Village at Ridgmont Monthly Activity Calendar - July 2021													
Sunday			Monday	Tuesday		Wednesday		Thursday		Friday		Saturday	
								1		2		3	
								9am	Walk Fit	9am	Walk Fit		Brockway Old Fashioned
													4th of July
													Celebration & Fireworks
												2pm	Social Gathering
													Gazebo
4	Independence Day	5		6	Office Hours	7		8		9		10	
Brockway	4th of July Celebration	9am	Walk Fit	9am	Walk Fit	9am	Walk Fit	9am	Walk Fit	9am	Walk Fit	2pm	Social Gathering
													Gazebo
				1pm	Monthly Birthday								
					Cake & Ice-cream								
				2pm	BINGO								
11		12		13	Office Hours	14	_	15		16		17	National Tattoo Day
		9am	Walk Fit	9am	Walk Fit	9am	Walk Fit	9am	Walk Fit	9am	Walk Fit	2pm	Social Gathering
		7411		, and		, and				, and		p	Gazebo
				1pm	Summer Games								
					Gazebo								Temporary Tattoos available
					Cool treat			Happy Bi	rthday Jennie Milford!				
				2pm	BINGO								
18		19		20	Office Hours	21		22		23		24	
		9am	Walk Fit	9am	Walk Fit	9am	Walk Fit	9am	Walk Fit	9am	Walk Fit	2pm	Social Gathering
													Gazebo
					National Lollipop Day	4pm	Covered Dish Picnic						
					Stop in the office for one!		Gazeebo						
				2pm	BINGO								
25		26		27		28		29	Office Hours	30		31	
		9am	Walk Fit	9am	Walk Fit	9am	Walk Fit	9am	Walk Fit	9am	Walk Fit	2pm	Social Gathering
												-6	Gazebo
								10am	Coffee & Donuts			_	
									Gazebo			-	
												-	
												Happy Birthday Joan Armanini!	



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

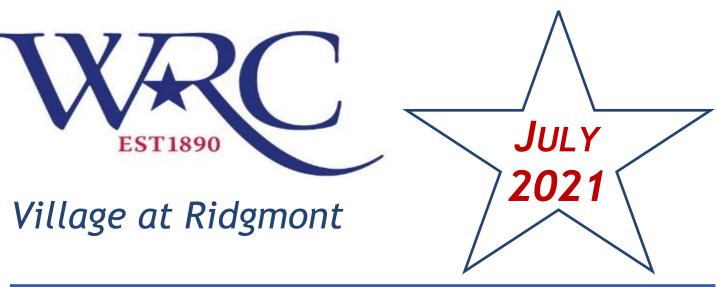
Yes, being active can be challenging for seniors. It can be hard to motivate yourself when energy is low, you are worried about falling down, or your joints ache a bit. And ves, exercise can be boring. Plus, restrictions due to the Covid-19 crisis are making shared activities more difficult. Here are 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



UPCOMING EVENTS

Face coverings are required when entering the Community Center, along with 6' social distancing while visiting the Community Center.

Monthly birthday party schedule changed for the month of July. The cake and ice-cream will be served on Tuesday, July 6, 2021.

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: Jennie Milford Julv: Management August: September: Patty Bolocco October: John & Kathy Clark November: Vonalee Allegretto December: Joan Armanini Everyone is welcome to attend.

Upcoming Events:

BINGO: Tuesday, 7/6; Tuesday, 7/13; Tuesday, 7/20; and Thursday 7/29 at 2pm.

Independence Day. Remember to wear your RED, WHITE & BLUE. Please decorate your porch in honor of our country.

Games at the gazebo. Come join in a game for a barrel of fun. Tuesday, July 13, 2021 at 1pm. A cool refreshing treat will be provided following the game(s).

National Lollipop Day. Stop in the community room on July 20 for a lollipop!

Community picnic at the gazeebo on July 21 at 4pm. Please sign up, bring a covered dish of your choice to share with your neighbors.

Coffee & Donuts at the gazebo on July 29 at 10am.

Dates of Interest:

Every Saturday in July, a social gathering will be at the gazeebo. A time to become reacquainted with your neighbors, visit, discuss events in the community and share ideas or plan projects.

Brockway's Old Fashioned 4th of July; 7/3 & 7/4 2021. See attached schedule.

Ridgway Farmers Market is every Friday in July. If you have not received your Senior Farmers' Market vouchers, please pick up an application in our office or call the Office of Human Services in Ridgway. (814)776-2191