

Sunday

Monday

Tuesday

Wednesday


Thursday

Friday

Saturday

# September 2017

## North Huntingdon Terrace Activities Calendar

<p>3</p> <p>2:30 Church in the Chapel</p>	<p>4</p> <p><b>LABOR DAY</b></p>	<p>5</p> <p>10:00 Worship with Pastor David 10:30 "Pretty Nails" 1:30 Jingo! 3:00 Joy Ride</p>	<p>6</p> <p><b>*Black and Gold Day*</b> 10:30 Resident Committee Meeting 11:30 Exercise with Heather 2:00 Steeler Kick-Off Party!!</p>	<p>7</p> <p>10:00 Walk and Talk 10:15 Catholic Communion 11:00 Name That State 2:00 Bruce Katz in the Chapel</p>	<p>1</p> <p>10:15 Walk and Talk 10:30 Sit Down Dancing with Heather in PC Activity Room 11:00 Sentimental Reflections 2:00 Bingo 3:00 Storytelling with Dennis</p>	<p>2</p> <p>Happy Fall, Y'all!</p>
<p>10</p> <p>Happy Grandparents Day  2:30 Church in the Chapel <b>**Pittsburgh Steeler Game at 1:00 pm**</b></p>	<p>11</p> <p>10:00 Good Morning Group 10:30 "Creative You" 10:30 Name That Tune 11:30 Exercise with Heather 2:00 Worship with Pastor David 2:30 CRAFT - Autumn Pumpkin Sign</p>	<p>12</p> <p>10:00 Good Morning Group 10:30 Hymn Sing with Jane 11:00 Bean Bag Toss 1:30 Jingo! 3:00 Joy Ride</p>	<p>13</p> <p>9:00 - 11:00 am Wendi at Required Training 11:30 Exercise with Heather 2:00 Happy Hour - Buttered Applejack</p>	<p>14</p> <p>10:00 Walk and Talk 10:30 Name That Tune Sing-Along 11:00 Name That State 2:00 Apple Festival Bingo at Greensburg Redstone</p>	<p>8</p> <p>10:15 Walk and Talk 10:30 Sit Down Dancing with Heather in PC Activity Room 11:00 Sentimental Reflections 2:00 Bingo 3:00 Storytelling with Dennis</p>	<p>9</p> <p>Happy Fall, Y'all!</p>
<p>17</p> <p>2:30 Church in the Chapel <b>**Pittsburgh Steeler Game at 1:00 pm**</b></p>	<p>18</p> <p>10:00 Milestone Center Comes to Visit for An Apple Tasting! 11:30 Exercise with Heather 2:00 Worship with Pastor David 2:30 CRAFT - Apple Necklace</p>	<p>19</p> <p>10:00 Good Morning Group 10:30 Hymn Sing 11:00 Bean Bag Toss 1:30 Jingo! 3:00 Joy Ride</p>	<p>20</p> <p>10:00 "Pretty Nails" 10:15 Music Corner 11:30 Exercise with Heather 2:00 What's Cooking - Irish Nachos</p>	<p>21</p> <p>10:00 Walk and Talk 10:15 Catholic Communion 11:00 Name That State 2:00 Joe Lege in the Chapel</p>	<p>15</p> <p>10:15 Walk and Talk 10:30 Sit Down Dancing with Heather in PC Activity Room 11:00 Sentimental Reflections 2:00 Bingo 3:00 Monthly Snack Cart 3:00 Storytelling with Dennis</p>	<p>16</p> <p>Happy Fall, Y'all!</p>
<p>24</p> <p>2:30 Church in the Chapel <b>**Pittsburgh Steeler Game at 1:00 pm**</b></p>	<p>25</p> <p>10:00 Good Morning Group 10:30 "Creative You" 10:30 Name That Tune 11:30 Exercise with Heather 2:00 Worship with Pastor David 2:30 CRAFT - Happy Fall Pumkin Ball</p>	<p>26</p> <p>10:00 Good Morning Group 10:30 Hymn Sing with Jane 11:00 Bean Bag Toss 1:30 Jingo! 3:00 Joy Ride</p>	<p>27</p> <p>10:00 "Pretty Nails" 10:15 Music Corner 11:30 Exercise with Heather 2:00 Happy Hour - Caramel Apple Cider Ginger Ale Floats</p>	<p>28</p> <p>10:00 Walk and Talk 10:30 Name That Tune Sing-Along 11:00 Name That State 2:00 Touch of Pizzazz (Art Project)</p>	<p>22</p> <p>10:15 Walk and Talk 10:30 Sit Down Dancing with Heather in PC Activity Room 11:00 Sentimental Reflections 2:00 Bingo 3:00 Storytelling with Dennis</p>	<p>23</p> <p>Happy Fall, Y'all!</p>
<p>24</p> <p>2:30 Church in the Chapel <b>**Pittsburgh Steeler Game at 1:00 pm**</b></p>	<p>25</p> <p>10:00 Good Morning Group 10:30 "Creative You" 10:30 Name That Tune 11:30 Exercise with Heather 2:00 Worship with Pastor David 2:30 CRAFT - Happy Fall Pumkin Ball</p>	<p>26</p> <p>10:00 Good Morning Group 10:30 Hymn Sing with Jane 11:00 Bean Bag Toss 1:30 Jingo! 3:00 Joy Ride</p>	<p>27</p> <p>10:00 "Pretty Nails" 10:15 Music Corner 11:30 Exercise with Heather 2:00 Happy Hour - Caramel Apple Cider Ginger Ale Floats</p>	<p>28</p> <p>10:00 Walk and Talk 10:30 Name That Tune Sing-Along 11:00 Name That State 2:00 Touch of Pizzazz (Art Project)</p>	<p>29</p> <p>10:15 Walk and Talk 10:30 Sit Down Dancing with Heather in PC Activity Room 11:00 Sentimental Reflections 2:00 Bingo 3:00 Storytelling with Dennis</p>	<p>30</p> <p>Happy Fall, Y'all!</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!

**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.

**Resident Committee Meeting:**

Held on the 1<sup>st</sup> 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.

**Steeler Kick-Off Party:**

In celebration of the Pittsburgh Steeler Football season, residents will delight in a football themed party including beverage(s) and food of sorts.

**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.

**Joe Lege:**

Musical entertainment provided in the Chapel. Typically lasts 1 hour.

**Apple Festival Bingo at Greensburg Redstone:**

Using the Redstone bus, residents will be escorted to the Redstone in Greensburg to join fellow residents from Greensburg and Murrysville for a themed bingo.

**Joe Lege:**

Musical entertainment provided in the Chapel. Typically lasts 1 hour.

**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.

