

Ridgmont Monthly Activity Calendar - May 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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For updates on or if you would like to schedule a visit with your loved one, please call the front desk at (814) 772-6608.



Calendar subject to change

1	
2:00 PM	Picture time/Snack (Aides) -L
6:30 PM	Picture time/Snack (Aides) -L
7:30 PM	Night Time Snack-D (Aides)

2		3		4		5		6		7		8	
8:30 AM		10:00 AM	Exercise -D	10:00 AM	Exercise -D	10:00 AM	Exercise -D	10:00 AM	Exercise -D	10:00 AM	Exercise -D	2:00 PM	Picture time/Snack (Aides) -L
to	Televised Church-L,D	10:30 AM	Devotions -A	10:30 AM	Devotions -A	10:30 AM	Devotions -A	10:30 AM	Devotions -A	10:30 AM	Devotions -A	6:30 PM	Picture time/Snack (Aides) -L
11:00 AM		11:00 AM	Crazy 8's -A	11:00 AM	Bunco -A	11:00 AM	Library -A	11:00 AM	Name the Star -A	11:00 AM	Yahtzee -A	7:30 PM	Night Time Snack-D (Aides)
1:00 PM	Puzzle Packet Pickup -A	2:00 PM	Noodle Ball -L	2:00 PM	Bingo-D	12:00 PM	Mexican Lunch-D	2:00 PM	Bingo-D	2:00 PM	Root beer Floats/Cards -A		
7:30 PM	Night Time Snack-D (Aides)	3:30 PM	Picture Art/Games-A	4:00 PM	Old Time Music -A	2:00 PM	Nail Painting -A	4:00 PM	Old Time Music -A	6:30 PM	Board Games (Aides) -A		
		6:30 PM	Trivia (Aides) -A	7:30 PM	Night Time Snack-D (Aides)	6:30 PM	Cards (Aides) -A	7:30 PM	Night Time Snack-D (Aides)	7:30 PM	Night Time Snack-D (Aides)		
		7:30 PM	Night Time Snack-D (Aides)			7:30 PM	Night Time Snack-D (Aides)						
9	Mothers day	10		11		12		13		14		15	
8:30-11 AM	Televised Church-L,D	10:00 AM	Exercise -D	10:00 AM	Exercise -D	10:00 AM	Exercise -D	10:00 AM	Exercise -D	10:00 AM	Exercise -D	2:00 PM	Picture time/Snack (Aides) -L
1:00 PM	Puzzle Packet Pickup -A	10:30 AM	Devotions -A	10:30 AM	Devotions -A	10:30 AM	Devotions -A	10:30 AM	Devotions -A	10:30 AM	Devotions -A	6:30 PM	Picture time/Snack (Aides) -L
7:30 PM	Night Time Snack-D (Aides)	11:00 AM	UNO -A	11:00 AM	Bunco -A	11:00 AM	Library -A	11:00 AM	LRC -A	11:00 AM	Yahtzee -A	7:30 PM	Night Time Snack-D (Aides)
		2:00 PM	Noodle Ball -L	2:00 PM	Bingo-D	2:00 PM	Nail Painting -A	2:00 PM	Bingo-D	2:00 PM	Craft -A		
		3:30 PM	Picture Art/Games-A	4:00 PM	Old Time Music -A	6:30 PM	Cards (Aides) -A	4:00 PM	Old Time Music -A	6:30 PM	Board Games (Aides) -A		
		6:30 PM	Trivia (Aides) -A	7:30 PM	Night Time Snack-D (Aides)	7:30 PM	Night Time Snack-D (Aides)	7:30 PM	Night Time Snack-D (Aides)	7:30 PM	Night Time Snack-D (Aides)		
		7:30 PM	Night Time Snack-D (Aides)										
16		17		18		19		20		21		22	
8:30 AM		10:00 AM	Exercise -D	10:00 AM	Exercise -D	10:00 AM	Exercise -D	10:00 AM	Exercise -D	10:00 AM	Exercise -D	2:00 PM	Picture time/Snack (Aides) -L
to	Televised Church-L,D	10:30 AM	Devotions -A	10:30 AM	Devotions -A	10:30 AM	Devotions -A	10:30 AM	Devotions -A	10:30 AM	Devotions -A	6:30 PM	Picture time/Snack (Aides) -L
11:00 AM		11:00 AM	Crazy 8's -A	11:00 AM	Bunco -A	11:00 AM	Library -A	11:00 AM	Dominoes-A	11:00 AM	Yahtzee -A	7:30 PM	Night Time Snack-D (Aides)
