



# Edgewood Heights Monthly Activity Calendar - February 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b> Sports Jersey Day	<b>6</b>
	10am hymn sing 2pm hot potato 4pm finish this 6pm word puzzles	10am groundhog bingo 2pm virtual tour of gobblers knob 4pm Fun movie 6pm community day 6pm independent activity	10am exercise 2pm paint club 4pm name game 6pm basket ball	10am nails 2pp bowling 4pm name that tune 6pm independent activity	10am exercise 2pm ball toss 4pm phase ten 6pm wii play	10am coffee and chat 2pm bird bingo 4pm guess who 6pm independent activity
					<b>Wear Red Day</b>	
<b>7</b> Super Bowl Sunday	<b>8</b>	<b>9</b> National Pizza Day	<b>10</b> White Shirt Day	<b>11</b>	<b>12</b> 	<b>13</b>
10am yoga 2pm tail gate party 4pm church 6pm independent activity	10am sing a long 2pm horse races 4pm corn hole 6pm card games	10am exercise noon Pizza party 2pm zoo trip 4pm noodle ball 6pm dice bingo	10am bingo 2pm price is right 4pm who's who 6pm riddles	10am nails 2pm penny ante 4pm bells 6pm independent activity	10am exercise noon Valentines dinner 2pm dance 4pm valentine station 6pm church video	10am coffee and chat 2pm flower bingo 4pm knock down 6pm independent activity
<b>14</b> Valentines Day 	<b>15</b>	<b>16</b> Mardi Gras	<b>17</b> Ash Wednesday	<b>18</b> Scavenger Hunt	<b>19</b>	<b>20</b> Cherry Pie Day
10am sit and be fit 2pm church video 4pm community day 6pm independent activity	10am hymn sing 2pm trivia 4pm bean bag toss 6pm book club	10am exercise 2pm social 4pm this month in history 6pm independent activity	10am bingo 2pm bucket ball 4pm jeopardy 6pm spelling bee	10am nails 2pm hungry hippo's 4pm guess the tv show 6pm lets laugh	10am exercise 2pm L.C.R. 4pm shuffle board 6pm family feud	10am coffee and chat 2pm wheel of fortune 4pm casino time 6pm independent activity
					<b>Happy Birthday J. Sliher!</b>	
<b>21</b>	<b>22</b>	<b>23</b> Restaurant Day	<b>24</b>	<b>25</b> Mix Match Day	<b>26</b> Carnival Day	<b>27</b>
10am yoga 2pm church video 4pm dominos 6pm independent activity	10am sing a long 2pm ping pong toss 4pm 5 senses 6pm UNO	10am exercise 2pm clown bowling 4pm board games 6pm independent activity	10am circus bingo 2pm craft 4pm travel 6pm sequence	10am nails 2pm social/ movie 4pm skeet ball 6pm what am I?	10am ring toss 2pm slam dunk 4pm knock down 6pm church video	10am coffee and chat 2pm meditation 4pm hang man 6pm independent activity
			<b>Circus Week</b>			
				<b>Happy Birthday M. Myers!</b>		
<b>28</b>	<div style="border: 1px solid black; padding: 5px; display: inline-block; width: 45%;">                     * The church service this month will be provided by The Oakland Church of God. We will have video church sermons on Sunday afternoon, as well as some Friday evenings.                 </div> <div style="border: 1px solid black; padding: 5px; display: inline-block; width: 45%; margin-left: 10px;">                     For updates on or if you would like to schedule a window visit with your loved one, please call the front desk at (814)275-2790.                 </div>					
10am sit and be fit 2pm church video 4pm roll it 6pm independent activity	<div style="border: 1px solid black; padding: 5px; display: inline-block; width: 60%; margin: 0 auto;">                         *Calendar subject to change*                     </div>					

## Caregiver Tips:

### > Help Strengthen The Immune System

The human immune system is constantly fighting to protect the bodies of the seniors in our care. We do our best to keep that system in shape and help it do its job.

A good diet and needed hydration are important. So we make tasty, nutritious foods and plenty of liquids available. Then we encourage our residents to eat and drink for need and for enjoyment. If they resist, we look for swallowing, taste, dental and digestive issues that can affect desire.

Studies have shown that regular physical activity can support the aging immune system. This can be a challenge with Covid-19 restrictions. However, we have found that putting on some music can get people moving on their feet or in a chair. And we fit in walks when it is safe to do so.

Keeping stress levels down is a must. Relaxing music can help with that. Most important is staying connected with one's family and friends. So we do our best to organize personal visits (when permitted). In addition, we arrange video and telephone calls, and help those in our care follow family social network pages.



## American



## Heart Month

### The Nation Goes Red in February

National Wear Red Day® - Friday, February 5, 2021

On the first Friday of every February, which is designated as American Heart Month, the nation comes together, igniting a wave of red from coast to coast. From landmarks to news anchors and neighborhoods to online communities; this annual groundswell unites millions of people for a common goal: the eradication of heart disease and stroke.

**American Heart Month**, a federally designated event, is an ideal time to remind Americans to focus on their hearts and encourage them to get their families, friends and communities involved.

-The first American Heart Month, which took place in February 1964, was proclaimed by President Lyndon B. Johnson via [Proclamation 3566](#) on December 30, 1963.

-The Congress, by joint resolution on that date, has requested the President to issue annually a proclamation designating February as American Heart Month.

-While American Heart Month is a federally designated month in the United States, it's important to realize that cardiovascular disease knows no borders.

### Enjoying Bingo - A favorite past time

