## McKinley Health Center Monthly Activity Calendar - July 2021

	Sunday	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
	KEY		· · · · · · · · · · · · · · · · · · ·				· ·	1		2		3	
	CCAR - 0		sive Care Activity Room					9:30am	Mass - CCLR	9:30am	Good News - CCLR	10:30am	Spread the News - CCLR
	GC - Go	odie Cart	sive Care Dining Room					10am	Coffee Chats - CCAR	9:45am	Activity Visits	2pm	Bingo - CCDR
	IR - In Room HW - Hallway							2pm	Church w/Ray - CCLR	2pm	Resident's Choice		
	RH - Rel	nab						5pm	Trivia Time	4pm	Word Search		
		CCLR - Comprehensive Care Living Room CCDR2 - Secondary Comprehensive Care Dinir						6pm	Game Night w/Gerry		Whiz - IA		
	RHDR -	Rehab Dinir	ng Room										
4	Independence Day	5		6		7		8		9		10	
9am	Hymn Sing - CCLR	9:30am	Try not to laugh!	9:30am	Good News - CCLR	11am	Wellness 1 on 1's	9:30am	Mass - CCLR	9:30am	Good News - CCLR	10:30am	Spread the News - CCLR
2pm	Communion w/Pastor Ray	/Pastor Ray 9:45-11am	Beautiful Nails - CCAR	10am	Morning Church w/Ray - CCLR	2pm	Bingo - CCDR	10am	Game Time - CCAR	9:45am	Activity Visits	2pm	Bingo - CCDR
				10:30am	Hymn Sing - CCLR	3:15pm	Stretches w/Kim - CCLR	2pm	Church w/Ray - CCLR	2pm	Resident's Choice		
		2pm	Celebration Time - CCDR	2pm	Afternoon Craft	6pm	National Strawberry	5pm	Trivia Time	4pm	Word Search		
		3:45pm	Brain Duster - IA	5pm	Evening Announcements		Sundae Day!	6pm	Game Night w/Gerry		Whiz - IA		
				6pm	Gardening w/Gerry - CCAR								
11		12		13		14		15		16		17	
9am	Hymn Sing - CCLR	9:30am	m Calming Music - CCLR 9:30am Inspirational Stories	Inspirational Stories - CCLR	_R 9:30-11am	Wellness 1 on 1's	9:30am	Mass - CCLR	9:30am	Good News - CCLR	10:30am	Spread the News - CCLR	
2pm	Livestream Church - CCLR	9:45-11am	Pretty Nails - CCAR	10am	Morning Church w/Ray - CCLR	7.50-11aiii	Wettiless Foll 13	10am	Craft Club - CCAR	9:45am	Activity Visits	2pm	Bingo - CCDR
				10:30am	Hymn Sing - CCLR	2pm	Bingo - CCDR	2pm	Church w/Ray - CCLR	2pm	Resident's Choice		
		2pm	Porch Music Trivia	2pm	Flyswatter Ball - CCLR	3:15pm	Stretches w/Kim - CCLR	5pm	Trivia Time	4pm	Word Search		
		3:45pm	Brain Duster - IA	5pm	Evening Announcements	4pm	Summer Coloring - IA	6pm	Game Night w/Gerry		Whiz - IA		
				6pm	Gardening w/Gerry - CCAR								
18		19		20		21		22		23		24	
9am	Hymn Sing - CCLR	9:30am	Try not to laugh!	9:30am	Classic Country Tunes - CCLR	11am	Wellness 1 on 1's	9:30am	Mass - CCLR	9:30am	Good News - CCLR	10:30am	Spread the News - CCLF
2pm	Livestream Church - CCLR	9:45-11am	Pretty Nails - CCAR	10am	Morning Church w/Ray - CCLR	2pm	Bingo - CCDR	10am	Get to know	9:45am	Activity Visits	2pm	Bingo - CCDR
		7. 13 Truin		10:30am	Hymn Sing - CCLR	3:15pm	Stretches w/Kim - CCLR	2pm	Church w/Ray - CCLR	2pm	Resident's Choice		
		2pm	Hit N' Miss Concert	2pm	Canvas Painting	6pm	Summer Fun Facts	5pm	Trivia Time	4pm	Word Search		
		3:45pm	Brain Duster - IA	5pm	Evening Announcements			6pm	Game Night w/Gerry		Whiz - IA		
				6pm	Gardening w/Gerry - CCAR								
25		26		27		28		29		30		31	
9am	Hymn Sing - CCLR	9:30am	Good News - CCLR	9:30am	Inspirational Stories - CCLR	9:30-11am	Wellness 1 on 1's	9:30am	Mass - CCLR	9:30am	Good News - CCLR	10:30am	Spread the News - CCLR
2pm	Church w/Pastor Ray - CCLR	-R 9:45-11am	Pretty Nails - CCAR	10am	Morning Church w/Ray - CCLR			10am	Craft Club - CCAR	9:45am	Activity Visits	2pm	Bingo - CCDR
				10:30am	Hymn Sing - CCLR	2pm	Bingo - CCDR	2pm	Church w/Ray - CCLR	2pm	Resident's Choice		
		2pm	Music w/Linda	2pm	Water Battles	3:15pm	Stretches w/Kim - CCLR	5pm	Trivia Time	4pm	Word Search		
		3:45pm	Brain Duster - IA	5pm	Evening Announcements	4pm	Summer Coloring - IA	6pm	Game Night w/Gerry		Whiz - IA		
				6pm	Gardening w/Gerry - CCAR								



## Active vs. Inactive

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

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.

## **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.



AUGUST 14, 2021 4-8 PM

For more information visit: wrc.org or call 814-818-1205



**JULY** 2021

McKinley Health Center











Last month our residents tried a few new activities! They enjoyed parachute ball and a new class using stability balls as drums! We played classic rock songs and drummed along with different beats and body movements and had a blast. Summer is right around the corner so it was time to get our flowers planted during gardening club. Our residents are enjoying being outside more and spending time with their loved ones again during scheduled visits. See you next month!