

Laurelbrooke Personal Care Harmony Circle Monthly Activity Calendar - March 2021

| Sunday | | Monday | | Tuesday | | Wednesday | | Thursday | | Friday | | Saturday | | |
|--|---------------------------------------|-----------|--------------------------------|-----------|-------------------|-----------|--------------------|--|-----------------|-----------|----------------------------|-----------|------------------|--|
| Leprachaun Hunt ALL MONTH LONG! | | 1 | World Prayer Day | 2 | Dr. Suess Day! | 3 | | 4 | | 5 | Employee Appreciation Day! | 6 | | |
| | | 9:15AM | Prayer Verses | 9:15AM | Dr. Suess Books | 9:15AM | Nail Salon | 9:15AM | Move and Groove | 9:15AM | Ball Bounce | 10AM | Spread the News | |
| | | | | 11AM | Hymn Stories | | | | | | | | | |
| | | 1PM | Music With Linda | | with Pastor Baker | 12:45PM | BINGO | 1PM | Church Service | 1PM | Trivia | 1PM | Saturday Matinee | |
| | | | | 1PM | Dr. Suess Trivia | | | | Devotions | | Cheese Doodle Day! | | Fresh Popcorn | |
| | | | | | | | | | Hymn Sing | | | | | |
| 7 | | 8 | | 9 | | 10 | | 11 | | 12 | National Girl Scout Day | 13 | | |
| 9:15AM | Hymn Sing | 9:15AM | Trivia Time | 9:15AM | Brain Games | 9:15AM | Nail Salon | 9:15AM | Move and Groove | 9:15AM | Ball Bounce | 10AM | Spread the News | |
| | | | | 11AM | Hymn Stories | | | | | | | | | |
| 1PM | Communion with Pastor Baker | 1PM | Balloon Toss | | with Pastor Baker | 12:45PM | BINGO | 1PM | Church Service | 1PM | Music w/ Linda! | 1PM | Saturday Matinee | |
| | | | | 1PM | Sensory Session | | | | Devotions | | | | Fresh Popcorn | |
| | | | | | | | | | Hymn Sing | | | | | |
| 14 | | 15 | | 16 | | 17 | St. Patrick's Day! | 18 | | 19 | National Laugh Day! | 20 | | |
| 9:15AM | Hymn Sing | 9:15AM | Trivia Time | 9:15AM | Brain Games | 9:15AM | Nail Salon | 9:15AM | Move and Groove | 9:15AM | Ball Bounce | 10AM | Spread the News | |
| | | | | 11AM | Hymn Stories | | | | | | | | | |
| 1PM | Church/Worship Featuring Linda | 1PM | Fly Swatter Ball | | with Pastor Baker | 12:45PM | BINGO | 1PM | Church Service | 1PM | Joke Time | 1PM | Saturday Matinee | |
| | | | | 1PM | Sensory Session | | | | Devotions | | | | Fresh Popcorn | |
| | | | | | | | | | Hymn Sing | | | | | |
| 21 | | 22 | World Water Day! | 23 | | 24 | | 25 | | 26 | | 27 | | |
| 9:15AM | Hymn Sing | 9:15AM | Trivia Time w/ Refreshments | 9:15AM | Brain Games | 9:15AM | Nail Salon | 9:15AM | Move and Groove | 9:15AM | Ball Bounce | 10AM | Spread the News | |
| | | | | 11AM | Hymn Stories | | | | | | | | | |
| 1PM | Live Online Church Joanie Williams | 1PM | Balloon Toss | | with Pastor Baker | 12:45PM | BINGO | 1PM | Church Service | 1PM | Music w/Linda! | 1PM | Saturday Matinee | |
| | | | | 1PM | Sensory Session | | | | Devotions | | | | Fresh Popcorn | |
| | | | | | | | | | Hymn Sing | | | | | |
| 28 | | 29 | National Vietnam Vets Day! | 30 | | 31 | | <div style="border: 1px solid black; padding: 10px; margin-bottom: 10px;">*Calendar subject to change*</div>    | | | | | | |
| 9:15AM | Hymn Sing | 9:15AM | Trivia Time | 9:15AM | Brain Games | 9:15AM | Nail Salon | | | | | | | |
| | | | | 11AM | Hymn Stories | | | | | | | | | |
| 1PM | Church with Pastor Baker | 1PM | Fly Swatter Ball | | with Pastor Baker | 12:45PM | BINGO | | | | | | | |
| | | | | 1PM | Sensory Session | | | | | | | | | |

Health & Wellness



- *Energize older adults
- *Gives purpose
- *Reduces the feeling of isolation
- *Encourages bonding among generations
- *Fills a social gap
- *Improves depression
- *Improves mood

BENEFITS OF INTEGRATION ACTIVITIES



Intergenerational programs are those that have multiple generations interacting together. Our recent “story time zooms” with our local daycare has been enjoyed dearly by our residents. In efforts to continue bringing the joy of children to our residents we ask that interested participants contact AJ Young at 814-849-0481 or ajyoung@wrc.org to make arrangements for intergenerational visits.

We have recently upgraded our zoom/facetime visit arrangements by designating a private room for noise control and using a television to project visits. This has allowed for residents to hear and see better during zoom/facetime visits. Multiple family member zoom/facetime visits have also become very popular. To arrange zoom/facetime visits with a resident please contact AJ Young at 814-849-0481 or ajyoung@wrc.org.



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Harmony Circle



MARCH RESIDENT SPOTLIGHT BOB HAMILTON

The beauty and mystery of the natural world have always fascinated Robert “Bob” Hamilton. Born in Montreal, Canada 84 years ago he came to the USA to study and begin his career as a psychologist. His lifelong interest in art soon developed into a change of profession. Mastering the art of silk screen printing he exhibited widely in galleries and shows in the Philadelphia area, where he lived in the 1960s. He learned to make bronze sculptures and built a foundry near Clarion; after moving there in the early 1970s. After moving to Pittsburgh in the early 1990s he began to make films and advance his interest in photography. His art name by that time had become Bob LaBobgah. He enjoys the outdoors and the walks he takes. His curiosity is active and Joyous!



WHY NATIONAL WOMEN'S HISTORY MONTH IS IMPORTANT

** We haven't given women their due attention

For many years, women weren't acknowledged in historical texts. This isn't because women weren't in the midst of important discoveries or helping out with important conquests. It's mainly because men wrote the majority of historical documents for thousands of years. In March, we dig deep to uncover many of the important roles women have played throughout history.

** Women are inspirational

Learning about women who have stood up for their rights and fought for what they believe is fantastic motivation. We all have the power to influence the direction our world is headed in, and National Women's History Month reminds us of that.

** It recognizes the strength and power of women

It's easy to get caught up in the grind of daily life, but this month is an excellent opportunity to put a spotlight on all of the major things women accomplish each and every day. From domestic chores and carrying babies to fighting wars and governing countries, women are pretty darn amazing.