					Ridgmont Mo								
	Sunday		Monday	Tuesday		Wednesday		Thursday		Friday		Saturday	
								1	National Postal Worker Day	2		3	
								10am	Exercise -D	9:30am	First Friday Communion -L	1pm	Puzzle Packet Pickup-A
		Key:						10:30am	Devotions/Coffee-A	10am	Exercise -D	6pm	Picture Time/Snack (Aides)-L
	A - Activity Room L - Living Room					11am	LCR -A	10:30am	Devotions/Coffee-A	7:30pm	Night Time Snack (Aides)-D		
		C - Cou	-		_			2pm	Bingo -D	11:00am	Yahtzee -A	•	
		D - Din	ing Room PD - Priv		•			4pm	Therapy Dog (Fluff)-P	2pm	Ice Cream Treats-P		
		R - Residents Rooms					6:30pm	Board Games (Aides) -A	3pm	Resident's Choice -A			
								7:30pm Night Time Snack (Aides)-D 7:30pm Night Time Snack (Aides)-D					
									py Birthday John V.!	7.50pm	right fine shaek (rides) b		
4	Independence Day	5		6		7		8	Freeze Pop Day	9	Sugar Cookie Day	10	
- 8:30am		10:00 AM	Exercise -D	10am	Exercise -D	, 10am	Walking Wednesday -L	10am	Exercise -D	<b>1</b> 0am	Exercise -D		Puzzle Packet Pickup-A
							- ,					1pm	Picture Time/Snack (Aides)-L
to	Televised Church-D,L	10:30 AM	Devotions/Coffee-A	10:30am	Devotions/Coffee-A	10:30am	Devotions/Coffee-A	10:30am	Devotions/Coffee-A	10:30am	Devotions/Coffee-A	6pm	, ,
11am		11:00 AM	Uno -A	11am	Bunco-A	11am	Library-A	11am	Dominoes -A	11am	Yahtzee -A	7:30pm	Night Time Snack (Aides)-D
12pm	Picnic Lunch	2:00 PM	Noodle Ball-L	2pm	Bingo -D	2pm	Nail Painting-A	2pm	Bingo -D	2pm	Cooking Club-A		
2pm	Picture Time/Snack (Aides)-L		Picture Art/Games-A	4pm	Old Time Music-A	7:30pm	Night Time Snack (Aides)-D	4pm	Therapy Dog (Fluff)-P	7:30pm	Night Time Snack (Aides)-D		
7:30pm	Night Time Snack (Aides)-D	7:30 PM	Night Time Snack (Aides)-D	6:30pm	Trivia (Aides) -A			4pm	Freeze pops-P				
				7:30pm	Night Time Snack (Aides)-D			6:30pm	Board Games (Aides) -A				
								7:30pm	Night Time Snack (Aides)-D	Нар	py Birthday Tara K.!		
11		12		13		14		15		16		17	
8:30am		10:00 AM	Exercise -D	10am	Exercise -D	10am	Walking Wednesday -L	10am	Exercise -D	10am	Exercise -D	1pm	Puzzle Packet Pickup-A
to	Televised Church-D,L	10:30 AM	Devotions/Coffee-A	10:30am	Devotions/Coffee-A	10:30am	Devotions/Coffee-A	10:30am	Devotions/Coffee-A	10:30am	Devotions/Coffee-A	6pm	Picture Time/Snack (Aides)-L
11am		11:00 AM	Crazy 8's -A	11am	Bunco-A	11am	Po-Ke-No -A	11am	LCR -A	11am	Yahtzee -A	7:30pm	Night Time Snack (Aides)-D
2pm	Picture Time/Snack (Aides)-L	2:00 PM	Noodle Ball-L	2pm	Bingo -D	2pm	Nail Painting-A	2pm	Bingo -D	2pm	Craft-A		
7:30pm	Night Time Snack (Aides)-D	3:30 PM	Picture Art/Games-A	4pm	Old Time Music-A	7:30pm	Night Time Snack (Aides)-D	4pm	Therapy Dog (Fluff)-P	7:30pm	Night Time Snack (Aides)-D		
		7:30 PM	Night Time Snack (Aides)-D	6:30pm	Trivia (Aides) -A			6:30pm	Board Games (Aides) -A				
				7:30pm	Night Time Snack (Aides)-D			7:30pm	Night Time Snack (Aides)-D				
18		19		20	National Pennsylvania Day	21		22	<b>2</b> ( )	23	Gorgeous Grandma Day	24	
