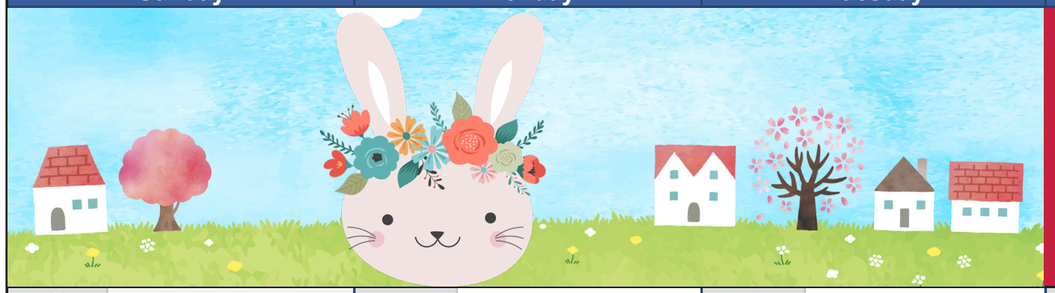
Highland Oaks - April 2022 Activity Calendar



We are searching for caring and compassionate individuals to join our team of staff and volunteers.

We also have rooms and/or units available at all of our facilities.

For updates, please like our Facebook page or visit our website at www.wrc.org.

