

Laurelbrooke Personal Care - Harmony Circle Monthly Activity Calendar - July 2021

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday								
<p>Visitation:</p> <p>Tuesdays, Thursdays, Saturdays</p> <p>One hour in-room visitation between the hours of 9am-9pm</p> <p>To make a reservation, call: 814-849-0799</p> <p>Please allow 72 hours for response of confirmation.</p> <p>*Please see visitation brochure and guidelines for further visitation information</p>								1		2		3								
								10am	Nail Time	10am	Exercise Circle	10am	Music							
								1pm	Music with Linda											
								<i>Thursday Thirsters - Melon Mint</i>		12pm	4th of July Picnic									
										2:30pm	Bingo	1pm	Afternoon Matinee							
								1:30pm	Church Service				<i>Fresh Popcorn</i>							
									<i>Featuring Pastor Baker</i>											
4	Independence Day	5		6		7	Strawberry Sundae Day	8	Body Paint Day	9		10								
10am	Church Service	10am	Exercise Circle	11:00am	Hymn Stories	10am	Resident 1:1 Visits	10:30am	Body Paint in the GR	10am	Exercise Circle	10am	Music							
					<i>Featuring Pastor Baker</i>		<i>National Strawberry Sunday Day</i>													
	Music and Movies all day	2:30pm	Craft time	2:30pm	Cookie Social			<i>Thursday Thirsters - Blueberry Orange</i>												
		<i>Monday Mocktails- Rosemary Blueberry Smash</i>				2:30pm	Game Day	1pm	Music with Linda	2:30pm	Bingo	1pm	Afternoon Matinee							
	Happy Birthday Helen!			6pm	Music			1:30pm	Church Service				<i>Fresh Popcorn</i>							
									<i>Featuring Pastor Baker</i>											
11		12		13		14		15		16		17								
10am	Church Service	10am	Exercise Circle	11:00am	Hymn Stories	10am	Resident 1:1 Visits	9:30am	Nail Time	10am	Exercise Circle	10am	Music							
					<i>Featuring Pastor Baker</i>															
	Music and Movies all day	2:30pm	Craft time					<i>Thursday Thirsters- Triple Berry</i>												
		<i>Monday Mocktails- Pineapple Cobbler</i>		2:30pm	Cookie Social	2:30pm	Game Day	1pm	Music with Linda	2:30pm	Bingo	1pm	Afternoon Matinee							
				6pm	Music			1:30pm	Church Service				<i>Fresh Popcorn</i>							
		5:45pm	Bingo-PCDR						<i>Featuring Pastor Baker</i>											
18		19		20		21		22		23		24								
10am	Church Service	10am	Exercise Circle	11:00am	Hymn Stories	10am	Resident 1:1 Visits	9:30am	Nail Time	10am	Exercise Circle	10am	Music							
					<i>Featuring Pastor Baker</i>				Bright Summer Colors											
	Music and Movies all day	2:30pm	Craft time	2:30pm	Cookie Social	2:30pm	Game Day	<i>Thursday Thirsters- Cucumber Lime Mint</i>												
		<i>Monday Mocktails-Nice Pear</i>								2:30pm	Bingo	1pm	Afternoon Matinee							
				6pm	Music			1pm	Music with Linda				<i>Fresh Popcorn</i>							
		5:45pm	Bingo-PCDR					1:30pm	Church Service											
									<i>Featuring Pastor Baker</i>											
25		26		27		28		29		30		31								
10am	Church Service	10am	Exercise Circle	11:00am	Hymn Stories	10am	Resident 1:1 Visits	9:30am	Nail Time	10am	Exercise Circle	10am	Music							
					<i>Featuring Pastor Baker</i>			1pm	International Tiger Day											
	Music and Movies all day	2:30pm	Craft time	2:30pm	Cookie Social			<i>Thursday Thirsters-Strawberry Lemon Basil</i>												
		<i>Monday Mocktails- Coconut Key Lime Mint</i>				2:30pm	Game Day	1pm	Music with Linda	2:30pm	Bingo	1pm	Afternoon Matinee							
		5:45pm	Bingo-PCDR	6pm	Music			1:30pm	Church Service				<i>Fresh Popcorn</i>							
		Happy Birthday Lois!							<i>Featuring Pastor Baker</i>	Happy Birthday Loretta!										



Active vs. Inactive

Don't Let Covid-19 Lure You Into Being Idle Or Lazy

Overcome Challenges

Yes, being active can be challenging for seniors. It can be hard to motivate yourself when energy is low, you are worried about falling down, or your joints ache a bit. And yes, exercise can be boring. Plus, restrictions due to the Covid-19 crisis are making shared activities more difficult. Here are some suggestions.

- Use safe exercise machines - treadmills with handrails, stationery bikes, ellipticals, etc.
- Exercise using resistance bands.
- Take a lesson or class online - exercise, stretching, yoga, dance.
- Gardening, indoor or outdoor.
- Household chores - vacuuming, dusting, laundry, cooking, etc.
- Any activity you enjoy doing that gets you moving and/or is mentally stimulating.

Taking it too easy can be risky. The U.S. Surgeon General's office has reported that inactive people are nearly twice as likely to develop heart disease as those who are more active. They also report that a lack of physical activity can lead to more doctor visits, more hospital stays and/or more use of medications.

In addition, a lack of activity can have a negative effect on a person's personal freedom. Being sedentary can speed up the loss of the ability to do for oneself, and lead to person being more dependent on others.

On the other side of the coin, research has found that being physically active on a regular basis can help to prevent (or delay) many diseases and disabilities. These ailments include arthritis, high blood pressure and diabetes. At the same time, activity can improve a senior's mood and attitude, and help them to decrease and manage their stress.



FEATURING:

BUTTERFLY RELEASE

WINE- BINGO



Presents:

CORK★FORK



Wine, Brew, and Food Walk
A WRC Senior Services Fundraising Event

AUGUST 14, 2021 4-8 PM

For more information visit:
wrc.org or call 814-818-1205



Laurelbrooke
Personal Care-HC

Fourth of July

WORD SEARCH

C A G F D P S J F R E E D O M
R E V O L U T I O N L W L S X
O V B I S T A T E S I V T J Y
E F U D N X Z Z B W B C G U W
F O L N H D Q I W A E I F L G
E I H A I P E Q V R R L N Y V
A C R N G T A P H A T F L A G
M C J E B O E T E N Y Z Y S J
E S X P W S D D R N K R M B V
R U U I E O T R S I D A Q N G
I M G C V E R A O T O E K U T
C M J N W M C K R T A T N P N
A E G I W I Y R S S M T I C A
C R H C K J P A R A D E E C E
E H D Q G A X U N B V C G S I

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|---------------|--------------|------------|-----------|
| United States | Independence | Revolution | Fireworks |
| Liberty | America | Freedom | Picnic |
| States | Stars | Flag | Patriotic |
| Parade | Flag | Summer | July |