


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><b>1</b> 10:00 Good Morning Greeting 10:15 Watercolor Painting 10:15 Name That Tune 11:00 Hand and Head Aromatherapy Massages 11:30 Exercise with Heather 2:00 Worship w/ Pastor David <b>2:30 CRAFT – Bunny Bottom Magnet</b></p>	<p><b>2</b> 10:00 Good Morning Greetings 10:30 Hymn Sing 11:00 Hangman <b>1:30 Jingo!</b> <b>3:00 Singers-R-Us in the Chapel</b></p>	<p><b>3</b> 10:00 Good Morning Greetings 10:30 Hymn Sing 11:00 Hangman <b>1:30 Jingo!</b> <b>3:00 Singers-R-Us in the Chapel</b></p>	<p><b>4</b> <b>10:30 Resident Committee Meeting</b> 11:30 Exercise with Heather <b>2:00 Food Fun – Easter Egg Cinnamon Rolls</b></p>	<p><b>5</b> 10:00 Walk and Talk <b>10:15 Catholic Communion</b> 11:00 Baby Love 11:00 Hydration Cart <b>2:00 Steve Tori performing in the Chapel</b></p>	<p><b>6</b> 10:15 Walk and Talk 10:30 Sit Down Dancing with Heather in PC Activity Room 11:00 Sentimental Reflections <b>2:00 Bingo Jingo in Terrace</b></p>	<p><b>7</b> <b>Some Days You Just Have to Create Your Own Sunshine!</b></p>
<p><b>8</b> 10:00 Good Morning Greeting 10:15 Watercolor Painting 10:15 Name That Tune 11:00 Hand and Head Aromatherapy Massages 11:30 Exercise with Heather 2:00 Worship w/ Pastor David <b>2:30 CRAFT – Hatching Chick Magnet</b></p>	<p><b>9</b> 10:00 Good Morning Greetings 10:30 Hymn Sing with Jane 11:00 Bean Bag Toss <b>1:30 Jingo!</b> <b>3:00 Joy Ride</b></p>	<p><b>10</b> 10:00 Good Morning Greetings 10:30 Hymn Sing with Jane 11:00 Bean Bag Toss <b>1:30 Jingo!</b> <b>3:00 Joy Ride</b></p>	<p><b>11</b> <b>10:00 “Pretty Nails”</b> 10:15 Music Corner 11:30 Exercise with Heather <b>2:00 Happy Hour – Vanilla Bean Frappuccino</b></p>	<p><b>** Pittsburgh Pirates Day **</b> <b>12</b> 10:15 Bell Balls 10:30 Sharpen Your Senses 11:00 Hydration Cart <b>2:00 Take Me Out to the Pirates Game Concession Stand</b></p>	<p><b>13</b> 10:15 Walk and Talk 10:30 Sit Down Dancing with Heather in PC Activity Room 11:00 Sentimental Reflections <b>2:00 Bingo Jingo in Terrace</b> <b>3:00 Monthly Snack Cart</b></p>	<p><b>14</b> <b>It’s A Good Day to Have A Great Day!</b></p>
<p><b>15</b> 10:00 Good Morning Greeting 10:15 Watercolor Painting 10:15 Name That Tune 11:00 Hand and Head Aromatherapy Massages 11:30 Exercise with Heather 2:00 Worship w/ Pastor David <b>2:30 CRAFT – Fuzzy Egg Wreath</b></p>	<p><b>16</b> 10:00 Good Morning Greetings 10:30 Hymn Sing 11:00 Hangman <b>1:30 Jingo!</b> <b>3:00 Singers-R-Us in the Chapel</b></p>	<p><b>17</b> 10:00 Good Morning Greetings 10:30 Hymn Sing 11:00 Hangman <b>1:30 Jingo!</b> <b>3:00 Singers-R-Us in the Chapel</b></p>	<p><b>18</b> <b>10:00 “Pretty Nails”</b> 10:15 Music Corner 11:30 Exercise with Heather <b>2:00 Food Fun – Soft Pretzels</b></p>	<p><b>19</b> 10:00 Walk and Talk <b>10:15 Catholic Communion</b> 11:00 Baby Love 11:00 Hydration Cart <b>2:00 Lynne DeFalco performing in the Chapel</b></p>	<p><b>20</b> 10:15 Walk and Talk 10:30 Sit Down Dancing with Heather in PC Activity Room 11:00 Sentimental Reflections <b>2:00 Bingo Jingo in Terrace</b></p>	<p><b>21</b> <b>Hip, Hip, Hooray, It’s Saturday!</b></p>
<p><b>22</b> 10:00 Good Morning Greeting 10:15 Watercolor Painting 10:15 Name That Tune 11:00 Hand and Head Aromatherapy Massages 11:30 Exercise with Heather 2:00 Worship w/ Pastor David <b>2:30 CRAFT – Jelly Bean Prayer Magnet</b></p>	<p><b>23</b> 10:00 Good Morning Greetings 10:30 Hymn Sing with Jane 11:00 Bean Bag Toss <b>1:30 Jingo!</b> <b>3:00 Joy Ride</b></p>	<p><b>24</b> 10:00 Good Morning Greetings 10:30 Hymn Sing with Jane 11:00 Bean Bag Toss <b>1:30 Jingo!</b> <b>3:00 Joy Ride</b></p>	<p><b>25</b> <b>10:00 “Pretty Nails”</b> 10:15 Music Corner 11:30 Exercise with Heather <b>2:00 Happy Hour – Millionaire Sour</b></p>	<p><b>26</b> 10:00 Walk and Talk 10:15 Bell Balls 10:30 Sharpen Your Senses 11:00 Hydration Cart <b>2:00 Touch of Pizzazz (art project)</b></p>	<p><b>27</b> 10:15 Walk and Talk 10:30 Sit Down Dancing with Heather in PC Activity Room <b>11:30 Eat In Takeout Lunch</b> <b>2:30 Movie Matinee</b></p>	<p><b>28</b> <b>May Your Day Be As Bright As Your Smile!</b></p>
<p><b>29</b> 10:00 Good Morning Greeting 10:15 Watercolor Painting 10:15 Name That Tune 11:00 Hand and Head Aromatherapy Massages 11:30 Exercise with Heather 2:00 Worship w/ Pastor David <b>2:30 CRAFT – Colorful Wire Bracelet</b></p>	<p><b>30</b></p>	<p><b>April 2018</b></p> <p><b>North Huntingdon Terrace Activities Calendar</b></p>				