8:30am		10:00 AM	Exercise -D	10am	Exercise -D	10am	Walking Wednesday -L	10am	Exercise -D	10am	Exercise -D	1pm	Puzzle Packet Pickup-A
to	Televised Church-D,L	10:30 AM	Devotions/Coffee-A	10:30am	Devotions/Coffee-A	10:30am	Devotions/Coffee-A	10:30am	Devotions/Coffee-A	10:30am	Devotions/Coffee-A	6pm	Picture Time/Snack (Aides)-L
11am		11:00 AM		11am	Pennsylvania Trivia -A	11am	Library-A	11am	Dominoes -A	11:00am			Night Time Snack (Aides)-D
2pm	Picture Time/Snack (Aides)-L		Noodle Ball-L	2pm	Bingo -D	2pm	Nail Painting-A	2pm	Bingo -D	2pm	Ice Cream Treats -P	7.50pm	
	Night Time Snack (Aides)-D				Old Time Music-A	•	Night Time Snack (Aides)-D		Therapy Dog (Fluff)-P	3pm	Resident's Choice -A		
7.30pm	Right Time Shack (Aldes)-D		Night Time Snack (Aides)-D	4pm	Trivia (Aides) -A	7.50pm	Right Time Shack (Aldes)-D	6:30pm	Board Games (Aides) -A	· ·	Night Time Snack (Aides)-D		
		7.30 P/M	Night Time Shack (Aldes)-D		, ,				. ,		Night Thine Shack (Alues)-D		
				7:30pm	Night Time Snack (Aides)-D	Llammy Dir	thatay Dark W. G. Mary H. I.	7:30pm	Night Time Snack (Aides)-D				
05		24					thday Barb W. & Mary H.!	20		20		24	
25		26		27	<b>F</b> 1 <b>P</b>	28		29	Chili Dog Day	30	Cheesecake Day	31	
8:30am		10:00 AM	Exercise -D	10am	Exercise -D	10am	Walking Wednesday -L	10am	Exercise -D	10am	Exercise -D	1pm	Puzzle Packet Pickup-A
to	Televised Church-D,L	10:30 AM	Devotions/Coffee-A	10:30am	Devotions/Coffee-A	10:30am	Devotions/Coffee-A	10:30am	Devotions/Coffee-A	10:30am	Devotions/Coffee-A	6pm	Picture Time/Snack (Aides)-L
11am		11:00 AM	Crazy 8's -A	11am	Bunco-A	11:00am	Po-Ke-No -A	11am	LCR -A	11am		7:30pm	Night Time Snack (Aides)-D
2pm	Picture Time/Snack (Aides)-L		Noodle Ball-L	2pm	Bingo -D		Monthly Birthday Party -D	· ·	Chili Dog Lunch	2pm	Cooking Club-A		
7:30pm	Night Time Snack (Aides)-D			4pm	Old Time Music-A	3pm	Nail Painting-A	2pm	Bingo -D	7:30pm	Night Time Snack (Aides)-D		
		7:30 PM	Night Time Snack (Aides)-D	6:30pm	Trivia (Aides) -A	7:30pm	Night Time Snack (Aides)-D	4pm	Therapy Dog (Fluff)-P				
				7:30pm	Night Time Snack (Aides)-D			6:30pm	Board Games (Aides) -A				
Hann	y Birthday Shellie T.!							7.30nm	Night Time Snack (Aides)-D				



## 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 ves, 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.



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



## Ridgmont

## **RESIDENT SPOTLIGHT** LINDA HLAVAC

Linda is 73 years old, she was born and raised in Patchogue, New York. Patchogue is located on the south shore of Long Island. She always enjoyed visiting Times Square.

Linda and her late husband Guy have two daughters, Charlotte and Tanya and one son Guy. She also has 5 grandchildren. While living in New York, Linda worked for various Department stores and in a sewing factory. Before retiring she worked as an Aide riding on school buses to watch over the children.

Linda moved to Ridgmont in March of 2020. She enjoys playing card games and spending time with her friends.



Barb W. giving Fluff a kiss



