

Highland Oaks Monthly Activity Calendar - July 2021

| Sunday | | Monday | | Tuesday | | Wednesday | | Thursday | | Friday | | Saturday | |
|-----------|---------------------|--------------|----------------------|--------------------|----------------------|--------------|-----------------------|---------------|------------------------|-----------------------|----------------------|---------------------|---------------------|
| | | | | | | | | 1 | International Joke Day | 2 | "I Forgot Day" | 3 | |
| | | | | | | | | 9:15-9:45am | One-on-One's | 9:30-10:45am | Exercise | 10:30-11am | Exercise |
| | | | | | | | | 10-10:30am | Strength & Balance | 11-11:45am | The Alphabet Game | 1-2:30pm | Candy Land |
| | | | | | | | | 10:30-11:15am | Science Experiments | 1-2:30pm | Bingo | 2:30-4pm | Let's Bowl |
| | | | | | | | | 1-2:30pm | Let's tell Jokes | 2:30-4pm | Virtual trip to the | 6-8pm | Seasonal Theatrical |
| | | | | | | | | 2:30-4pm | Noodle Ball | | Grand Canyon | | Presentation |
| | | | | | | | | | | | | | |
| 4 | Independence Day | 5 | | 6 | Fried Chicken Day | 7 | Strawberry Sundae Day | 8 | | 9 | Sugar Cookie Day | 10 | |
| 9:30-11am | Church | 9:30-10:30am | Exercise | 9:30-10:30am | Exercise | 9:30-10:30am | Exercise | 9:15-9:45am | One-on-One's | 9:30-10:30am | Exercise | 10:30-11am | Exercise |
| 1-2:30pm | Dog visits | 11-11:45am | Blurt | 11-11:45am | Conversation cards | 11-11:45am | These Hands Game | 10-10:30am | Strength & Balance | 11-11:45am | Sing Along | 1-2:30pm | The Price is Right |
| 2:30-4pm | Firework cable ties | 1-2:30pm | Words in Word Game | 1-2:30pm | Devotions | 1-2:30pm | Bingo | 10:30-11:15am | Pictionary | 1-2:30pm | Cookie Social | 2:30-4pm | Blurt |
| | craft | 2:30-4pm | Cornhole Game | 2:30-4pm | Target shooting Game | 2:30-4pm | Strawberry sundae | 1-2:30pm | Jeopardy | 2:30-4pm | Balloon Volletball | 6-8pm | Seasonal Theatrical |
| | | | | | | | Social | | Summer Edition | | | | Presentation |
| | | | | | | | | | | | | | |
| 11 | Slurpee Day | 12 | Jello Day | 13 | French Fry Day | 14 | Mac & Cheese Day | 15 | | 16 | | 17 | |
| 9:30-11am | Church | 9:30-10:30am | Exercise | 9:30-10:30am | Exercise | 9:30-10:30am | Exercise | 9:15-9:45am | One-on-One's | 9:30-10:45am | Exercise | 10:30-11am | Exercise |
| 1-2:30pm | Slurpee & Chat time | 11-11:45am | Sing Along | 11-11:45am | String Art Craft | 11-11:45am | Reminisce Reading | | Strength & Balance | 11-11:45am | Story Time | 1-2:30pm | Corn Hole |
| 2:30-4pm | Hangman | 1-2:30pm | Let's go to the Zoo! | 1-2:30pm | Devotions | 1-2:30pm | Card Games | 10:30-11:15am | Blurt | 1-2:30pm | Bingo | 2:30-4pm | Memory Game |
| | | | | 2:30-4pm | French Fry Social | 2:30-4pm | Porch Sitting | 1-2:30pm | Let's Paint | 2:30-4pm | Devotions | 6-8pm | Seasonal Theatrical |
| | | | | | | | | 2:30-4pm | Sing Along | | | | Presentation |
| | | | | | | | | | | | | | |
| 18 | World Listening Day | 19 | | 20 | | 21 | | 22 | | 23 | Georgous Grandma Day | 24 | |
| 9:30-11am | Church | 9:30-10:30am | Exercise | 9:30-10:30am | Exercise | 9:30-10:30am | Exercise | 9:15-9:45am | One-on-One's | 9:30-10:45am | Exercise | 10:30-11am | Exercise |
| 1-2:30pm | Conversation Cards | 11-11:45am | Reminisce Reading | 11-11:45am | Trivia | 11-11:45am | The Alphabet Game | 10-10:30am | Strength & Balance | 11-11:45am | Kickball | 1-2:30pm | One-on-One's |
| 2:30-4pm | Words in Word Game | 1-2:30pm | Jazz performance | 1-2:30pm | Walking Club | 1-2:30pm | Bingo | 10:30-11:15am | Resident Storytime | 1-2:30pm | Coffee & Chat time | 2:30-4pm | Porch Sitting |
| | | 2:30-4pm | Flower sun catcher | 2:30-4pm | Let's Laugh | 2:30-4pm | Noodle Ball | 1-2:30pm | Devotions | 2:30-4pm | Porch Sitting | 6-8pm | Seasonal Theatrical |
| | | | | | | | | 2:30-4pm | Board Games | | | | Presentation |
| | | | | | | | | | | | | | |
| | | | | | | | | | | Happy Birthday Randy! | | | |
| 25 | Wine & Cheese Day | 26 | | 27 | | 28 | | 29 | | 30 | | 31 | |
| 9:30-11am | Church | 9:30-10:30am | Exercise | 9:30-10:30am | Exercise | 9:30-10:30am | Exercise | 9:15-9:45am | One-on-One's | 9:30-10:45am | Exercise | 10:30-11am | Exercise |
| 1-2:30pm | Board Games | 11-11:45am | Trivia | 11-11:45am | Sing Along | 11-11:45am | Blurt | 10-10:30am | Strength & Balance | 11-11:45am | Trivia | 1-2:30pm | Reminisce Reading |
| 2:30-4pm | Porch Sitting | 1-2:30pm | Words in Word Game | 1-2:30pm | Devotions | 1-2:30pm | Reminisce Reading | 10:30-11:15am | Poetry | 1-2:30pm | Bingo | 2:30-4pm | Noodle Ball |
| | | 2:30-4pm | Walking Club | 2:30-4pm | Porch Sitting | 2:30-4pm | Choral classics | 1-2:30pm | Porch Sitting | 2:30-4pm | Music performance | 6-8pm | Seasonal Theatrical |
| | | | | | | | | 2:30-4pm | Let's Bowl | | | | Presentation |
| | | | | Happy Birthday Ed! | | | | | | | | Happy Birthday Max! | |



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.

Residents at Highland Oaks enjoying a Tea and Strawberry Jam Scone Social.



Highland Oaks

**JULY
2021**

RESIDENT SPOTLIGHT Doc Crawford

Doc spent his career as a Chiropractor in New Bethlehem Pa. In his free time he enjoyed hunting, fishing, and flying. He has his pilot's license.

