

Sunday

Monday

Tuesday

Wednesday

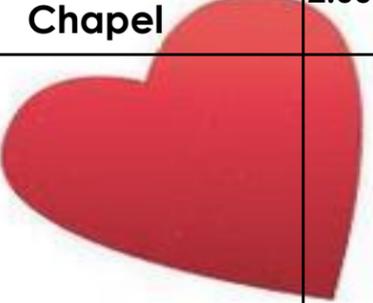
Thursday

Friday

Saturday

February 2018

North Huntingdon Terrace Activities Calendar

<p>2:30 Church in the Chapel</p>  <p>Super Bowl on Channel 12 at 6:30pm</p>	<p>10:00 Good Morning Greetings 10:15 "Creative You" 10:15 Name That Tune 11:00 Hand and Head Aromatherapy Massages 11:30 Exercise with Heather 2:00 Worship with Pastor David 2:30 CRAFT – Heart Bracelet</p>	<p>10:00 Good Morning Greetings 10:30 Hymn Sing 11:00 Popcorn Toss 1:30 Jingo! 3:00 Singers-R-Us in the Chapel</p>	<p>10:30 Resident Committee Meeting 11:30 Exercise with Heather 2:00 What's Cooking – Knock You Naked Red Velvet Cheesecake</p>	<p>10:00 Walk and Talk 10:15 Catholic Communion 11:00 Hydration Cart 2:00 You Stole A Pizza My Heart Pizza Party</p>	<p>10:15 Walk and Talk 10:30 Sit Down Dancing with Heather in PC Activity Room 11:00 Sentimental Reflections 2:00 Picture Bingo Jingo in Terrace 3:00 Groundhog Day Surprise Delivery</p>	<p>All You Need is Love and Chocolate!</p>
<p>2:30 Church in the Chapel</p> 	<p>10:00 Good Morning Greetings 10:15 "Creative You" 10:15 Name That Tune 11:00 Hand and Head Aromatherapy Massages 11:30 Exercise with Heather 2:00 Worship with Pastor David 2:30 CRAFT – Love You Tons Clothespin Craft</p>	<p>10:00 Good Morning Greetings 10:30 Hymn Sing with Jane 11:00 Popcorn Toss 1:30 Jingo! 3:00 Singers-R-Us in the Chapel</p>	<p>**Wear Red for Valentine's Day** 10:00 "Pretty Nails" 10:15 Music Corner 11:30 Exercise with Heather 2:00 Valentine's Day Chocolate Discussion and Taste-Testing</p>	<p>10:00 Walk and Talk 10:15 Catholic Communion 11:00 Hydration Cart 2:00 Polka Party</p>	<p>10:15 Walk and Talk 10:30 Sit Down Dancing with Heather in PC Activity Room 11:00 Sentimental Reflections 2:00 Picture Bingo Jingo in Terrace</p>	<p>All You Need is Love and Chocolate!</p> 
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**** 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.

“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 reminisce 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 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 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.

What's Cooking:

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.

Valentine's Day Chocolate Demo:

Residents will delight in an interesting discussion regarding chocolate and its varieties. Attendees will also have the opportunity to delight in a very special taste-testing of various chocolate arrangements. A “bit of bubbly” will also be served in addition.

Walk and Talk:

Walk and Talk engages residents in meaningful conversation as they walk along with the Lifestyle Coordinator to gather 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 hydrating beverages and snacks alike. Offered will be such things as flavored water, Jell-O, and seasonal fruit.

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. Due to the balls containing bells, residents will also be able to make music and even sing along to tunes made from the sound of exercising with the balls.

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?!

Paul Eisert performing in the Chapel:

Paul delights the audience with his singing and guitar playing. He specializes in oldies, and is always willing to take requests. Small conversation and dialogue is also provided during the hour of entertainment provided.

Joy & Jill Procida performing in the Chapel:

The Procida twins delight the audience with their singing, as well as with their trumpet and saxophone playing. Small conversation and dialogue is also provided during the hour of entertainment provided.

You Stole A Pizza My Heart Pizza Party:

Succumbing to one's love of pizza, residents will have the opportunity to enjoy a pizza party celebrating their love of the Italian dish. They will engage in good conversation, and enjoy each other's company.

Polka Party:

Embracing the love of dance, residents will have the opportunity to enjoy a party celebrating the musical world of polka. They will have the opportunity to help themselves to themed refreshments, and enjoy some good old polka tunes.

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.

Groundhog Day Special Delivery:

A themed snack will be delivered to the door of all residents in both Terrace and Courtyard for their enjoyment.