1:00 PM	Puzzle Packet Pickup -A	2:00 PM	Noodle Ball -L	2:00 PM	Bingo-D	2:00 PM	Nail Painting -A	2:00 PM	Bingo-D	12:00 PM	Pizza Party Lunch -D		
7:30 PM	Night Time Snack-D (Aides)	3:30 PM	Picture Art/Games-A	4:00 PM	Old Time Music -A	6:30 PM	Cards (Aides) -A	4:00 PM	Old Time Music -A	2:00 PM	Cooking -A		
		6:30 PM	Trivia (Aides) -A	7:30 PM	Night Time Snack-D (Aides)	7:30 PM	Night Time Snack-D (Aides)	7:30 PM	Night Time Snack-D (Aides)	6:30 PM	Board Games (Aides) -A		
		7:30 PM	Night Time Snack-D (Aides)							7:30 PM	Night Time Snack-D (Aides)		
23		24		25		26		27		28		29	
8:30 AM		10:00 AM	Exercise -D	10:00 AM	Exercise -D	10:00 AM	Exercise -D	10:00 AM	Exercise -D	10:00 AM	Exercise -D	2:00 PM	Picture time/Snack (Aides) -L
to	Televised Church-L,D	10:30 AM	Devotions -A	10:30 AM	Devotions -A	10:30 AM	Devotions -A	10:30 AM	Devotions -A	10:30 AM	Devotions -A	6:30 PM	Picture time/Snack (Aides) -L
11:00 AM		11:00 AM	UNO -A	11:00 AM	Bunco -A	11:00 AM	Library -A	11:00 AM	Po-Ke-No -A	11:00 AM	Yahtzee -A	7:30 PM	Night Time Snack-D (Aides)
1:00 PM	Puzzle Packet Pickup -A	2:00 PM	Noodle Ball -L	2:00 PM	Bingo-D	2:00 PM	Monthly Birthday Party-D	2:00 PM	Bingo-D	12:00 PM	Indoor Picnic Lunch -D		
7:30 PM	Night Time Snack-D (Aides)	3:30 PM	Picture Art/Games-A	4:00 PM	Old Time Music -A	3:30 PM	Nail Painting -A	4:00 PM	Old Time Music -A	6:30 PM	Board Games (Aides) -A		
		6:30 PM	Trivia (Aides) -A	7:30 PM	Night Time Snack-D (Aides)	6:30 PM	Cards (Aides) -A	7:30 PM	Night Time Snack-D (Aides)	7:30 PM	Night Time Snack-D (Aides)		
		7:30 PM	Night Time Snack-D (Aides)			7:30 PM	Night Time Snack-D (Aides)						
30		31	Memorial Day										
8:30 AM													
to	Televised Church-L,D	2:00 PM	Picture time/Snack (Aides) -L										
11:00 AM		7:30 PM	Night Time Snack-D (Aides)										
7:30 PM	Night Time Snack-D (Aides)												



Celebrates ★ Honors ★ Remembers

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!



THIS MONTH'S RESIDENT SPOTLIGHT: DONNA MATHESON

This month's Resident Spotlight is on Donna Matheson. Donna is 83 years old, she grew up in Ridgway on Hickory Street with three brothers and one sister. Her parents were Sherwood and Ethel Matheson. Donna says "they were wonderful people, they taught us to work hard and to enjoy life". My Dad always told us "your day is what you make of it" and "I've tried to live my life by that." Donna has one daughter Alison (husband Kevin) and one granddaughter Kalina. Family is very important to Donna. Donna attended the Art Institute of Pittsburgh. She worked at Stackpole Carbon Corporation, Girton's Greenhouse and she was also the Ridgway Borough Tax Collector for many years. Donna has been a resident at Ridgmont for 7 years. She enjoys participating in activities, Bingo and crafts are her favorites!



Ridgmont Residents enjoying various holiday activities for St. Patrick's Day and Easter

