

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 Gazebo
				1pm	Summer Games Gazebo Cool treat			Happy Birthday Jennie Milford!				Temporary Tattoos available	
				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 Stop in the office for one!	4pm	Covered Dish Picnic Gazebo						
				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 Gazebo
								10am	Coffee & Donuts Gazebo				
												Happy Birthday Joan Armanini!	



Active vs. Inactive

Don't Let Covid-19 Lure You Into Being Idle Or Lazy

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 yes, 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.

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.



Village at Ridgmont



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:

July:	Management	August:	Jennie Milford
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 gazebo 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 gazebo. 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



Presents:



Wine, Brew, and Food Walk
A WRC Senior Services Fundraising Event

AUGUST 14, 2021 4-8 PM

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