 Chair Dance -Channel 88	11:15 Passing Mail
1:00 Manicures -5100 & A/B & C/D Residents Only -MPR		2:30 Social Hour & Refreshments -5200 North Dining Rm.	11:15 Passing Mail	1:00 Popcorn
3:00 Bingo -MPR	11:15 Passing Mail	4:30 Family Connect Meeting: Just for Families Only Not Residents -MPR	1:00 Hands in Motion -Channel 88	2:30 Manicures -5200 East Sitting Rm.
3:00 Memory Makers (Manicures) -5200 West Sitting	1:00 Hands In Motion -Channel 88		1:30 Room Visits/1:1's/ House Calls	4:00 Buddy System
3:00 Chair Yoga -Channel 88	1:00 Outside Center Court Yard or (IN2L) Traveling to Resident Choice -MPR		1:45 Reel Rundown: Movie -Channel 88	
4:00 Room Visits/1:1's	1:30 PBS: Movie -Channel 88		3:00 Shadow Boxing -Channel 88	
	3:00 Exercise w/Wellness -MPR		7:00 Evening Entertainment: Movie -Channel 88	
	3:00 Memory Makers (Manicures) -5100 West Sitting			

Saturday 07/27 Sunday 07/28

- 8:30** House Calls/Room Visits/1:1's
- 9:00** Shadow Boxing -Channel 88
- 10:15** Exercise & Current Events OUTSIDE -Center Courtyard
- 11:00** Passing out Weekly Calendar for Next Week & Mail
- 1:30** **Dulcimer Dreamers Performance** -MPR
- 3:00** Bingo –MPR
- 4:15** Memory Makers Music & Aromatherapy -5100 West Sitting Rm.
- 7:00** Evening Movie: -Channel 88
- 9:00** A Devotional Reading With Burt 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 With Burt Exercise to Follow -5200 Family Room
- 10:30** Live Streaming of Second Presbyterian Church-Channel 88
- 1:00** Outside Center Courtyard (Weather Permitting) If unable to go outside Bean Bags-MPR
- 2:15** Sundae Sunday's -All Floors
- 4:15** Memory Makers Music & Aromatherapy -5200 East Sitting Rm.
- 7:00** Evening Movie -Channel 88

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—New 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!

ALICE FULTZ 07/24



BARGAIN BOUTIQUE HOURS

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