

Edgewood Heights Monthly Activity Calendar - June 2021

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
<div>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> <div>*Calendar subject to change*</div>								1		2		3	
								10am	nails	10am	Drums	10am	coffee and chat
								2pm	porch stories	2pm	travel	2pm	flower bingo
								4pm	UNO	4pm	what's in the news?	4pm	slang words
								6pm	Name Game	6pm	radio time	6pm	independent activity
4	Independence Day	5		6	Fried chicken day	7	Chocolate day	8		9	Sugar cookie day	10	
10am	sit and be fit	10am	sing a long	10am	exercise	10am	bingo	10am	nails	10am	exercise	10am	coffee and chat
2pm	church	2pm	corn hole	noon	family picnic	2pm	fudge judging	2pm	this month in history	2pm	bake group	2pm	paint and sip
4pm	trivia	4pm	name that tune	2pm	horse races	4pm	penny ante	4pm	phase 10	4pm	gardening	4pm	what's in the bag
6pm	independent activity	6pm	dominos	4pm	cup pong	6pm	hot potato	6pm	book club	6pm	song titles	6pm	independent activity
				6pm	independent activity								
Happy Birthday R. Bailey!													
11		12		13	Scavenger hunt	14		15		16	Big screen movie day	17	
10am	yoga	10am	hymn sing	10am	exercise	10am	support group	10am	nails	10am	movie trivia	10am	coffee and chat
2pm	church	2pm	ring toss	2pm	craft	2pm	bingo	2pm	ball toss	2pm	community day	2pm	zoo trip
4pm	50's and 70's bingo	4pm	remember when	4pm	jeopardy	4pm	roll it	4pm	sequence	4pm	5-sences	4pm	dice bingo
6pm	independent activity	6pm	noodle ball	6pm	board games	6pm	independent activity	6pm	guess who	6pm	Wii play	6pm	independent activity
18		19	Daiquiri day	20		21		22		23	Gorgeous Grandma Day	24	Tell an old joke day
10am	sit and be fit	10am	sing a long	10am	exercise	10am	bingo	10am	nails	10am	drums	10am	coffee and chat
2pm	church	2pm	social	2pm	travel	2pm	auction	2pm	knock down	2pm	tea party	2pm	lets laugh
4pm	price is right	4pm	bowling	4pm	bird bingo	4pm	L.C.R.	4pm	what am I?	4pm	meditation	4pm	hungry hippos
6pm	independent activity	6pm	card games	6pm	independent activity	6pm	bucket ball	6pm	riddles	6pm	bells	6pm	independent activity
25		26		27		28	Chocolate milk day	29		30		31	
10am	yoga	10am	hymn sing	10am	exercise	10am	bingo	10am	nails	10am	exercise	10am	coffee and chat
2pm	church	2pm	drums	2pm	wheel of fortune	2pm	bean bag toss	2pm	skeet ball	2pm	sundae social	2pm	shuffle board
4pm	hang man	4pm	finish this	4pm	basket ball	4pm	family feud	4pm	guess the tv show	4pm	spelling bee	4pm	our town
6pm	independent activity	6pm	word puzzles	6pm	casino time	6pm	independent activity	6pm	word titles	6pm	antique show	6pm	independent activity
										Happy Birthday J. Dwyer!		Happy Birthday T. Maxwell!	



## Active vs. Inactive

*Don't Let Covid-19 Lure You Into Being Idle Or Lazy*

### Overcome Challenges

Yes, being active can be challenging for seniors. It can be hard to motivate yourself when energy is low, you are worried about falling down, or your joints ache a bit. And yes, exercise can be boring. Plus, restrictions due to the Covid-19 crisis are making shared activities more difficult. Here are some suggestions.

- Use safe exercise machines - treadmills with handrails, stationery bikes, ellipticals, etc.
- Exercise using resistance bands.
- Take a lesson or class online - exercise, stretching, yoga, dance.
- Gardening, indoor or outdoor.
- Household chores - vacuuming, dusting, laundry, cooking, etc.
- Any activity you enjoy doing that gets you moving and/or is mentally stimulating.

Taking it too easy can be risky. The U.S. Surgeon General's office has reported that inactive people are nearly twice as likely to develop heart disease as those who are more active. They also report that a lack of physical activity can lead to more doctor visits, more hospital stays and/or more use of medications.

In addition, a lack of activity can have a negative effect on a person's personal freedom. Being sedentary can speed up the loss of the ability to do for oneself, and lead to person being more dependent on others.

On the other side of the coin, research has found that being physically active on a regular basis can help to prevent (or delay) many diseases and disabilities. These ailments include arthritis, high blood pressure and diabetes. At the same time, activity can improve a senior's mood and attitude, and help them to decrease and manage their stress.



*Edgewood Heights*

**JULY  
2021**

July starts the "dog days of summer. The days where you can fry and egg on the side walk or so they say. So, the residents will be doing all they can to keep cool while enjoying the outdoors. We will be enjoying ice cold popsicles and ice cold tea while we relax on the porch.

July's birth flowers are the **larkspur** and **water lily**, both beautiful flowers that represent love and lightheartedness. We will enjoy the month of July with all the picnics and outside time that we can, safely.

The residents have been keeping cool so far with ice cream sandwiches.

### JULY RESIDENT SPOTLIGHT: RUBY BAILEY

Ruby Bailey is 92 almost 93 years young. Ruby grew up on a farm in Oak Ridge PA. Having always been an active person, Ruby loves to walk and loves being outside when it's warm. Ruby and her late husband, have 3 wonderful children, 7 grandchildren, and 12 great grandchildren.

Ruby says she has had a very full, blessed life. She spends her time now enjoying a good book, or going for walks when the weather is warm enough. Always being a happy person, you just can't help but smile whenever Ruby is near. Ruby makes every day fun and interesting here at Edgewood Heights.

