



## HEALTH CENTER ACTIVITIES: December 9 – December 15



<u>Monday</u> <u>12/09</u>	<u>Tuesday</u> <u>12/10</u>	<u>Wednesday</u> <u>12/11</u>	<u>Thursday</u> <u>12/12</u>	<u>Friday</u> <u>12/13</u>
<b>BEAUTY SHOP DAY</b>	<b>BEAUTY SHOP DAY</b>			
<b>8:30</b> House Calls	<b>9:15</b> Exercise & Current Events & Devotional – MPR	<b>9:15</b> Exercise & Current Events & Devotional – 5100 North Social Area	<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>10:00</b> <b>Veterans Coffee -RC 1 &amp; 2 -WMV</b>	<b>10:15</b> Exercise & Current Events & Devotional - 5200 North Social Area
<b>10:00</b> Room Visits/1:1's/ House Calls	<b>11:15</b> Passing Mail	<b>11:15</b> Passing Mail	<b>10:15</b> Exercise & Current Events & Devotional - 5200 North Social Area	<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>11:15</b> Passing Mail	<b>12:00</b> <b>All Resident Meeting With CEO, Matt Riehle Plays All Day on t/v -Channel 88</b>
<b>2:00</b> <b>Silver Chords Christmas Performance -MPR</b>	<b>12:30</b> Manicures -5100 & A/B & C/D Residents Only -MPR	<b>1:30</b> <b>Vespers-MPR</b>	<b>1:30</b> <b>(New) Men's Group -5200 North Social Area</b>	<b>1:00</b> Popcorn
<b>3:00</b> Bingo (or after Silver Chords program) -MPR	<b>2:30</b> <b>Mandolin Orchestra Christmas Performance -MPR</b>	<b>2:15</b> <b>Resident Council -MPR (right after Vespers)</b>	<b>3:00</b> Room Visits/1:1's/ House Calls	<b>2:30</b> Manicures -5200 West Sitting Area 5200 Resident Only
<b>3:00</b> Memory Makers (Manicures) -5200 West Sitting	<b>3:00</b> Exercise w/Wellness -MPR	<b>2:45</b> <b>Christmas Cards Available for you To pick out and send to your Family/Friends *Refreshments will Be Served -5100 North Social Area</b>	<b>3:00</b> Shadow Boxing -Channel 88	<b>4:00</b> Hanukkah History, Trivia and Slideshow (IN2L) -MPR
<b>3:00</b> Chair Chi -Channel 88	<b>4:00</b> <b>HOPE Dogs</b>	<b>4:15</b> Memory Makers (Manicures) -5100 West Sitting		
<b>4:00</b> Room Visits/1:1's/ House Calls	<b>5:00</b> <b>Dinner Music Violin Christmas Music – 5100 South Dining Rm.</b>			

<u>Saturday</u>	<u>12/14</u>	<u>Sunday</u>	<u>12/15</u>
<b>8:30</b>	Room Visits/1:1's/ House Calls	<b>9:00</b>	A Devotional Reading With Burt Exercise to follow –5100 Family Room
<b>9:00</b>	Chair Dance -Channel 88	<b>9:00</b>	Live Streaming of Calvary United Methodist Church -Channel 88
<b>10:15</b>	Exercise & Current Events—MPR	<b>10:00</b>	<b>Virtual Catholic Mass</b> <b>-RC1</b>
<b>11:00</b>	Passing out Weekly Calendar for Next Week & Mail	<b>10:15</b>	A Devotional Reading With Burt Exercise to Follow -5200 Family Room
<b>1:30</b>	<b>Steve Crutcher Christmas Performance -MPR</b>	<b>1:15</b>	Winter Trivia, Winter Sport Video Snowboarding (IN2L) -MPR
<b>3:00</b>	Bingo-MPR	<b><u>No Root Beer Floats Today</u></b>	
<b>4:15</b>	Memory Makers Music & Aromatherapy -5100 West Sitting Rm.	<b>3:00</b>	<b>Dance Hip Cat Music School-MPR</b>
<b>7:00</b>	Evening Movie “A Bocelli Family Christmas” -Channel 88	<b>4:15</b>	Memory Makers Music & Aromatherapy -5200 East Sitting Rm.
		<b>7:00</b>	Evening Movie “Andy Williams: Best of Christmas” (2001,TV-PG) Musical, Family -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)