**\*\* Activity Calendar Subject to Change Based on Resident Needs / Wants. 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.

**“Creative You”:**

With the rise of Adult Coloring, this activity encourages residents to explore their creative talents via the use of crayons, markers, or colored pencils all the while designing pages themed to the time of the year or recently occurring events.

**Name That Tune:**

Using a CD of various background music to songs of the residents' era, residents take a chance at guessing each 30-second clip. And then it's on to the next clip!

**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:**

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

**Worship 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.

**Craft:**

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

**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.

**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.

**Hymn 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.

**Popcorn Toss:**

Snowball Fight is designed to bring about wellness and happiness, and is a great opportunity for gentle exercise. Using soft fluffy balls for reminiscence as popcorn balls, residents are encouraged to throw the popcorn into the popcorn container! It is not meant as a competition, just a simple exercise to practice hand-eye coordination and to get residents moving.

**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-Us 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!

**Resident Committee Meeting:**

Held on the 1<sup>st</sup> 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 Corner:**

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

**Exercise with Heather:**

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

**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.

**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.

**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.

**Sharpen Your Senses:**

This sensory game provides game cards with various questions enticing the residents to commentary involving their senses, used to evoke memories and reminiscing.

**Bell Balls:**

Bell Balls provide a great way to get the residents to partake in something physical along the lines of hand ball exercises such as rolling, gently squeezing, and lightly tossing. Residents can even make music and sing along to the sounds the balls make.

**Baby Love:**

Baby Love is a DVD visual that can be used to entice resident memories and reminiscing. Due to the high degree of women and mothers in Terrace, what a better way to embrace such by providing visual sensory stimuli meant to warm the heart! Who doesn't love babies?!

**Gene Horner performing in the Chapel:**

Gene delights the audience with his singing and trombone playing.

**Tom Lamb performing in the Chapel:**

Tom delights the audience with his singing and guitar playing.

**Champagne Celebration:**

There's always something to be thankful for, and this party celebrates just that! Refreshments and a little bit of bubbly to be served.

**Everyone's Irish on St.Patty's Day Party:**

Embracing the Irish holiday, residents will have the opportunity to enjoy a party celebrating St. Patrick's Day. Musical entertainment and refreshments of Irish influence will be served. After all, everyone is Irish on St. Patrick's Day.

**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!

**Walk and Talk:**

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

**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.

**Sentimental Reflections:**

DVD collection reflecting sentimental moments via imagery and song.

**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.





