



**McKinley Health Center Monthly Activity Calendar - May 2021**

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
For updates on or if you would like to schedule a visit with your loved one, please call Bailey Reinard at (814) 849-0420.				<div><div>OLDER AMERICANS MONTH</div><div>MAKE YOUR MARK: MAY 2020</div></div>				National Skilled Nursing Care Week (NSNCW) will take place May 9-15, 2021, and the theme, “Together Through the Seasons,” will honor the collaborative commitment of skilled nursing care facilities and their staff in providing compassionate care to their residents during this unprecedented time. Check out our website and Facebook for upcoming pictures highlighting this special week. Thank you for your continued care and support!				1	
												10:30AM	Spread the News - CCLR
												2PM	Bingo - CCDR
2		3		4		5		6		7		8	
9AM	Hymn Sing - CCLR	9:30AM	Good News - CCLR	9:30AM	Motivating Minutes - CCLR	9:30-11AM	Wellness 1 on 1's	9:30AM	Mass live Stream - CCDR2	9:30AM	Good News - CCLR	10:30AM	Spread the News - CCLR
2PM	Communion w/Pastor Ray	9:45-11AM	Pretty Nails - CCAR	10AM	Morning Church w/Ray - CCLR	2PM	Bingo - CCDR	10AM	Card Club - CCAR	9:45AM	Activity Visits	2PM	Bingo - CCDR
		2PM	Celebration Time - CCDR	10:30 AM	Hymn Sing - CCLR	3:15PM	Stretches w/Kim - CCLR	2PM	Church w/Ray - CCLR	2PM	Resident's Choice		
		6PM	Brain Duster - IR	2PM	Noodle Ball - CCLR	4PM	Splash of Color - IR	5PM	Trivia Time	4PM	Word Search Whiz -IR		
				5PM	Evening Announcements			6PM	Game Night w/Gerry				
				6PM	Gardening w/Gerry - CCAR								
9	Mothers day	10		11		12		13		14		15	
9AM	Hymn Sing - CCLR	9:30AM	Good News - CCLR	9:30AM	Motivating Minutes - CCLR	11AM	Wellness 1 on 1's	9:30AM	Inspirational Stories - 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	2PM	Bingo - CCDR	10AM	Coffee Chats - CCAR	9:45AM	Activity Visits	2PM	Bingo - CCDR
		2PM	Music Mondays - CCLR	10:30 AM	Hymn Sing - CCLR	3:15PM	Stretches w/Kim - CCLR	2PM	Church w/Ray - CCLR	2PM	Resident's Choice		
		6PM	Brain Duster - IR	2PM	Pipe Ball Game - CCLR	6PM	Reminisce - CCAR	5PM	Trivia Time	4PM	Word Search Whiz -IR		
				5PM	Evening Announcements			6PM	Game Night w/Gerry				
				6PM	Gardening w/Gerry - CCAR								
National Skilled Nursing Care Week													
16		17		18		19		20		21		22	
9AM	Hymn Sing - CCLR	9:30AM	Good News - CCLR	9:30AM	Motivating Minutes - CCLR	9:30-11AM	Wellness 1 on 1's	9:30AM	Mass live Stream - CCDR2	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	2PM	Bingo - CCDR	10AM	Game Time - CCAR	9:45AM	Activity Visits	2PM	Bingo - CCDR
		2PM	Music Mondays - CCLR	10:30 AM	Hymn Sing - CCLR	3:15PM	Stretches w/Kim - CCLR	2PM	Church w/Ray - CCLR	2PM	Resident's Choice		
		6PM	Brain Duster - IR	2PM	Porch Trivia	4PM	Splash of Color - IR	5PM	Trivia Time	4PM	Word Search Whiz -IR		
				5PM	Evening Announcements			6PM	Game Night w/Gerry				
				6PM	Gardening w/Gerry - CCAR								
23		24		25		26		27		28		29	
9AM	Hymn Sing - CCLR	9:30AM	Good News - CCLR	9:30AM	Motivating Minutes - CCLR	11AM	Wellness 1 on 1's	9:30AM	Good News - CCLR	9:30AM	Good News - CCLR	10:30AM	Spread the News - CCLR
2PM	Church w/Pastor Ray - CCLR	9:45-11AM	Pretty Nails - CCAR	10AM	Morning Church w/Ray - CCLR	2PM	Bingo - CCDR	10AM	Craft Time - CCAR	9:45AM	Activity Visits	2PM	Bingo - CCDR
		2PM	Music Mondays - CCLR	10:30 AM	Hymn Sing - CCLR	3:15PM	Stretches w/Kim - CCLR	2PM	Church w/Ray - CCLR	2PM	Resident's Choice		
		6PM	Brain Duster - IR	2PM	Outdoor Sing-a-long	6PM	Porch Chats	5PM	Trivia Time	4PM	Word Search Whiz -IR		
				5PM	Evening Announcements			6PM	Game Night w/Gerry				
				6PM	Gardening w/Gerry - CCAR								
30		31	Memorial Day	<div><div><div>KEY</div><div>CCAR - Comprehensive Care Activity Room</div><div>CCDR - Comprehensive Care Dining Room</div><div>GC - Goodie Cart</div><div>IR - In Room</div><div>HW - Hallway</div><div>RH - Rehab</div><div>CCLR - Comprehensive Care Living Room</div><div>CCDR2 - Secondary Comprehensive Care Dining Room</div><div>RHDR - Rehab Dining Room</div></div><div></div><div><div><div>WRC</div><div>EST1890</div></div><div><div>Celebrates</div><div>Honors</div><div>Remembers</div></div></div></div>									
9AM	Hymn Sing - CCLR	9:30AM	Good News - CCLR										
2PM	Livestream Church - CCLR	9:45-11AM	Pretty Nails - CCAR										
		2PM	Music Mondays - CCLR										
		6PM	Brain Duster - IR										



