


Ridgmont Monthly Activity Calendar - February 2021

Sunday	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday			
	1		2 Ground Hog Day		3		4		5 Wear Red Day		6			
	10AM	Exercise-D	10AM	Exercise-D	10AM	Exercise-D	10AM	Exercise-D	10AM	Exercise-D	2PM	Picture Time & Snack (Aides)-L		
	10:30AM	Devotions -A	10:30AM	Devotions -A	10:30AM	Devotions -A	10:30AM	Devotions -A	10:30AM	Devotions -A	6:30PM	Picture Time & Snack (Aides)-L		
	11AM	Ground Hog Predictions-A	11AM	Bunco-A	11AM	Library-A	11AM	Roll-A-Snowman-A	11AM	Yahtzee -A	7:30PM	Night Time Snack (Aides)-D		
	2PM	Noodle Ball -L	2PM	Bingo-D	2PM	Nail Painting-A	2PM	Bingo-D	2PM	Craft-A				
	3:30PM	Picture Art/Game Time-A	4PM	Ground Hog Day Trivia -A	6:30PM	Cards (Aides) -A	4PM	Old Time Music-A	6:30PM	Board Games (Aides)-A				
	6:30PM	Trivia (Aides) -A	7:30PM	Night Time Snack (Aides)-D	7:30PM	Night Time Snack (Aides)-D	7:30PM	Night Time Snack (Aides)-D	7:30PM	Night Time Snack (Aides)-D				
	7:30PM	Night Time Snack (Aides)-D												
	7		8		9		10		11		12			
8:30AM			10AM	Exercise-D	10AM	Exercise-D	10AM	Exercise-D	10AM	Exercise-D	10AM	Exercise-D	2PM	Picture Time & Snack (Aides)-L
to	Televised Church-L,D		10:30AM	Devotions -A	10:30AM	Devotions -A	10:30AM	Devotions -A	10:30AM	Devotions -A	10:30AM	Devotions -A	6:30PM	Picture Time & Snack (Aides)-L
11AM			11AM	UNO-A	11AM	LRC-A	11AM	Library-A	11AM	Hangman-A	11AM	Valentine's Trivia -A	7:30PM	Night Time Snack (Aides)-D
			2PM	Noodle Ball -L	2PM	Bingo-D	2PM	Nail Painting-A	2PM	Bingo-D	2PM	Cookies & Tea -D		
1:00PM	Puzzle Packet Pickup-A		3:30PM	Picture Art/Game Time-A	4PM	Old Time Music-A	6:30PM	Cards (Aides) -A	4PM	Old Time Music-A	3:00PM	How I met my Sweetheart -A		
7:30PM	Night Time Snack (Aides)-D		6:30PM	Trivia (Aides) -A	7:30PM	Night Time Snack (Aides)-D	7:30PM	Night Time Snack (Aides)-D	7:30PM	Night Time Snack (Aides)-D	3:30PM	Cards -A		
			7:30PM	Night Time Snack (Aides)-D							6:30PM	Board Games (Aides)-A		
											7:30PM	Night Time Snack (Aides)-D		
	14 Valentine's Day		15		16 Mardi Gras		17 Ash Wednesday		18		19		20	
8:30AM			10AM	Exercise-D	10AM	Exercise-D	10AM	Exercise-D	10AM	Exercise-D	10AM	Exercise-D	2PM	Picture Time & Snack (Aides)-L
to	Televised Church-L,D		10:30AM	Devotions -A	10:30AM	Devotions -A	10:30AM	Devotions -A	10:30AM	Devotions -A	10:30AM	Devotions -A	6:30PM	Picture Time & Snack (Aides)-L
11AM			11AM	Crazy 8's -A	11AM	Bunco-A	11AM	Library-A	11AM	Roll-A-Snowman-A	11AM	Yahtzee -A	7:30PM	Night Time Snack (Aides)-D
			2PM	Noodle Ball -L	2PM	Bingo-D	2PM	Nail Painting-A	2PM	Bingo-D	2PM	Craft-A		
1:00PM	Puzzle Packet Pickup-A		3:30PM	Picture Art/Game Time-A	4PM	Old Time Music-A	6:30PM	Cards (Aides) -A	4PM	Old Time Music-A	6:30PM	Board Games (Aides)-A		
7:30PM	Night Time Snack (Aides)-D		6:30PM	Trivia (Aides) -A	7:30PM	Night Time Snack (Aides)-D	7:30PM	Night Time Snack (Aides)-D	7:30PM	Night Time Snack (Aides)-D	7:30PM	Night Time Snack (Aides)-D		
			7:30PM	Night Time Snack (Aides)-D										
	21		22		23		24		25		26		27	
8:30AM			10AM	Exercise-D	10AM	Exercise-D	10AM	Exercise-D	10AM	Exercise-D	10AM	Exercise-D	2PM	Picture Time & Snack (Aides)-L
to	Televised Church-L,D		10:30AM	Devotions -A	10:30AM	Devotions -A	10:30AM	Devotions -A	10:30AM	Devotions -A	10:30AM	Devotions -A	6:30PM	Picture Time & Snack (Aides)-L
11AM			11AM	UNO-A	11AM	LRC-A	11AM	Library-A	11AM	Hangman-A	11AM	Yahtzee -A	7:30PM	Night Time Snack (Aides)-D
			2PM	Noodle Ball -L	2PM	Bingo-D	2PM	Monthly Birthday Party-D	2PM	Bingo-D	2PM	Cooking Club-A		
1:00PM	Puzzle Packet Pickup-A		3:30PM	Picture Art/Game Time-A	4PM	Old Time Music-A	3PM	Nail Painting-A	4PM	Old Time Music-A	6:30PM	Board Games (Aides)-A		
7:30PM	Night Time Snack (Aides)-D		6:30PM	Trivia (Aides) -A	7:30PM	Night Time Snack (Aides)-D	6:30PM	Cards (Aides) -A	7:30PM	Night Time Snack (Aides)-D	7:30PM	Night Time Snack (Aides)-D		
			7:30PM	Night Time Snack (Aides)-D			7:30PM	Night Time Snack (Aides)-D						
	28													
8:30AM														
to	Televised Church-L,D													
11AM														
1:00PM	Puzzle Packet Pickup-A													
7:30PM	Night Time Snack (Aides)-D													

