


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 2:30 Church Services in the Chapel	2 10:00 Good Mornin', Get Movin' 10:15 Music Circle <i>(new!)</i> 11:00 Thumball <i>(new!)</i> 11:30 Exercise with Heather 2:00 Church w/ Pastor David 2:30 Creative Crafts – 4 th of July Lanterns	3 10:00 Good Morning Greetings 10:30 Bible Study 11:00 Who Am EYE <i>(new!)</i> 1:30 Jingo! 3:00 Singers-R-Us in the Chapel	4 	5 10:00 Good Mornin', Get Movin' 10:15 Catholic Communion 11:00 Hydration Cart 2:00 Joe Lege performing in the Chapel	6 10:15 Walk and Talk 10:30 Sit Down Dancing with Heather in PC Activity Room 11:00 TV Time 2:00 Bingo Jingo in Terrace	7 God Bless America
8 2:30 Church Services in the Chapel	9 10:00 Good Mornin', Get Movin' 10:15 Music Circle <i>(new!)</i> 11:00 Thumball <i>(new!)</i> 11:30 Exercise with Heather 2:00 Church w/ Pastor David 2:30 Creative Crafts – American Flag Banner	10 10:00 Good Morning Greetings 10:30 Sing with Jane 11:00 Patriotic Bean Bag Toss 1:30 Jingo! 3:00 Joy Ride	11 **Bandanas & Flannels Day** 10:30 Resident Committee Meeting 11:30 Exercise with Heather 2:00 Summer Concert Series- Gashouse Annie	12 10:00 Good Mornin', Get Movin' 10:15 Wild About Wildlife Series <i>(new!)</i> : Interesting Animal Facts 11:00 Hydration Cart 2:00 Senior Science <i>(new!)</i> – Tornado Simulator	13 10:15 Walk and Talk 10:30 Sit Down Dancing with Heather in PC Activity Room 11:00 TV Time 2:00 Bingo Jingo in Terrace 3:00 Monthly Snack Cart	14 Proud to Be An American
15 2:30 Church Services in the Chapel	16 10:00 Good Mornin', Get Movin' 10:15 Music Circle <i>(new!)</i> 11:00 Thumball <i>(new!)</i> 11:30 Exercise with Heather 2:00 Church w/ Pastor David 2:30 Creative Crafts – Patriotic Charm Bracelet	17 10:00 Good Morning Greetings 10:30 Hymn Sing 11:00 Patriotic Bean Bag Toss 1:30 Jingo! 3:00 Singers-R-Us in the Chapel	18 **Wear Yellow Day** 10:00 "Pretty Nails" 10:15 Music Listening Club 10:15 Hand and Head Aromatherapy Massages 11:30 Exercise with Heather 2:00 Summer Concert Series- Lynn DeFalco	19 10:00 Good Mornin', Get Movin' 10:15 Catholic Communion 11:00 Hydration Cart 2:00 Gary Stewart performing in the Chapel	20 10:15 Walk and Talk 10:30 Sit Down Dancing with Heather in PC Activity Room 11:00 TV Time 2:00 Bingo Jingo in Terrace	21 Land of the Free, Home of the Brave
22 2:30 Church Services in the Chapel	23 10:00 Good Mornin', Get Movin' 10:15 Music Circle <i>(new!)</i> 11:00 Thumball <i>(new!)</i> 11:30 Exercise with Heather 2:00 Church w/ Pastor David 2:30 Creative Crafts – Patriotic Faith Ornament	24 10:00 Good Morning Greetings 10:30 Sing with Jane 11:00 Patriotic Bean Bag Toss 1:30 Jingo! 3:00 Joy Ride	25 **Sunglassess & Sandals Day** 10:00 "Pretty Nails" 10:15 Music Listening Club 10:15 Hand and Head Aromatherapy Massages 11:30 Exercise with Heather 2:00 Summer Concert Series- Paul Stephenson	26 10:00 Good Mornin', Get Movin' 10:15 Wild About Wildlife Series <i>(new!)</i> : 'Zookeeper' Movie Matinee 11:00 Hydration Cart 2:00 Touch of Pizzazz (art project)	27 10:15 Walk and Talk 10:30 Sit Down Dancing with Heather in PC Activity Room 11:00 TV Time 12:00 Eat-In Takeout 2:00 Movie Matinee	28 Let Freedom Ring
29 2:30 Church Services in the Chapel	30 10:00 Good Mornin', Get Movin' 10:15 Music Circle <i>(new!)</i> 11:00 Thumball <i>(new!)</i> 11:30 Exercise with Heather 2:00 Church w/ Pastor David 2:30 Creative Crafts – Firework Salt Painting	31 10:00 Good Morning Greetings 10:30 Hymn Sing 11:00 Patriotic Bean Bag Toss 1:30 Jingo! 3:00 Singers-R-Us in the Chapel	<h1>July 2018</h1> <h2>North Huntingdon Terrace Activities Calendar</h2>			