OLDER AMERICANS MONTH: COMMUNITIES OF STRENGTH  
May 2021



In tough times, communities find strength in people—and people find strength in their communities. In the past year, we’ve seen this time and again at WRC as friends, neighbors, and businesses have found new ways to support each other. In our community, older adults are a key source of this strength. Through their experiences, successes, and difficulties, they have built resilience that helps them to face new challenges. When communities tap into this, they become stronger too.

Each May, the Administration for Community Living leads the celebration of Older Americans Month (OAM). This year’s theme is *Communities of Strength*, recognizing the important role older adults play in fostering the connection and engagement that build strong, resilient communities.

Strength is built and shown not only by bold acts, but also small ones of day-to-day life—a conversation shared with a friend, working in the garden, trying a new recipe, or taking time for a cup of tea on a busy day. And when we share these activities with others—even virtually or by telling about the experience later—we help them build resilience too.

This year, WRC will celebrate OAM by encouraging community members to share their experiences. Together, we can find strength—and create a stronger future.

Here are some ways to share and connect:

- Look for joy in the everyday:** Celebrate small moments and ordinary pleasures by taking time to recognize them. Start a gratitude journal and share it with others via social media, or call a friend or family member to share a happy moment or to say thank you.
- Reach out to neighbors:** Even if you can’t get together in person right now, you can still connect with your neighbors. Leave a small gift on their doorstep, offer to help with outdoor chores, or deliver a home cooked meal.
- Build new skills:** Learning something new allows us to practice overcoming challenges. Take an art course online or try a socially distanced outdoor movement class to enjoy learning with others in your community. Have a skill to share? Find an opportunity to teach someone, even casually.
- Share your story:** There’s a reason storytelling is a time-honored activity. Hearing how others experience the world helps us grow. Interviewing family, friends, and neighbors can open up new conversations and strengthen our connections.

When people of different ages, backgrounds, abilities, and talents share experiences—through action, story, or service—we help build strong communities. And that’s something to celebrate! Please join WRC in strengthening our community!



Last month was full of activities at McKinley Health Center! Craft club was busy creating the egg decorations for their monthly bulletin board as well as Easter eggs for in their rooms. The resident's were visited by the Easter Bunny and got to hunt for Easter eggs as well! One of our monthly games was live candyland where the activity staff were the moving game pieces. The weather is warming up so our residents are spending more time enjoying the sunshine and feeding the chipmunks. The most exciting news last month was the start of haircuts again! Woohoo!!

**Village at Laurelbrooke**  
Robert Stephen

**Village at Ridgmont**  
Francis Sidelinger  
Arthur Zambanini  
Sonny Chenot

**Laurels**  
Lanny Ferraro  
Jack Johnston  
Larry Gilford  
David Welton  
Ken Himes  
Raphl Minich  
Roger Roebke  
Ken Sprankle  
Darr Briggs

**Ridgmont PC**  
Terry Titchner  
Paul Parmigiani

**Edgewood Heights PC**  
Julian Males  
Jack Mogle

**Highland Oaks PC**  
Doc Crawford  
Ed Clowney  
John Burgdorfer  
Donald Lavelly  
Cecil Smith  
Larry Slaten

**McKinley Health Care**  
Lawrence Aharrah  
Harry Chitester  
Edward Dornbrock  
Bernard Drayer  
Richard Haas  
Samuel Hanley  
Richard Kahle  
Robert “Tom” Milligan  
George Senott  
Robert Stormer

**Villas**  
Irvin “Poncho Yockey”

**North Fork Heights**  
Richard Atchison  
Glenn Gearhart  
Susan Joiner  
Steven McMurray  
Rocco Pangallo  
Eugene Richards  
Clyde Shumaker  
Wayne Flack  
Richard Atchetson  
Robert Teeter

**Laurelbrooke PC**  
William Williams  
John Tress