

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# August 2018

## North Huntingdon Terrace Activities Calendar

			<p><b>**Redstone Apparel Spirit Day**</b> 1</p> <p>10:30 Resident Committee Meeting</p> <p>11:30 Exercise with Heather</p> <p>2:00 Summer Concert Series – Redstone’s Very Own Mark P. and Drew D.</p>	<p>10:00 Good Morning, Get Movin’ 2</p> <p>10:15 Catholic Communion</p> <p>11:00 Hydration Cart</p> <p>2:00 Senior Science (new!) – “Germ Simulation”</p>	<p>10:15 Walk and Talk 3</p> <p>10:30 Sit-Down Dancing with Heather in PC Activity Room</p> <p>11:00 TV Time</p> <p>2:00 Bingo Jingo in Terrace</p>	<p>4</p> <p>A pineapple a day keeps the worries away!</p>
<p>5</p> <p>2:30 Church Services in the Chapel</p>	<p>10:00 Good Morning, Get Movin’ 6</p> <p>10:15 Music Circle (new!)</p> <p>11:00 Thumball (new!)</p> <p>11:30 Exercise with Heather</p> <p>2:00 Church with Pastor David</p> <p>2:30 Creative Crafts – Pineapple Charm Bracelet</p>	<p>10:00 Good Morning Greetings 7</p> <p>10:30 Hymn Sing</p> <p>11:00 Who Am EYE (new!)</p> <p>1:30 Jingo!</p> <p>3:00 Singers – R – Us in the Chapel</p>	<p>10:00 “Pretty Nails” 8</p> <p>10:15 Music Listening Club</p> <p>10:15 Hand Aromatherapy Messages</p> <p>11:30 Exercise with Heather</p> <p>2:00 Food Fun - Pineapple Upside Down Cake</p>	<p>10:00 Good Morning Greetings 9</p> <p>10:15 Alphabet Scategories (new!)</p> <p>10:45 Playing Card Sort (new!)</p> <p>11:00 Hydration Cart</p> <p>2:00 Fair Foods Day</p>	<p>10:15 Walk and Talk 10</p> <p>10:30 Sit-Down Dancing with Heather in PC Activity Room</p> <p>11:00 TV Time</p> <p>2:00 Bingo Jingo in Terrace</p>	<p>11</p> <p>You’re the pineapple of my eye!</p>
<p>12</p> <p>2:30 Church Services in the Chapel</p>	<p>10:00 Good Morning, Get Movin’ 13</p> <p>10:15 Music Circle (new!)</p> <p>11:00 Thumball (new!)</p> <p>11:30 Exercise with Heather</p> <p>2:00 Church with Pastor David</p> <p>2:30 Creative Crafts – Starfish Banner</p>	<p>10:00 Good Morning Greetings 14</p> <p>10:30 Hymn Sing with Jane</p> <p>11:00 Pineapple Ring Toss</p> <p>1:30 Jingo!</p> <p>3:00 Joy Ride</p>	<p>10:00 “Pretty Nails” 15</p> <p>10:15 Music Listening Club</p> <p>10:15 Hand Aromatherapy Messages</p> <p>11:30 Exercise with Heather</p> <p>2:00 Tracey Lee performing in the Chapel</p>	<p>10:00 Good Morning, Get Movin’ 16</p> <p>10:15 Catholic Communion</p> <p>11:00 Hydration Cart</p> <p>2:00 Popsicle Snack Cart to be delivered door-to-door</p>	<p>10:15 Walk and Talk 17</p> <p>10:30 Sit-Down Dancing with Heather in PC Activity Room</p> <p>11:00 TV Time</p> <p>2:00 Bingo Jingo in Terrace</p>	<p>18</p> <p>When life hands you pineapples, make pina coladas!</p>
<p>19</p> <p>2:30 Church Services in the Chapel</p>	<p>10:00 Good Morning, Get Movin’ 20</p> <p>10:15 Music Circle (new!)</p> <p>11:00 Thumball (new!)</p> <p>11:30 Exercise with Heather</p> <p>2:00 Church with Pastor David</p> <p>2:30 Creative Crafts – Tropical Wind Chimes</p>	<p>10:00 Good Morning Greetings 21</p> <p>10:30 Hymn Sing</p> <p>11:00 Who Am EYE (new!)</p> <p>1:30 Jingo!</p> <p>3:00 Singers – R – Us in the Chapel</p>	<p>10:00 Showtime Charlie performing in the Chapel 22</p> <p>11:30 Exercise with Heather</p> <p>2:00 Happy Hour - Peach Bellini</p>	<p>10:00 Good Morning Greetings 23</p> <p>10:15 Alphabet Scategories (new!)</p> <p>10:45 Playing Card Sort (new!)</p> <p>11:00 Hydration Cart</p> <p>2:00 Elvis’ Blue Hawaii Movie Matinee and Ice Cream Cones</p>	<p>10:15 Walk and Talk 24</p> <p>10:30 Sit-Down Dancing with Heather in PC Activity Room</p> <p>11:00 TV Time</p> <p>2:00 Bingo Jingo in Terrace</p>	<p>25</p> <p>Be a pineapple: stand tall, wear a crown, and be sweet on the inside!</p>
<p>26</p> <p>2:30 Church Services in the Chapel</p>	<p>10:00 Good Morning, Get Movin’ 27</p> <p>10:15 Music Circle (new!)</p> <p>11:00 Thumball (new!)</p> <p>11:30 Exercise with Heather</p> <p>2:00 Church with Pastor David</p> <p>2:30 Creative Crafts – Beach Keepsake Jar</p>	<p>10:00 Good Morning Greetings 28</p> <p>10:30 Hymn Sing with Jane</p> <p>11:00 Pineapple Ring Toss</p> <p>1:30 Jingo!</p> <p>3:00 Joy Ride</p>	<p>10:00 “Pretty Nails” 29</p> <p>10:15 Music Listening Club</p> <p>10:15 Hand Aromatherapy Messages</p> <p>11:30 Exercise with Heather</p> <p>2:00 King of Pop Party</p>	<p>10:00 Good Morning Greetings 30</p> <p>10:15 Alphabet Categories (new!)</p> <p>10:45 Playing Card Sort (new!)</p> <p>11:00 Hydration Cart</p> <p>2:00 Touch of Pizzazz (art project)</p>	<p>10:15 Walk and Talk 31</p> <p>10:30 Sit-Down Dancing with Heather in PC Activity Room</p> <p>11:00 TV Time</p> <p>12:00 Eat-In Takeout</p> <p>2:00 Movie</p>	

