

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>November 2017</h1> <h2>North Huntingdon Terrace Activities Calendar</h2>						
			10:30 Resident Committee Meeting 11:30 Exercise with Heather 2:00 What's Cooking – Cream Cheese Pumpkin Pie Dip	10:00 Walk and Talk 10:15 Catholic Communion 11:00 Name That State 11:30 Exercise with Cam 2:00 Day of the Dead Party!	10:15 Walk and Talk 10:30 Sit Down Dancing with Heather in PC Activity Room 11:00 America's Road Trips 2:00 Bingo 3:00 Storytelling with Dennis	4 May Your Day Be Blessed with Much to be Thankful For!
5 2:30 Church in the Chapel	10:00 Good Morning Greetings 10:30 "Creative You" 10:30 Name That Tune 11:00 Bean Bag Toss 2:00 Floyd Andrew in the Chapel (piano)	6 9:45 Walk and Talk 10:00 Worship with Pastor David 10:30 Morning Movie Matinee 11:30 Exercise with Cam 1:30 Jingo! 3:00 Joy Ride	7 10:00 "Pretty Nails" 10:15 Music Corner 11:30 Exercise with Heather 2:00 Happy Hour – Creamy Pumpkin Yogurt Smoothie	8 10:00 Walk and Talk 10:30 Name That Tune Sing-Along 11:00 Name That State 11:30 Exercise with Cam 2:00 Where in the World Have You Been Party?!	9 10:15 Walk and Talk 10:30 Sit Down Dancing with Heather in PC Activity Room 11:00 America's Road Trips 2:00 Bingo 3:00 Storytelling with Dennis	11 2:00 Veteran's Day Program in the Chapel
12 2:30 Church in the Chapel **Pittsburgh Steeler Game at 1:00 pm**	13 10:00 Good Morning Greetings 10:30 "Creative You" 10:30 Name That Tune 11:00 Bean Bag Toss 2:00 Worship with Pastor David 2:30 CRAFT – Turkey Beaded Necklace	14 10:00 Good Morning Greetings 10:30 Hymn Sing with Jane 11:30 Exercise with Cam 1:30 Jingo! 3:00 Joy Ride	15 2:00 Monthly Snack Cart Resident-to-Resident Delivery	16 10:00 Walk and Talk 10:15 Catholic Communion 11:00 Name That State 11:30 Exercise with Cam 2:00 Friendsgiving Celebration! **Pittsburgh Steeler Game at 8:25 pm**	17 10:15 Walk and Talk 10:30 Sit Down Dancing with Heather in PC Activity Room 11:00 America's Road Trips 2:00 Bingo 3:00 Storytelling with Dennis	18 May Your Day Be Blessed with Much to be Thankful For!
19 2:30 Church in the Chapel **Pittsburgh Steeler Game at 1:00 pm**	20 10:00 Good Morning Greetings 10:30 "Creative You" 10:30 Name That Tune 11:00 Bean Bag Toss 2:00 Worship with Pastor David 2:30 CRAFT – Thanksgiving Story Bead Bracelet	21 10:00 Good Morning Greetings 10:30 Hymn Sing 11:30 Exercise with Cam 1:30 Jingo! 3:00 Joy Ride	22 10:00 "Pretty Nails" 10:15 Music Corner 11:30 Exercise with Heather 2:00 What's Cooking – Pumpkin Pie	23 	24 **Black Friday Spirit Day* 10:15 Walk and Talk 10:30 Sit Down Dancing with Heather in PC Activity Room 11:00 America's Road Trips 2:00 Bingo 3:00 Storytelling with Dennis	25 May Your Day Be Blessed with Much to be Thankful For!
26 2:30 Church in the Chapel **Pittsburgh Steeler Game at 8:30 pm**	27 10:00 Good Morning Greetings 10:30 "Creative You" 10:30 Name That Tune 11:30 Exercise with Heather 2:00 Worship with Pastor David 2:30 CRAFT – Clothespin Turkey	28 10:00 Good Morning Greetings 10:30 Hymn Sing with Jane 11:00 Bean Bag Toss 1:30 Jingo! 3:00 Joy Ride	29 10:00 "Pretty Nails" 10:15 Music Corner 11:30 Exercise with Heather 2:00 Happy Hour – Pumpkin Spice Lattes	30 10:00 Walk and Talk 10:30 Name That Tune Sing-Along 11:00 Name That State 2:00 Touch of Pizzazz (art project)		

**** Activity Calendar Subject to Change Based on Resident Needs / Wants, and All Residents are Welcome and Encouraged to Participate . . . Thank You! ****

Good Morning Group:

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!

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.

Milestone Center Visit:

Visitors from an Adult Day program come to visit residents for approximately 1 hour. Together, they play a game, make a craft, or other fun activities together as a whole.

Floyd Andrew:

Musical entertainment inspired by “Liberace.” Floyd Andrew not only comes dressed the part of Liberace, but plays the piano complete with a candelabra in the style of “Name that Tune.” Small conversation and dialogue is also provided during the hour of entertainment provided.

Bean Bag Toss:

Bean Bag Toss is designed to bring about wellness and happiness, and is a great opportunity for gentle exercise. Using a hand-made board, residents are encouraged to throw bean bags through the holes of various point values. It is not meant as a competition, just a simple exercise to practice hand-eye coordination and to get residents moving.

Good Morning Group:

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.

Bean Bag Toss:

Bean Bag Toss is designed to bring about wellness and happiness, and is a great opportunity for gentle exercise. Using a hand-made board, residents are encouraged to throw bean bags through the holes of various point values. 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.

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.

Movie Matinee:

Residents will enjoy a movie viewing of their choice.

Exercise with Cam:

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

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.

“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.

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.

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.

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 receive a blessing from the Father.

Name That Tune Sing-Along:

Residents delight in singing aloud amongst a group of their peers songs of all ages to the accompaniment of a CD and song booklet with the lyrics.

Name That State:

Using clues and visuals provided, residents will make attempts to guess the State to which the clues and visuals belong.

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!

Day of the Dead Party:

Celebrated annually November 1st and 2nd, Day of the Dead is a Mexican celebration when we remember our loved ones who have passed. Residents will gather to celebrate the lives of those lost while enjoying traditional Mexican dishes specific to the day.

Where in the World Have You Been Party:

Embracing the travel experiences of the residents, residents will have the opportunity to enjoy a party celebrating their worldly travels. They will engage in state trivia, and enjoy location-specific beverage and food.

Friendsgiving Celebration:

Together, residents will partake in a pre-Thanksgiving celebration of good food, good friends, and most importantly, discussions of what each is most thankful for this time of the year!

Exercise with Cam:

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

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.

America's Road Trips:

Series of DVDs reflecting American travel scenarios via imagery and song. Residents can experience the ultimate American Road Trips without ever needing to leave their seats!

Bingo:

Played in the Courtyard Activity Room, this game of chance requires number recognition, is great for hand-eye coordination, and promotes social well-being.

Storytelling with Dennis:

Volunteer Dennis Bradley reads aloud various Inspirational Stories for approximately 45 minutes to 1 hour. He also engages in conversation.