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
										1		2	
										9:30am	Silver Sneakers	9:30am	Yoga
										10:30am	Piano/Phillip	10:30am	Beginner Bunco
										1:30pm	Bingo 1st Floor	1:30pm	Easter Tree Decorating
										2:30pm	Bingo 2nd Floor	3pm	Easter Tree Decorating
										3:30pm	Bingo 3rd Floor	6pm	Independent Activities
										6:30pm	Sound of Music		
3		4		5		6		7		8		9	
11am	Catholic Services 2nd Floor	9:30am	Silver Sneakers	9:30am	Silver Sneakers	9:30am	Yoga	10am	Strength/Balance	9:30am	Silver Sneakers	9:30am	Yoga
11am	Church Services 3rd Floor	10am	Wordle	10:30am	Mad Libs	10:30am	Piano/Phillip	10:30am	Wordle	10:30am	Piano/Phillip	10:30am	Resident's Choice
1:30pm	Uno	10:30am	Word Whomp	1:30pm	1st Floor Exercise	1:30pm	Dominos	1:30pm	1st Floor Exercise	1:30pm	Bingo 1st Floor	1:30pm	Comedy Hour
3pm	Women-Nail Painting	1:30pm	Card Sharks	3pm	Bingo	3pm	Scattergories	2pm	1st Floor Music Therapy	2:30pm	Bingo 2nd Floor	3pm	Noodle Ball
3pm	Men-Card Club 3rd Floor	3pm	Balloon Volleyball			4pm	Communion/Rosary	3pm	Easter Craft	3:30pm	Bingo 3rd Floor	6pm	Independent Activity
6:30pm	Bible Study					6:30pm	HOP			6:30pm	Game Night		
10	Palm Sunday	11		12		13		14		15	Good Friday	16	
11am	Catholic Services 2nd Floor	9:30am	Silver Sneakers	9:30am	Silver Sneakers	9:30am	Yoga	10am	Strength/Balance	9:30am	Silver Sneakers	9:30am	Yoga
11am	Church Services 3rd Floor	10am	Wordle	10:30am	Yahtzee	10:30am	Piano/Phillip	10:30am	Wordle	10:30am	Piano/Phillip	10:30am	Easter Egg Hunt
1:30pm	Scrabble	10:30am	Easter Cards Craft	1:30pm	1st Floor Exercise	1:30pm	This Month in History	1:30pm	1st Floor Exercise	1:30pm	Bingo 1st Floor	1:30pm	Easter Tea
3pm	Radio Time	1:30pm	Ball Toss	3pm	Bingo	3pm	Trivia	2pm	1st Floor Music Therapy	2:30pm	Bingo 2nd Floor	3pm	Phase 10
6:30pm	Bible Study	3pm	Password			4pm	Communion/Rosary	3pm	Easter Craft #2	3:30pm	Bingo 3rd Floor	6:30pm	Independent Activity
						6:30pm	The Ten Commandments			6:30pm	Hop		
17	Easter Sunday	18		19		20		21		22	Earth Day	23	
11am	Church Catholic	9:30am	Silver Sneakers	9:30am	Silver Sneakers	9:30am	Yoga	10am	Strength/Balance	9:30am	Silver Sneakers	9:30am	Yoga
11am	Church 3rd Floor	10:30am	Trivia	10:30am	Would You Rather	10:30am	Piano/Phillip	10:30am	Radio	10:30am	Piano/Phillip	10:30am	Meditation
2:30pm	Easter Party	1:30pm	Independent Activity	1:30pm	1st Floor Exercise	1:30pm	Ring Toss	1:30pm	1st Floor Exercise	1:30pm	Mad Libs	1:30pm	Bowling
3:30pm	Easter Bingo	3pm	Card Club	3pm	Bingo	3pm	This Month in History	2pm	1st Floor Music Therapy	3pm	Bucket Ball	3pm	Radio
6:30pm	Bible Study 2nd Floor					4pm	Communion	3pm	Bingo			6:30pm	Independent Activity
						6:30pm	Wizard of Oz	6:30pm	Rosary				
24		25		26		27		28		29		30	
11am	Catholic Services 2nd Floor	9:30am	Silver Sneakers	9:30am	Silver Sneakers	9:30am	Yoga	10am	Strength/Balance	9:30am	Silver Sneakers	9:30am	Yoga
11am	Church Services 3rd Floor	10am	Wordle	10:30am	Then/Now	10:30am	Piano/Phillip	10:30am	Wordle	10:30am	Piano/Phillip	10:30am	Yahtzee
1:30pm	Wii Play	10:30am	Beginner Bunco	1:30pm	1st Floor Exercise	1:30pm	Knock Down	1:30pm	1st Floor Exercise	1:30pm	Bingo 1st Floor	1:30pm	Tea Social
3pm	Independent Activities	1:30pm	April Birthday Celebration	3pm	Bingo	3pm	Bean Bag Toss	2:00 PM	1st Floor Music Therapy	2:30pm	Bingo 2nd Floor	3pm	Paint n Sip
6:30pm	Bible Study	3pm	Scrabble			4pm	Communion	3pm	Pictionary	3:30pm	Bingo 3rd Floor	6:30pm	Independent Activity
						6:30pm	South Pacific	6:30pm	Rosary	6:30pm	Game Night		

The mission of WRC is "We Rejoice and Celebrate Life," with the intent to share that philosophy through the core values of: Dignity, Excellence, Integrity, Stewardship, Professionalism, Accountability, and Kindness.

Everyday, 10,000 baby boomers are turning 65. With this astonishing number there is an incredible need for affordable, quality care.

Your donations make a big impact on WRC and you can help us serve more people within our community.

Below are some ways you can give to WRC:

OUTRIGHT GIFTS — You can make an outright gift of cash, check, or credit card.

RECURRING MONTHLY GIFTS — Some individuals like to spread out their annual contribution on a monthly basis. A popular way to do this is to set up your bank account to automatically send a gift to WRC each month.

GIFT OF SECURITIES — Appreciated stocks or bonds may be gifted. By transferring securities to WRC, you do not owe capital gain taxes.

ANNUAL GIFTS — Annual gifts serve as the foundation for philanthropic support and can immediately impact the charitable goals of WRC each year.

MEMORIAL OR TRIBUTE GIFTS — Memorial or tribute gifts in memory or in honor of loved ones, friends, or for special occasions.

