## Village at Ridgmont Monthly Activity Calendar - September 2021

	Sunday		Monday	Tuesday	Tuesday	Wednesday		Thursday		Friday		Saturday	
						1		2	Office Hours	3		4	
						9am	Walk Fit	9am	Walk Fit	9am	Walk Fit		
								12:30pm	Picnic at the Gazebo				
								Hambui	rger & Hot Dog sliders				
									sign-up required				
								2pm	BINGO				
									VJ Day-WW II				
5		6	Labor Day	7		8		9	Office Hours	10		11	Rememberance Da
		9am	Walk Fit	9am	Walk Fit	9am	Walk Fit	9am	Walk Fit	9am	Walk Fit		
								9am-12pm	Apartment Inspections				
				1pm	Monthly Birthday Party				Buildings 1 & 2				
				•	Ice Cream & Cake								
								2pm	BINGO				
						Happy Bir	thday Francis Sidelinger				<u> </u>		
12	Grandparents Day	13		14	Office Hours	15		16	American Legion Day	17		18	
	, ,	9am	Walk Fit	9am	Walk Fit	9am	Walk Fit	9am	Walk Fit	9am	Walk Fit	1pm	Paparazzi Jewelry
					Apartment Inspections							·	Cash & Carry
					Building 3								All Pieces are \$5
				2pm	BINGO								
										Happy F	Birthday Rose Dattoli!		
19		20		21		22	Autumn Equinox	23	Office Hours	24		25	
		9am	Walk Fit	9am	Walk Fit	9am	Walk Fit	9am	Walk Fit	9am	Walk Fit		
			.,, ., ., ., ., ., ., ., ., ., ., ., .,						Apartment Inspections				
									Building 4				
								1pm	Fun & Games at the Gazebo				
									Cool Treat				
								2pm	BINGO				
								Zpiii	Билоо				
26		27		28	Office Hours	29		30					
20		9am	Walk Fit	9am	Walk Fit	9am	Walk Fit	9am	Walk Fit				
		74111	Track I IC		Apartment Inspections		Track I IC	74111	Track Fit				
				Zam izpii	Building 5						*Calendar subj	act to	change*
				2pm	BINGO						Calcillai subj		Change
				-	Birthday Linda Cristini!								
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National Good Neighbor Day



### SENIORS DIG IT!

### Gardening Provides A Wide Variety Of Incentives & Benefits

There's no doubt about it. House plants and gardens are popular with seniors. They enjoy the process of caring for flowers, vegetables, plants, bushes and trees. They take joy in watching these gifts of nature grow and flourish. And they take pride in presenting the fruits of their labor for all to see.

There are many reasons why seniors gravitate toward indoor and outdoor gardening. Of course, the pleasures of sight and smell come immediately to mind. There's the activity, the learning process and the sense of accomplishment. And there also seems to be a number of motivating factors on a subconscious level.

Gardening is a very doable activity for elders because it can take many forms. Some people like to work up a sweat digging in the dirt. Some may prefer to prune a bit or cut flowers for the vase. Others may prefer to watch things grow and turn on the sprinkler.

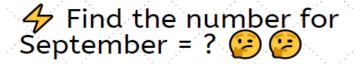


Studies have shown that just looking at trees and plants can reduce stress, lower blood pressure and relieve the tension in muscles. Horticultural therapists, yes there is such a profession, have discovered that for elderly patients, gardening can stimulate the senses. That, in turn, can revive memories and connections to the past. Add to that, the process provides a form of emotional expression and release. And it can help seniors connect with the people around them by creating a common bond.

It seems that whether they realize it or not, our elders garden for their own good. In general, it's an activity makes them feel better. The activity can brighten the day and improve one's mood on a not-so-good day. And there are many more pluses that come along with tending to plants.

# Puzzle Time

- Ӈ January 71313Ӈ February 82382Ӈ March 53113
- April 54203
- May 35113
- ₱ June 46203
- **⊕ July 47113**
- August 68313



## SEPTEMBER IS



CELEBRATE! BE INSPIRED @WWW.HEALTHYAGING.NET



### **UPCOMING EVENTS/REMINDERS**

Residents get together for a birthday party on the first Monday of each month. The following residents have volunteered to provide cake for the designated months:

September: Patty Balocco October: John & Kathy Clark November: Vonalee Allegretto December: Joan Armanini Everyone is welcome to attend.

**Upcoming Events:** 

**BINGO:** Thursday 9/2/21, Thursday 9/9/21, Tuesday 9/14/21, Thursday 9/23/21, & Tuesday 9/28/21 at 2:00pm.

Apartment Inspections- September & October (if necessary), we will be doing our annual apartment inspections for 2021. We did not have any inspections in 2020 due to COVID. September calendar will include the schedule & it will also be posted on the bulletin board in the Community Center. Reminders:

Windows need to be accessible

Pull cords in bathroom & bedrooms need to be accessible & cords hanging on the floor Nothing is to be stored in your furnace & hot water tank area Fire stops on your range hood need to be on the hood

Apartments need to be safe, free of clutter, & clean environment

#### **Topic of Interest**

Picnic at the Gazebo- Hamburger & hot dog sliders will be provided. Bring your favorite covered dish to share. Please indicate what you covered dish you are bringing. Sign-up required. 9/2/2021 at 12:30pm.

911 Remembrance Day- Please remember the valiant men and women who lost their lives at the time of the attack and those who risked their lives to help, save, and rescue the survivors on September 11, 2021. A group of local citizens from Elk, Jefferson & Clearfield counties formed a choral group to commemorate this date in song, instrumental music, and poetry. Please consider attending on Saturday, September 11 in Brockway. More details to follow.

American Legion Day- September 16, 2021. Please take a few minutes to read the attached flier.

"Paparazzi" Jewelry- Come to the Community Center Saturday, 9/18/21 at 1:00 pm for a jewelry party. All pieces are \$5 each. Bring a friend!

Fun & Games at the Gazebo- 9/23/2021. Come & join in for a little fun and a treat before Bingo.

National Good Neighbor Day is September 28, 2021. Why not take the "Good Neighbor Pledge." I pledge to be the "good neighbor". With the goal of becoming a more connected and caring community, I will be a person who lives with kindness and concern for my neighbors. I will take the first step by connecting with neighbors and introduce myself. I will practice the "good neighbor mindset" to make connections, invitations, stay aware, and be available to my neighbors. Good neighbors make great neighborhoods.