

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
09/21	Monday	10:00am	Morning Bus Ride	Residents go for a ride in the bus (only 3 at a time to maintain 6ft. distance)
		10:30am	Doorway Sit-N-Fit	A great activity to increase flexibility & reduce falls
		11:00am	BINGO	Resident play from doorways
		01:30pm	Word Build	Great thinking game
		02:30pm	Snack Non-Social	Afternoon Snacks to rooms
		03:30pm	How Many Do You Know	Residents come up with as many items as they can
09/22	Tuesday	10:30am	Doorway Exercise	A great activity to increase flexibility & reduce falls
		11:00am	Bean Bag Toss	Residents play from doorways
		01:30pm	Hallway Trivia	Residents play from doorways
		02:30pm	Snack Non-Social	Afternoon Snacks to rooms
09/23	Wednesday	10:30am	Doorway Sit-N-Fit	A great activity to increase flexibility & reduce falls
		11:00pm	Penny Pitch	Residents play from doorways
		02:30pm	Bag Toss (Can Toss)	Residents play from doorways
			Snack Non-Social	Afternoon snacks to rooms
09/24	Thursday	10:30am	Doorway Exercise	A great activity to increase flexibility & reduce falls
		11:00am	Word Build	Residents build as many as they can from one word
		01:30pm	Hallway Trivia	Residents play from doorways
		02:30pm	Snack Non-Social	In room Snacks
		03:40pm	Hallway Trivia	Residents play from doorways
09/25	Friday	10:00am	Morning Bus Ride	Residents go for a ride in the bus (only 3 at a time to maintain 6ft. distance)
		10:30am	Doorway Exercise	A great activity to increase flexibility & reduce falls
		11:00am	Hallway BINGO	Residents play BINGO
		02:30pm	Snack Non-Social	Afternoon snacks to rooms
		03:30pm	Wii Bowling	
09/26	Saturday	11:00am	Puzzles	In room participation
		02:30pm	Snack Non-Social Search	In Room Snacks

09/27	Sunday	10:00pm 02:30pm 03:00pm	Sunday Church Snack Non-Social Word Build	Worship while maintain social distancing In room snacks Residents play from doorways

Several of the doorway activities include prizes.