

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

March 2018

North Huntingdon Terrace Activities Calendar

					10:00 Walk and Talk 10:15 Catholic Communion 11:00 Hydration Cart 11:30 Exercise with Cam 2:00 Champagne Celebration	10:15 Walk and Talk 10:30 Sit Down Dancing in PC Activity Room 11:00 Sentimental Reflections 2:00 Picture Bingo Jingo in Terrace	Today is your "LUCKY" day!
2:30 Church in the Chapel	10:00 Good Morning Greetings 10:15 "Creative You" 10:15 Name That Tune 11:00 Hand and Head Aromatherapy Massages 2:00 Worship w/ Pastor David 2:30 CRAFT – 3D Leprechaun Scene	10:00 Good Morning Greetings 10:30 Bible Study in PC Activity Room 11:30 Exercise with Cam 1:30 Jingo! 3:00 Singers-R-U's in the Chapel	Wendi at Annual Education in Greensburg 8:00 am – 4:30 pm	10:15 Walk and Talk 10:30 Baby Love 11:00 Hydration Cart 11:30 Exercise with Cam 2:00 Gene Horner in the Chapel (entertainment) 3:30 Meet & Greet with the New Campus Director in the PC Activity Room	10:15 Walk and Talk 10:30 Sit Down Dancing in PC Activity Room 11:00 Sentimental Reflections 2:00 Picture Bingo Jingo in Terrace	Wishing you a pot o' gold and all the joy your heart can hold!	
2:30 Church in the Chapel	10:00 Good Morning Greetings 10:15 "Creative You" 10:15 Name That Tune 11:00 Hand and Head Aromatherapy Massages 2:00 Worship w/ Pastor David 2:30 CRAFT – Rainbow Paper Chain Sign	10:00 Good Morning Greetings 10:30 Hymn Sing with Jane 11:30 Exercise with Cam 1:30 Jingo! 3:00 Singers-R-U's in the Chapel	10:30 Resident Committee Meeting 2:00 What's Cooking – Brownie Mint Trifle	** Wear Green Day ** 10:00 Walk and Talk 10:15 Catholic Communion 11:00 Hydration Cart 11:30 Exercise with Cam 2:00 Everyone's Irish on St. Patrick's Day Party	10:15 Walk and Talk 10:30 Sit Down Dancing in PC Activity Room 11:00 Sentimental Reflections 2:00 Picture Bingo Jingo in Terrace 3:00 Monthly Snack Cart	 HAPPY St. Patrick's DAY	
2:30 Church in the Chapel	10:00 Good Morning Greetings 10:15 "Creative You" 10:15 Name That Tune 11:00 Hand and Head Aromatherapy Massages 2:00 Worship w/ Pastor David 2:30 CRAFT – Shamrock Beaded Necklace	10:00 Good Morning Greetings 10:30 Bible Study in PC Activity Room 11:30 Exercise with Cam 1:30 Jingo! 3:00 Singers-R-U's in the Chapel	10:00 "Pretty Nails" 10:15 Music Corner 2:00 Happy Hour – Sour Green Apple Spritzer	10:15 Walk and Talk 10:30 Baby Love 11:00 Hydration Cart 11:30 Exercise with Cam 2:00 Tom Lamb in the Chapel (musical entertainment)	10:15 Walk and Talk 10:30 Sit Down Dancing in PC Activity Room 11:00 Sentimental Reflections 2:00 Picture Bingo Jingo in Terrace	Wishing you a pot o' gold and all the joy your heart can hold!	
2:30 Church in the Chapel	10:00 Good Morning Greetings 10:15 "Creative You" 10:15 Name That Tune 11:00 Hand and Head Aromatherapy Massages 2:00 Worship w/ Pastor David 2:30 CRAFT – Irish Blessing Thumbprint Sign	10:00 Good Morning Greetings 10:30 Hymn Sing with Jane 11:30 Exercise with Cam 1:30 Jingo! 3:00 Singers-R-U's in the Chapel	10:00 "Pretty Nails" 10:15 Music Corner 2:00 What's Cooking – Cheddar and Bacon Irish Soda Bread	10:15 Walk and Talk 10:30 Baby Love 11:00 Hydration Cart 11:30 Exercise with Cam 2:00 Touch of Pizzazz (art project)	10:15 Walk and Talk 10:30 Sit Down Dancing with Heather in PC Activity Room 11:30 Eat In Takeout Lunch 2:30 Movie Matinee	Today is your "LUCKY" day!	

** 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.

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.

Exercise with Cam:

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

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.

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.

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.

Exercise with Heather:

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

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.Pathty'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!

New Campus Director Meet and Greet:

Residents are invited to attend a Meet and Greet to meet the new Campus Director here at Redstone Highlands North Huntingdon, Julie Elling. Meet and Greet will be held in the PC Activity Room at 3:30pm following the scheduled afternoon entertainment.

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 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.

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!



