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 | 10:30am  01:30pm  02:30pm  03:15pm | Doorway Sit-N-Fit  Name That Tune  Snack Non-Social  Pretty Nails | A great activity to increase flexibility & reduce falls  Residents play from doorways  Afternoon snacks to rooms  One-on-one in-room participation |
| 07/21 | Tuesday | 10:30am  01:30pm  02:30pm  03:30pm | Doorway Exercise  Hallway Trivia  Snack Non-Social  Doorway BINGO | A great activity to increase flexibility & reduce falls  Residents play from doorway  Afternoon Snacks to rooms  Residents play from doorways |
| 07/22 | Wednesday | 10:30am  01:30pm  02:30pm  03:30pm | Doorway Sit-N-Fit  Movie Matinee  Snack Non-Social  Hallway Word Build | A great activity to increase flexibility & reduce falls  Afternoon Movie  Afternoon snacks to rooms  Residents play from doorways |
| 07/23 | Thursday | 10:00am  01:30pm  02:30pm  03:15pm | Doorway Exercise  Movie Matinee  Snack Non-Social  Hallway Trivia | A great activity to increase flexibility & reduce falls  Afternoon Movie  In room Snacks  Residents play from doorways |
| 07/24 | Friday | 10:00am  01:30pm  02:30pm  03:30pm | Doorway Exercise  Doorway BINGO  Snack Non-Social  Manly Hands | A great activity to increase flexibility & reduce falls  Residents play from doorways  Afternoon snacks to rooms  One-on-one in-room participation |
| 07/25 | Saturday | 10:00am  02:30pm | Adult Coloring  Puzzles on paper  Snack Non-Social | Coloring books are provided in rooms  Puzzles are provided in rooms  In room snacks |
| 07/26 | Sunday | 02:30pm  03:00pm | Snack Non-Social  Word Build | In room snacks  Residents play from doorways |

Several of the doorway activities include prizes.