

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

June 2018

North Huntingdon Terrace Activities Calendar

						10:15 Walk and Talk 10:30 Sit Down Dancing with Heather in PC Activity Room 11:00 TV Time 2:00 Linda Lazzaroni is coming to play piano!	1 Life Is A Beach
2:30 Church Services in the Chapel	10:00 Good Mornin', Get Movin' 10:15 Watercolor Painting 11:00 Mystery Balloons (new!) 11:30 Exercise with Heather 2:00 Church w/ Pastor David 2:30 Creative Crafts – Butterfly Tree	10:00 Good Morning Greetings 10:30 Bible Study 11:00 Memory Tray 1:30 Jingo! 3:00 Singers-R-Us in the Chapel	10:30 Resident Committee Meeting 11:30 Exercise with Heather 2:00 Food Fun – National Applesauce Cake Day	10:00 Good Mornin', Get Movin' 10:15 Catholic Communion 11:00 Hydration Cart 2:00 Kevin Solecki in the Chapel	10:15 Walk and Talk 10:30 Sit Down Dancing with Heather in PC Activity Room 11:00 TV Time 12:00 Men's Luncheon 2:00 Bingo Jingo in Terrace 5-7:00 Redstone Carnival	8 Happiness Comes in "Waves"	9
2:30 Church Services in the Chapel	10:00 Good Mornin', Get Movin' 10:15 Watercolor Painting 11:00 Mystery Balloons (new!) 2:00 Church w/ Pastor David 2:30 Creative Crafts – Ceramic Pineapples	10:00 Good Morning Greetings 10:30 Sing with Jane 11:30 Exercise with Cam 1:30 Jingo! 3:00 Joy Ride	10:00 "Pretty Nails" 10:15 Music Listening Club 10:15 Hand and Head Aromatherapy Massages 2:00 Senior Science (new!) – Liquid to Solid 5-7:30 Summer Family BBQ	**Red, White, & Blue Day** 10:00 Walk and Talk 10:15 Higher or Lower (new!) 10:45 Catch a Star (new!) 11:00 Hydration Cart 11:30 Exercise with Cam 2:00 Ice Cream Social	10:15 Walk and Talk 10:30 Sit Down Dancing with Heather in PC Activity Room 11:00 TV Time 2:00 Bingo Jingo in Terrace 3:00 Monthly Snack Cart	15 You Can't Stop The Waves, But You Can Learn To Surf	16
2:30 Church Services in the Chapel	10:00 Good Mornin', Get Movin' 10:15 Watercolor Painting 11:00 Mystery Balloons (new!) 11:30 Exercise with Heather 2:00 Church w/ Pastor David 2:30 Creative Crafts – Beaded Dolphin Necklace	10:00 Good Morning Greetings 10:30 Bible Study 11:00 Memory Tray 1:30 Jingo! 3:00 Singers-R-Us in the Chapel	10:00 "Pretty Nails" 10:15 Music Listening Club 10:15 Hand and Head Aromatherapy Massages 11:30 Exercise with Heather 2:00 Happy Hour – Old-Fashioned Ice Cream Soda Day	10:00 Good Mornin', Get Movin' 10:15 Catholic Communion 11:00 Hydration Cart 2:00 Paul Eisert in the Chapel	10:15 Walk and Talk 10:30 Sit Down Dancing with Heather in PC Activity Room 11:00 TV Time 2:00 Bingo Jingo in Terrace	22 Let The Sea Set You Free	23
2:30 Church Services in the Chapel	10:00 Good Mornin', Get Movin' 10:15 Watercolor Painting 11:00 Mystery Balloons (new!) 11:30 Exercise with Heather 2:00 Church w/ Pastor David 2:30 Creative Crafts – Duct Tape Pouches	10:00 Good Morning Greetings 10:30 Sing with Jane 11:00 Baseball Bean Bag Toss 1:30 Jingo! 3:00 Joy Ride	10:00 "Pretty Nails" 10:15 Music Listening Club 10:15 Hand and Head Aromatherapy Massages 11:30 Exercise with Heather 2:00 Food Fun – Banana Magic Cake	10:00 Walk and Talk 10:15 Higher or Lower (new!) 10:45 Catch a Star (new!) 11:00 Hydration Cart 2:00 Touch of Pizzazz (art project)	10:15 Walk and Talk 10:30 Sit Down Dancing with Heather in PC Activity Room 11:00 TV Time 12:00 Eat-In Takeout 2:00 Movie Matinee	28 Beach More, Worry Less	29

**** 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.

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.

Mystery Balloons:

Mystery Balloons provides a great opportunity for sensory. Using balloons filled with very textures, each resident will have a turn to touch each balloon. Residents will then be asked to guess what is inside each balloon, along with a mini discussion regarding each fill.

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:

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.

Men's Luncheon

In honor of Father's Day and the Men of our Personal Care, a men's Luncheon will be served offering burgers and root beer!

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.

Higher or Lower (new!):

Higher or Lower is a card game of sorts. Residents are provided the opportunity to guess whether each card flipped is higher or lower than the last! Arrows will be provided for residents to use to indicate their guess!

Catch a Star (new!):

Residents are provided the opportunity to use hand-eye coordination to collect and gather as many stars as possible!

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.

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 June, we will be discussing how to turn a liquid into a solid by making ice cream in a bag!

Summer Family BBQ:

Residents of both Terrace and Courtyard, as well as their friends and family, are invited to join us for a good ol' summer BBQ! Our picnic-style dinner buffet will begin at 5:00, followed by entertainment beginning at 6:30pm sharp!

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.

Ice Cream Social:

You scream, I scream, we all scream for Ice Cream! With June being Ice Cream month, residents will delight in the frozen treat while having the opportunity to socialize and listen to good music!

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.

Redstone Carnival:

Rain or Shine, Redstone North Huntingdon will be offering its 1st Redstone Carnival! Residents, staff, and family members are invited for good food, fun games, and prizes! Stay tuned for advertisement and further details!

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!

Paul Eisert in the Chapel:

Paul delights the audience with his singing and guitar playing. He also takes resident requests!

Kevin Solecki in the Chapel:

Kevin is a Grammy-nominated accordion player! He will be offering viewers a Paris themed program.