For updates on or if you would like to schedule a window visit with

Calendar subject to change

Help Strengthen The Immune System

The human immune system is constantly fighting to protect the bodies of the seniors in our care. We do our best to keep that system in shape and help it do its job. A good diet and needed hydration are important. So we make tasty, nutritious foods and plenty of liquids available. Then we encourage our residents to eat and drink for need and for enjoyment. If they resist, we look for swallowing, taste, dental and digestive issues that can affect desire. Studies have shown that regular physical activity can support the aging immune system. This can be a challenge with Covid-19 restrictions. However, we have found that putting on some music can get people moving on their feet or in a chair. And we fit in walks when it is safe to do so. Keeping stress levels down is a must. Relaxing music can help with that. Most important is staying connected with one's family and friends. So we do our best to organize personal visits (when permitted). In addition, we arrange video and telephone calls, and help those in our care follow family social network pages.



American



Heart Month

RESIDENT SPOTLIGHT

This month's Resident Spotlight is on
Barb Wahr

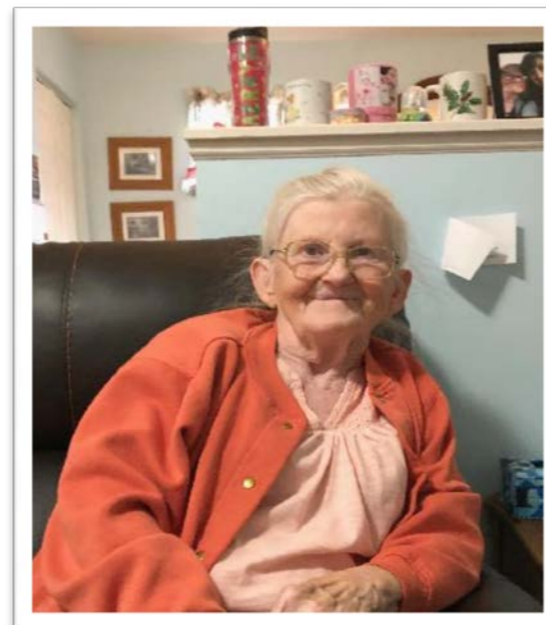
Barb was born and raised in Michigan. She worked as a Stay-at-home mom.

After her children were raised, Barb worked as a nurse's aide in a nursing home facility. She bathed people and always made sure they were dressed nice. She also helped pass out food at mealtime.

Barb has 4 children. Two daughters, Kathy and Pam; and two sons, Donnie and Steve. She also has 7 Grandchildren, 12 Great-Grandchildren (with one on the way), and 2 Great-Great-Grandchildren.

Up until two years ago Barb's family had six generations, which at the time included her mother.

Barb always enjoyed to sew, knit, crochet and bake. She has lived at Ridgmont for 5 ½ years. Barb spends her days reading books and watching television. She likes to chat with staff and the other residents. She usually has something witty to say.



The Nation Goes Red in February

National Wear Red Day® - Friday, February 5, 2021

On the first Friday of every February, which is designated as **American Heart Month**, the nation comes together, igniting a wave of red from coast to coast. From landmarks to news anchors and neighborhoods to online communities; this annual groundswell unites millions of people for a common goal: the eradication of heart disease and stroke.

American Heart Month, a federally designated event, is an ideal time to remind Americans to focus on their hearts and encourage them to get their families, friends and communities involved.

-The first American Heart Month, which took place in February 1964, was proclaimed by President Lyndon B. Johnson via [Proclamation 3566](#) on December 30, 1963.

-The Congress, by joint resolution on that date, has requested the President to issue annually a proclamation designating February as American Heart Month.

-While American Heart Month is a federally designated month in the United States, it's important to realize that cardiovascular disease knows no borders.