**** Activity Calendar Subject to Change Based on Resident Needs / Wants, and All Residents are Welcome and Encouraged to Participate . . . Thank You! ****

Good Morning Greetings:

While gathered together, the Lifestyle Coordinator engages residents in meaningful conversation pertaining to the date, daily events, weather, and /or things that may have happened on this day in history.

Hand and Head Aromatherapy Massage:

This activity is designed to provide quick, relaxing, and painless stimulation of the muscles and nerves of both the head and hands. All this will be done to the scent of lavender and mint, key scents used for calming purposes.

Exercise with Heather / Cam:

Redstone's Exercise Physiologist, Heather, leads residents in group exercise with hand balls, while engaging in conversation to stimulate resident minds.

Church with Pastor David:

Held in the Terrace Unit, residents of both Terrace and Courtyard gather to embrace religion and faith as part of a mini worship service lead by Pastor David Fetterman.

Creative Crafts:

Various crafts are put together with minimal help by the delicate hands of our residents. Anything made is for the residents to take.

Walk and Talk:

Walk and Talk engages residents in meaningful conversation as they walk along with the Lifestyle Coordinator together in the designated space where activities are set to occur.

Joy Ride:

Using the Redstone bus, residents are invited to ride along on an approximately hour-long ride to see various local attractions and scenery.

Hymn Sing:

Gathered together, the residents begin by reciting the Lord's Prayer. A variety of 10 well-known hymns are sung in harmony along to the musical accompaniment of a CD. Reciting Psalm 23 aloud closes out the activity.

Sing with Jane:

Musical entertainment is performed on the piano in Terrace by Independent Resident, Jane Earnest, comprised of various hymns and other well-known songs.

Music Circle (new!):

Music Circle is a new activity providing residents of both Courtyard and Terrace the opportunity to come together around the table and make music together! Using different instruments, residents will have the opportunity to see what they can do!

Jingo:

Played in the Courtyard Activity Room, this game of chance (similar to Bingo) requires number recognition, is great for hand-eye coordination, and promotes social well-being.

Singers-R-U's in the Chapel:

Residents are invited to the Chapel to sing along with fellow residents of all levels of care. Songs range from all eras and genres, including hymns and songs of their times. Led by Veranda Lifestyle Coordinator JoAnne Turnbull. The Choir has even been featured on the Holiday Redstone CD!

Bible Study:

Bible study is the study of the bible by the residents of both Courtyard and Terrace for sake of spiritual practice. It incorporates bible verse(s), prayer, hymn(s), and discussion.

Thumball (new!):

Using a ball embellished with various conversation starters, residents will take a turn rolling the ball, and wherever their thumb lands, they will have the opportunity to discuss the question listed.

Resident Committee Meeting:

Held on the 1st Wednesday of each month, residents of both Terrace and Courtyard gather in the Courtyard Activity Room to discuss matters pertaining to upcoming events, the care they receive, and dietary issues/concerns. PC Manager Amy Light and Morrison Dietary Management make appearances for discussions as their schedules permit.

