

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>2:30 Church in the Chapel</p> <p>**Pittsburgh Steeler Game at 1:00 pm**</p>	<p>10:00 Milestone Center Comes to Visit!</p> <p>11:30 Exercise with Heather</p> <p>2:00 Worship with Pastor David</p> <p>2:30 Movie Matinee</p>	<p>10:00 Good Morning Greetings</p> <p>10:30 Hymn Sing</p> <p>11:00 Bean Bag Toss</p> <p>1:30 Jingo!</p> <p>3:00 Joy Ride</p>	<p>10:30 Resident Committee Meeting</p> <p>11:30 Exercise with Heather</p> <p>2:00 Choco Taco Room Visits in honor of Taco Day</p>	<p>10:00 Walk and Talk</p> <p>10:15 Catholic Communion</p> <p>11:00 Name That State</p> <p>2:00 Boob Tube Social!</p>	<p>10:15 Walk and Talk</p> <p>10:30 Sit Down Dancing with Heather in PC Activity Room</p> <p>11:00 Sentimental Reflections</p> <p>2:00 Bingo</p> <p>3:00 Storytelling with Dennis</p>	<p>Have A "Spook-acular" Weekend!</p>
<p>2:30 Church in the Chapel</p> <p>**Pittsburgh Steeler Game at 1:00 pm**</p>	<p>10:00 Good Morning Greetings</p> <p>10:30 "Creative You"</p> <p>10:30 Name That Tune</p> <p>11:30 Exercise with Heather</p> <p>2:00 Worship with Pastor David</p> <p>2:30 CRAFT – Halloween Character Clothespin</p>	<p>10:00 Good Morning Greetings</p> <p>10:30 Hymn Sing with Jane</p> <p>11:00 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 Corner</p> <p>11:30 Exercise with Heather</p> <p>2:00 Happy Hour – Bloody Good Vampire Shots</p>	<p>10:00 Walk and Talk</p> <p>10:30 Name That Tune Sing-Along</p> <p>11:00 Name That State</p> <p>2:00 Pittsburgh Zoo's Animal Antics 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 Sentimental Reflections</p> <p>2:00 Bingo</p> <p>3:00 Storytelling with Dennis</p> <p>3:00 Monthly Snack Cart</p>	<p>Have A "Spook-acular" Weekend!</p>
<p>2:30 Church in the Chapel</p> <p>**Pittsburgh Steeler Game at 4:25 pm**</p>	<p>10:00 Good Morning Greetings</p> <p>10:30 "Creative You"</p> <p>10:30 Name That Tune</p> <p>11:30 Exercise with Heather</p> <p>2:00 Worship with Pastor David</p> <p>2:30 CRAFT – Halloween Friends Magnet</p>	<p>10:00 Good Morning Greetings</p> <p>10:30 Hymn Sing</p> <p>11:00 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 Corner</p> <p>11:30 Exercise with Heather</p> <p>2:00 What's Cooking–Pumpkin Chocolate Cupcakes</p>	<p>10:00 Walk and Talk</p> <p>10:15 Catholic Communion</p> <p>11:00 Name That State</p> <p>2:00 Donuts and Discussion: Resident Rights with Ombudsman Virginia Lucas</p>	<p>10:15 Walk and Talk</p> <p>10:30 Sit Down Dancing with Heather in PC Activity Room</p> <p>11:00 Sentimental Reflections</p> <p>2:00 Bingo</p> <p>3:00 Storytelling with Dennis</p>	<p>Have A "Spook-acular" Weekend!</p>
<p>2:30 Church in the Chapel</p> <p>**Pittsburgh Steeler Game at 1:00 pm**</p>	<p>10:00 Good Morning Greetings</p> <p>10:30 "Creative You"</p> <p>10:30 Name That Tune</p> <p>11:30 Exercise with Heather</p> <p>2:00 Worship with Pastor David</p> <p>2:30 CRAFT – Halloween Necklace</p>	<p>10:00 Good Morning Greetings</p> <p>10:30 Hymn Sing with Jane</p> <p>11:00 Bean Bag Toss</p> <p>1:30 Halloween Jingo!</p> <p>3:00 Joy Ride</p>	<p>*NO ACTIVITIES* (Preparations for Trick-Or-Treat Night)</p> <p>6-7:30 Trick-Or-Treat Night </p>	<p>10:00 Walk and Talk</p> <p>10:30 Name That Tune Sing-Along</p> <p>11:00 Name That State</p> <p>2:00 Touch of Pizzazz (art project)</p>	<p>10:15 Walk and Talk</p> <p>10:30 Sit Down Dancing with Heather in PC Activity Room</p> <p>11:00 Sentimental Reflections</p> <p>2:00 Bingo</p> <p>3:00 Storytelling with Dennis</p>	<p>Have A "Spook-acular" Weekend!</p>
<p>2:30 Church in the Chapel</p> <p>**Pittsburgh Steeler Game at 8:30pm**</p>	<p>10:00 Good Morning Greetings</p> <p>10:30 "Creative You"</p> <p>10:30 Name That Tune</p> <p>11:30 Exercise with Heather</p> <p>2:00 Worship with Pastor David</p> <p>2:30 CRAFT – Thankful For Pumpkins</p>	<p>10:00 Good Morning Greetings</p> <p>10:30 Hymn Sing</p> <p>11:00 Bean Bag Toss</p> <p>2:00 Happy Halloween Party!! </p>				

**** 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.

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.

Happy Halloween Party:

Annually, the residents of both Terrace and Courtyard delight in a fun, themed Halloween party with everything from decorations to music to food, and much more!

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.

Choco Taco Room Visits:

October 4th is National Taco Day, and in honor of such, we will be distributing the ice cream treat “Choco Tacos” to all the residents of both Terrace and Courtyard to enjoy!

Trick-Or-Treat Night:

Staff and Residents are asked to invite their little loved ones in to Trick-or-Treat throughout the building! Residents distribute candy, and delight in seeing all the little ones all dressed up in their costumes!

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.

Boob Tube Social:

Themed party focused on television shows of the 1940's-1960's. Held in Terrace, both Terrace and Courtyard residents are invited to enjoy the décor, food, and much more!

Pittsburgh Zoo's Animal Antics:

Discussion of the Animals and History of the Pittsburgh Zoo, as well as a visit from select animal visitors! Residents will get to learn about each of the animal visitors, and if the opportunity presents, residents may even be able to pet the friendly visitors.

Donuts and Discussion with Ombudsman

Virginia Lucas:

October is Resident's Rights Month. In honor of such, Ombudsman Virginia Lucas will discuss and make residents aware of their rights and what each entails. Donuts will be served in honor of October 19th being National Donut 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!

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:

Series of DVDs reflecting sentimental moments via imagery and song.

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.

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.

they may
forget what
you said
but they will not
forget how
you made
them feel.
carl w buechner