IRA CHARITABLE ROLLOVER — Once you reach the age of 70 and a half, you must take out a required minimum distribution from your IRA each year. If you do not wish to use the money for personal use and prefer not to increase your taxable income, you can choose to direct it to WRC instead.

PLANNED GIFTS — A planned gift is a charitable donation that is made through an estate plan. This enables philanthropic individuals to make larger gifts than they could make from their income alone. There are several way to make a planned gift, which are listed below.

BEQUESTS — You can make provisions in your will to donate a certain dollar amount or percentage of your estate to WRC. These gifts are free from federal and state estate inheritance taxes.

CHARITABLE GIFT ANNUITY — Your tax-deductible gift will be used to fund an annuity that will guarantee you lifetime income.

GIFTS OF LIFE INSURANCE — You can assign WRC as a beneficiary of your life insurance policy. When you do this, the cash value of the policy and premiums can be deducted on your taxes.

GIFTS OF RETIREMENT FUNDS — You could name WRC as the beneficiary of your retirement account. This will save your heirs from owing income or estate taxes on these funds.

Cash or checks can be sent to WRC Senior Services, 985 Route 28, Brookville, PA 15825. Credit card donations can be made at www.wrg.org/supportourmission.

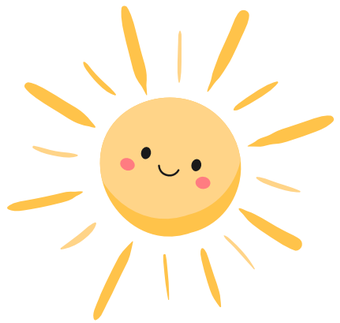
Easter Activities

Door Decorating Contest

Decorate your door for Easter. Activities staff will be hosting events for decorations. Family, friends and staff can help any resident decorate! Staff will vote on their favorite door. Contest ends April 17. Winner will be announced Easter Sunday.

Find the Bad Bunny!!!

The Easter Bunny got a hold of some bad eggs! He is now hiding and up to no good in our building. If you find him please return him to the Activities Department for your reward! Don't forget to search high and low! We have to find him before Easter!



Daisy Time
By Marjorie Pickthall

See, the grass is full of stars,
Fallen in their brightness;
Hearts they have of shining gold,
Rays of shining whiteness.

Buttercups have honeyed hearts,
Bees they love the clover,
But I love the daisies' dance
All the meadow over.

Blow, O blow, you happy winds,
Singing summer's praises,
Up the field and down the field
A-dancing with the daisies.

Highland Oaks APRIL 2022

A Complex "Experience"

Beings Respond To Humor On Multiple Levels

You think something is funny, so you laugh. Simple. Not really. When you look behind the scenes, the processing of recognizing and responding to humor takes place on a variety of levels - mental, physical and emotional.

It all starts in your head. Studies have verified that different lobes in the brain become active when a person is exposed to humor. These lobes, and their varied functions, work together in rapid succession to analyze the data, come to a "funny" conclusion, and create a physical and an emotional response.

Then the brain sends response messages to various parts of the body, including the lungs, muscles, vocal chords and tear ducts. You can end up laughing, cackling, crying and shaking. This complex process leads to an intangible, emotional response. Simply put, you feel good.

What Makes It Funny?

Funny varies from person to person. There are individual factors that affect each person's sense of humor. Age is the biggie. Culture, education,

health and emotional state are some others.

There are also situational factors that commonly trigger a humorous response. Here are some.

- Surprise - The unexpected brings a smile.
- Chaos - Sometimes things get so ridiculous, the absurdity of it all makes us laugh.
- Got It - The joy of getting a joke or laughing at a misunderstanding
- Got Away With It - The nervous giggle when you are aware and someone else is not.
- Need A Buffer - The comic relief we create when dealing with tension, fear and pain.

It may be that we are programmed to laugh. Who doesn't get the "contagious" chuckles when they hear other people having a good laugh?