

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>May 2018</p> <p>North Huntingdon Terrace Activities Calendar</p>		<p>10:00 Good Morning Greetings</p> <p>10:30 Bible Study <i>(new!)</i></p> <p>11:00 Memory Tray <i>(new!)</i></p> <p>1:30 Jingo!</p> <p>3:00 Singers-R-Us in the Chapel</p>	<p>10:30 Resident Committee Meeting</p> <p>11:30 Exercise with Heather</p> <p>2:00 Food Fun – Hamburger Sliders</p>	<p>10:00 Good Mornin', Get Movin'</p> <p>10:15 Catholic Communion</p> <p>11:00 Jeopardy <i>(new!)</i></p> <p>11:00 Hydration Cart</p> <p>2:00 Carl Becker in the Chapel</p>	<p>10:15 Walk and Talk</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>Spring has Sprung and Sunny Days have Begun! Enjoy the Day!</p>
<p>2:30 Church Services in the Chapel</p>	<p>10:00 Good Mornin', Get Movin'</p> <p>10:15 Watercolor Painting</p> <p>11:00 Hand and Head Aromatherapy Massages</p> <p>11:30 Exercise with Heather</p> <p>2:00 Church w/ Pastor David</p> <p>2:30 Bubble Art</p>	<p>10:00 Good Morning Greetings</p> <p>10:30 Sing with Jane</p> <p>11:00 Baseball Bean Bag Toss</p> <p>1:30 Jingo!</p> <p>3:00 Joy Ride</p>	<p>Wendi at All Campus Activity Meeting At Chapel Hill 9:00 am – 12:00 pm</p> <p>2:00 Happy Hour – Mint Julep</p>	<p>10:00 Walk and Talk</p> <p>10:15 Bell Balls</p> <p>10:30 Sharpen Your Senses</p> <p>10:45 Read with Me <i>(new!)</i></p> <p>11:00 Hydration Cart</p> <p>2:00 Queen for the Day Ladies Tea</p>	<p>10:15 Walk and Talk</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>Spring has Sprung and Sunny Days have Begun! Enjoy the Day!</p>
<p>HAPPY MOTHERS DAY</p> <p>2:30 Church Services in the Chapel</p>	<p>10:00 Good Mornin', Get Movin'</p> <p>10:15 Watercolor Painting</p> <p>11:00 Hand and Head Aromatherapy Massages</p> <p>11:30 Exercise with Heather</p> <p>2:00 Church w/ Pastor David</p> <p>2:30 Creative Crafts – Go Fly A Kite Door Decoration</p>	<p>10:00 Good Morning Greetings</p> <p>10:30 Hymn Sing</p> <p>11:00 Baseball Bean Bag Toss</p> <p>1:30 Jingo!</p> <p>3:00 Singers-R-Us in the Chapel</p>	<p>Wendi at Activities Professionals Meeting 9:00 am – 12:00 pm</p> <p>2:00 Room-to-Room Monthly Snack Cart Delivery</p>	<p>10:00 Good Mornin', Get Movin'</p> <p>10:15 Catholic Communion</p> <p>11:00 Jeopardy <i>(new!)</i></p> <p>11:00 Hydration Cart</p> <p>2:00 Joe Marotta in the Chapel</p>	<p>10:15 Walk and Talk</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>Spring has Sprung and Sunny Days have Begun! Enjoy the Day!</p>
<p>2:30 Church Services in the Chapel</p>	<p>10:00 Good Mornin', Get Movin'</p> <p>10:15 Watercolor Painting</p> <p>11:00 Hand and Head Aromatherapy Massages</p> <p>11:30 Exercise with Heather</p> <p>2:00 Church w/ Pastor David</p> <p>2:30 Creative Crafts – Grass Heads</p>	<p>10:00 Good Morning Greetings</p> <p>10:30 Sing with Jane</p> <p>11:00 Baseball Bean Bag Toss</p> <p>1:30 Jingo!</p> <p>3:00 Joy Ride</p>	<p>10:00 "Pretty Nails"</p> <p>10:15 Music Listening Club</p> <p>11:30 Exercise with Heather</p> <p>2:00 Spring Fling All Campus Bingo Mixer in the Chapel</p>	<p>10:00 Walk and Talk</p> <p>10:15 Bell Balls</p> <p>10:30 Sharpen Your Senses</p> <p>10:45 Read with Me <i>(new!)</i></p> <p>11:00 Hydration Cart</p> <p>2:00 Touch of Pizzazz (art project)</p>	<p>Wear Lilac for Alzheimer's **</p> <p>10:15 Walk and Talk</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>Spring has Sprung and Sunny Days have Begun! Enjoy the Day!</p>
<p>2:30 Church Services in the Chapel</p>	<p>Have a Safe Memorial Day!</p> <p>Remember Our HEROES!</p>	<p>10:00 Good Morning Greetings</p> <p>10:30 Bible Study <i>(new!)</i></p> <p>11:00 Memory Tray <i>(new!)</i></p> <p>1:30 Jingo!</p> <p>3:00 Singers-R-Us in the Chapel</p>	<p>10:00 "Pretty Nails"</p> <p>10:15 Music Listening Club</p> <p>11:30 Exercise with Heather</p> <p>2:00 Food Fun – Chips and Salsa</p>	<p>10:00 Walk and Talk</p> <p>10:15 Bell Balls</p> <p>10:30 Sharpen Your Senses</p> <p>10:45 Read with Me <i>(new!)</i></p> <p>11:00 Hydration Cart</p> <p>2:00 Strawberry Festival</p>	<p>Happy May Birthday To:</p> <p>Dorothy Snyder on May 6th</p> <p>and</p> <p>Susan Sabol on May 18th</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:

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.

Baseball Bean Bag Toss:

Baseball Bean Bag Toss is a great opportunity for gentle exercise. Using Residents are encouraged to throw the bean bags into one of the baseball bases! 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-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 (new!):

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.

Queen for the Day Ladies Tea:

In honor of Mother's Day and the Ladies of our Personal Care, a tea party will be held with tea and appetizers to be served.

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.

Read with Me:

Residents are provided the opportunity to listen in as various stories and poems are read aloud.

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Strawberry Festival:

With May being Strawberry month, we will be having a Strawberry Festival like several of the local churches offer. We will have angel food cake with strawberries, and a refreshing scoop of vanilla ice cream. Punch will also be served.

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.

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!

Memory Tray:

Residents will engage in item recognition, as well as item recall as a tray of items will be presented, and an item will then be removed. It will be the residents' job to determine and guess what item has gone missing.

Jeopardy (new!):

Residents will engage in trivia in the form of the popular television show!

Spring Fling All Campus Bingo Mixer:

Personal Care residents from all three Redstone campuses will come together for a spring-themed bingo in the chapel!

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.

Read with Me (new!):

Residents are provided the opportunity to listen in as various stories and poems are read aloud.

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!

Carl Becker in the Chapel:

Carl delights the audience with singing and games!

Joe Marotta in the Chapel:

Joe delights the audience with his impressive singing and DJ skills.

Watercolor Painting:

Easy as brushing on water – the paint is already in the paper! Residents will enjoy watching the artwork come to life at their hands.

