## McKinley Health Center, Memory Support Monthly Activity Calendar - July 2021

	Sunday		Monday	Tuesday		Wednesday		Thursday		Friday		Saturday	
								1		2		3	
								9:30am	Peaceful Music	9:30am	Name That Tune	9:30am	Reminisce
								10am	Color With Me	10am	Games		
								3:30pm	Outdoor Strolls	3:30pm	Sing A Long		
								4:15pm	Chat Time				
4	Independence Day	5		6		7		8		9		10	
9:30am	Hymn Sing	9am	Patriotic Sing A Long	9am	Church with Ray	9:30am	Relaxation Music	9:30am	Reminisce	9:30am	Oldies Music	9:30am	Reminisce
		10am	Funny Videos	10am	Gospel Sing A Long	10am	Bingo	10am	Games	10am	Sugar Cookie Decorating		
		3:30pm	Ball Toss	3:30pm	Outdoor Strolls	3:30pm	Water Gun Battles	3:30pm	National Freezer Pop Day	3:30pm	Peaceful Music		
				4:15pm	Dramatic Reading	3:45pm	Name That Tune	4:15pm	Chat Time	3:45pm	Outdoor Strolls		
11		12		13		14		15		16		17	
9:30am	Hymn Sing	9:30am	Animal Videos	9am	Church with Ray	9:30am	Piano Music	9:30am	Finish The Sentence	9:30am	Classic Country Music	9:30am	Reminisce
		10am	Pretty Nails	10am	Gospel Sing A Long	10am	Bingo	10am	Games	10am	Outdoor Reminisce		
		3:30pm	Oldies Music	3:30pm	Games	3:30pm	Flyswatter Ball	3:30pm	Outdoor Visits	3:30pm	Sing A Long		
		3:45pm	Outdoor Strolls	4:15pm	Dramatic Reading	3:45pm	Rockin To The Oldies	4:15pm	Chat Time	3:45pm	Outdoor Strolls		
18		19		20		21		22		23		24	
9:30am	Hymn Sing	11am	Dining Room Music	9am	Church with Ray	9:30am	Peaceful Music	9:30am	Sing A Long	9:30am	Peaceful Music	9:30am F	Reminisce
		4pm	Games	10am	Gospel Sing A Long	10am	Bingo	10am	Color With Me	10am	Snoozelen		
		4:30pm	Relaxation Music	3:30pm	Outdoor Chat	3:30pm	Ball Toss	3:30pm	Games	3:30pm	Flyswatter Ball		
				4:15pm	Dramatic Reading	3:45pm	Sing A Long	4:15pm	Chat Time	3:45pm	Outdoor Strolls		
25		26		27		28		29		30		31	
9:30am	Hymn Sing	9:30am	Elvis Reminisce	9am	Church with Ray	9:30am	Animal Videos	9:30am	Piano Music	9:30am	Oldies Music	9:30am	Reminisce
	,	10am	Pretty Nails	10am	Gospel Sing A Long	10am	Bingo	10am	Paint With Me	10am	Games		
		3:30pm	Kick Ball	3:30pm	Outdoor Strolls	3:30pm		3:30pm	Outdoor Strolls	3:30pm			
		3:45pm	Outdoor Strolls	4:15pm		3:45pm		4:15pm	Chat Time	3:45pm	Outdoor Strolls		
		3. 13piii	Jacassi Scions	35,,,,	21 amatic reading	3. ISPIII	Tack ball		Chac inite	3. 13piii			



## 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



## McKinley Health Center Memory Support













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!