"Pretty Nails":

Residents are provided the opportunity to get their fingernails clipped, filed, and polished. Mini hand massages with lotion are also offered and provided.

Music Listening Club:

Various songs and music genres are played. Residents are encouraged to sing-along, clap, or tap their feet along to the music being played.

Happy Hour:

Residents are served themed mocktail beverages to delight in as they socialize amongst the other residents of Terrace or Courtyard in the Terrace unit.

Food Fun:

Residents are served themed snack-size servings to delight in as they socialize amongst the other residents of Terrace or Courtyard in the Terrace unit.

Who Am EYE (new!):

Who Am EYE is a guessing game of sorts. Residents are provided the opportunity to guess the celebrity based on solely a picture of their eyes! After everyone has had a chance to guess, we will reveal the celebrity name and actual photograph!

Patriotic Bean Bag Toss (new!):

Patriotic Bean Bag Toss is a great opportunity for gentle exercise. Residents are encouraged to throw the bean bags into one of the cutouts! It is not meant as a competition, just a simple exercise to practice hand-eye coordination and to get residents moving.

Catholic Communion:

Parishioners from the local Catholic Church come to Terrace to provide a worship service for those of all denominations. Those that are Catholic are able to receive Communion should they so wish, while those who aren't Catholic receive a general blessing from the Father.

Hydration Cart:

In effort to provide healthier options for residents, we will be offering a hydration cart to provide healthy and hydrating beverages and snacks alike.

Senior Science (new!):

Beginning new in June, we will be offering the residents the opportunity to join us for an educational, interactive, hands-on science lesson! For July, we will be using a tornado simulator! Refreshment and treat to go along with the experiment.

Summer Concert Series:

Summer is here, and we're ready to party in our North Huntingdon Personal Care! Beginning Wednesday, July 11th, 2018, we will be hosting our "It's 5:00 Somewhere Summer Concert Series!" For 4 consecutive weeks, at 2:00pm in our Terrace Unit, we will be providing musical entertainment along with Happy Hour Mocktails and Appetizers! July 11th we will be kick-starting our Summer Concert Series with country crooner, Gashouse Annie, to provide a southern twang to our party! July 18th, we will be having Lynn DeFalco offering up some fun in the sun entertainment! July 25th, Paul Stephenson will delight the crowd with his Beach Boys rendition! And to end our series, we're going to have a fun little "hometown throwdown" with entertainment by Redstone's very own Mark Palmieri (maintenance) and Drew DeCrease (Redstone@Home Chaplain)! Stay tuned as Spirit Days to accompany each of our entertainers will be posted, and everyone is encouraged to dress up and stop by if able!

Touch of Pizzazz:

Vast variety of a monthly featured craft for residents to engage in creating, typically more advanced than the average craft. Some creations have even been sold in the Gift Shops at each campus.

Sit Down Dancing with Heather:

With the accompaniment of a DVD to follow along to, Redstone's Exercise Physiologist, Heather, leads residents in group exercise along to songs of their era.

Picture Bingo Jingo:

Played within the Terrace unit, this game of chance requires picture recognition of a variety of themed objects, is great for hand-eye coordination, and promotes social well-being.

Monthly Snack Cart:

Assorted themed snacks will be delivered to the door of all residents in both Terrace and Courtyard for their enjoyment once a month.

Good Mornin', Get Moving:

Good Mornin', Get Moving engages residents in meaningful conversation as they walk along with the Lifestyle Coordinator together in the designated space where activities are set to occur.

TV Time

Residents invited to watch a television program of their choice as they relax and unwind from the morning's activities prior to lunch being served.

Eat In Takeout:

An exciting dining experience that offers a limited number of 10 combined Terrace and Courtyard residents to come together to enjoy lunch ordered out from various restaurants in the local vicinity without having to leave!

Joe Lege in the Chapel:

Joe delights the audience with his singing and accordion playing. He will be performing a Patriotic set.

Gary Stewart in the Chapel:

Gary will delight the audience with his guitar playing, as well as vocals.



