Residents Still Having Fun during Coronavirus Precautions

The absence of visitors and the continuing need to social distance as much as possible within our Terrace Ridge community has temporarily changed how we socialize, engage and entertain our residents. However, rest assured our activity and other staff members have been coming up with creative ways our residents can still have fun while staying safe.

In general, all our staff members are engaging with residents at every interaction, asking questions about their day, how they are feeling, and what they have been doing. Regular attempts are being made to ensure residents are staying in touch with family and friends by helping them set up various forms of video chat, phone calls, or writing cards and letters.

Of course, residents are staying in their rooms a lot more, and those who are able have been doing individual activities like reading, word searches, coloring and making crafts. The long running Gunsmoke which originally aired in the mid-50s through the mid-70s with Matt Dillion, Ms. Kitty and Fetus have become a popular TV show again. Hallway bingo is becoming popular, in which the activity staff goes hall by hall to call out bingo while residents check their bingo cards in their doorways. Residents are being encouraged, condition permitting, to stand, stretch and move to increase circulation. Technology, computers, tablets, e-readers, etc. are being utilized to explore virtual activities such as online museums, online classes, online games, online religious events, product browsing, movies, concerts and past sports events.

Residents are continuing to be asked what Activities they would like to do. If it is something usually done in groups, inventive ways are being explored to modify the activity, so it will work within guidelines from the CDC and various other health officials.

In another attempt to help you stay in touch and engaged, we are adding to this page an Activity Calendar update. Although it is not all inclusive of all the wonderful things going on each day, it will give you some idea of what’s going on while you can’t visit. Updates will be posted weekly on Monday around 11am.

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| **Date** | **Day** | **Time(s)** | **Activity** | **Description** |
| 07/20 | Monday | 10:30am01:30pm02:30pm03:15pm | Doorway Sit-N-FitName That Tune Snack Non-SocialPretty Nails  | A great activity to increase flexibility & reduce fallsResidents play from doorwaysAfternoon snacks to roomsOne-on-one in-room participation  |
| 07/21 | Tuesday | 10:30am01:30pm02:30pm03:30pm | Doorway ExerciseHallway TriviaSnack Non-SocialDoorway BINGO | A great activity to increase flexibility & reduce fallsResidents play from doorwayAfternoon Snacks to roomsResidents play from doorways |
| 07/22 | Wednesday | 10:30am01:30pm02:30pm03:30pm | Doorway Sit-N-Fit Movie Matinee Snack Non-Social Hallway Word Build  | A great activity to increase flexibility & reduce fallsAfternoon Movie Afternoon snacks to roomsResidents play from doorways |
| 07/23 | Thursday | 10:00am01:30pm02:30pm03:15pm | Doorway Exercise Movie Matinee Snack Non-SocialHallway Trivia | A great activity to increase flexibility & reduce fallsAfternoon Movie In room SnacksResidents play from doorways |
| 07/24 | Friday | 10:00am01:30pm02:30pm03:30pm | Doorway ExerciseDoorway BINGOSnack Non-SocialManly Hands | A great activity to increase flexibility & reduce fallsResidents play from doorwaysAfternoon snacks to roomsOne-on-one in-room participation |
| 07/25 | Saturday | 10:00am02:30pm  | Adult Coloring Puzzles on paperSnack Non-Social | Coloring books are provided in rooms Puzzles are provided in rooms In room snacks |
| 07/26 | Sunday | 02:30pm03:00pm  | Snack Non-SocialWord Build  | In room snacksResidents play from doorways |

Several of the doorway activities include prizes.