**\*\* 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.

**Alphabet Scategories:**

Using a playing card size card with each letter of the alphabet, 1 letter will be given to each resident. Using a whiteboard, a category will be given. The residents will be encouraged to come up with something pertaining to the category on the board that begins with the letter distributed to them!

**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-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!

**Thumbball (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.

**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.

**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 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!

**Pineapple Ring Toss (new!):**

Pineapple Ring Toss is a great opportunity for gentle exercise. Residents are encouraged to throw throw rings around the pineapples! 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 August, we will be creating a germ simulation! 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 11<sup>th</sup>, 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 11<sup>th</sup> we will be kick-starting our Summer Concert Series with country crooner, Gashouse Annie, to provide a southern twang to our party! July 18<sup>th</sup>, we will be having Lynn DeFalco offering up some fun in the sun entertainment! July 25<sup>th</sup>, Paul Stephenson will delight the crowd with his Beach Boys rendition! 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!

**Playing Card Sort:**

Using a standard pack of playing cards, residents will be encouraged to sort the playing cards into suites.

**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!

**Tracy Lee in the Chapel:**

Tracy Lee delights the audience with her singing and ukulele playing. She will be performing a Luau theme.

**Showtime Charlie in the Chapel:**

Showtime Charlie delights the audience with his singing, guitar playing, and humor!

