

## 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.

Date	Day	Time(s)	Activity	Description
08/31	Monday	10:30am 01:00pm  02:30pm 03:40pm	Doorway Sit-N-Fit Afternoon Bus Ride  Snack Non-Social Getting to Know You	A great activity to increase flexibility & reduce falls Residents go for a ride in the bus (only 3 at a time to maintain 6ft. distance) Afternoon snacks to rooms A fun way to get to know one another
09/01	Tuesday	10:30am 11:00am 01:30pm 02:30pm 03:40pm	Doorway Exercise Hallway BINGO Hallway Cornhole Snack Non-Social Hallway Trivia	A great activity to increase flexibility & reduce falls Residents play BINGO from doorways Residents play from doorways Afternoon Snacks to rooms Residents play from doorways
09/02	Wednesday	10:30am 11:00am 01:15pm  02:30pm 03:40pm	Doorway Sit-N-Fit How Many Do You Know Afternoon Bus Ride  Snack Non-Social Word Build	A great activity to increase flexibility & reduce falls Residents play from doorways Residents go for a ride in the bus (only 3 at a time to maintain 6ft. distance) Afternoon snacks to rooms Resident come up with as many words as they can
09/03	Thursday	10:30am 11:00am 01:30pm 02:30pm 03:40pm	Doorway Exercise Penny Pitch Moive & Popcorn Snack Non-Social Hallway Trivia	A great activity to increase flexibility & reduce falls Residents play from doorways Residents watch movie while socially distanced In room Snacks Residents play from doorways
09/04	Friday	10:00am  11:00am 01:30pm 02:30pm 03:30pm	Morning Bus Ride  Doorway Exercise Hallway BINGO Snack Non-Social Afternoon Bus Ride	Residents go for a ride in the bus (only 3 at a time to maintain 6ft. distance) A great activity to increase flexibility & reduce falls Residents play BINGO Afternoon snacks to rooms Residents go for a ride in the bus (only 3 at a time to maintain 6ft. distance)
09/05	Saturday	10:00am	Word Build on Paper	In room Puzzles

		02:30pm	Snack Non-Social Search	In Room Snacks
09/06	Sunday	10:00pm	Sunday Church	Worship while maintain social distancing
		02:30pm	Snack Non-Social	In room snacks
		03:00pm	Word Build	Residents play from doorways

Several of the doorway activities include prizes.