

Laurelbrooke Personal Care 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>								<p>Key:</p> <p>GR-Great Room</p>		1		2		3	
								9:45am	Nail Time	9:45am	Exercise Circle	10am	Music		
									<i>Thursday Thirsters- Melon Mint</i>	12pm	4th of July Picnic				
										1pm	Bingo	1pm	Afternoon Matinee		
								3pm	Church Service				<i>Fresh Popcorn</i>		
									<i>Featuring Pastor Baker</i>						
4	Independence Day	5		6		7	Strawberry Sundae Day	8	National Body Paint Day	9		10			
10am	Church Service	9:45am	Exercise Circle-GR	9:45am	Homemade Baking	9:45am	Resident 1:1 Visits	9:45am	Come Get Your Paint On	9:45am	Exercise Circle-GR	10am	Music		
					<i>Featuring Pastor Baker</i>				Body Paint Art in the Great Rm						
1pm	Current Events	1pm	Music with Linda	1pm	Hymn Sing	2pm	Spiritual	<i>Thursday Thirsters - Blueberry Orange</i>							
		<i>Monday Mocktails- Rosemary Blueberry Smash</i>					Chit Chat & Coffee			1pm	Bingo-PCDR	1pm	Afternoon Matinee		
							<i>With Pastor Baker</i>	3pm	Church Service				<i>Fresh Popcorn</i>		
				Happy Birthday Claire!						<i>Featuring Pastor Baker</i>					
11		12		13		14		15		16		17			
10am	Church Service	9:45am	Exercise Circle-GR	9:45am	Hymn Stories	9:45am	Resident 1:1 Visits	9:30am	Nail Time	9:45am	Exercise Circle-GR	10am	Music		
					<i>Featuring Pastor Baker</i>										
1pm	Current Events	1pm	Music with Linda			2pm	Spiritual	<i>Thursday Thirsters- Triple Berry</i>							
		<i>Monday Mocktails- Pineapple Cobbler</i>		2:30pm	Cookie Social		Chit Chat & Coffee			1pm	Bingo-PCDR	1pm	Afternoon Matinee		
		5:45pm	Bingo-PCDR	6:00pm	Music		<i>With Pastor Baker</i>	3pm	Church Service				<i>Fresh Popcorn</i>		
		Happy Birthday Bette!								<i>Featuring Pastor Baker</i>					
18		19		20		21		22		23		24			
10am	Church Service	9:45am	Exercise Circle-GR	9:45am	Hymn Stories	9:45am	Resident 1:1 Visits	9:45am	Nail Time	9:45am	Exercise Circle-GR	10am	Music		
					<i>Featuring Pastor Baker</i>				Bright Summer Colors						
1pm	Current Events	1pm	Music with Linda	2:30pm	<i>Cookie Social</i>	2pm	Spiritual	<i>Thursday Thirsters- Cucumber Lime Mint</i>							
		<i>Monday Mocktails-Nice Pear</i>					Chit Chat & Coffee			1pm	Bingo-PCDR	1pm	Afternoon Matinee		
				6pm	Music		<i>With Pastor Baker</i>	3pm	Church Service				<i>Fresh Popcorn</i>		
		5:45pm	Bingo-PCDR						<i>Featuring Pastor Baker</i>						
25		26		27		28		29		30		31			
10am	Church Service	9:45am	Exercise Circle-GR	9:45am	Hymn Stories	9:45am	Resident 1:1 Visits	9:45am	Nail Time	9:45am	Exercise Circle-GR	10am	Music		
					<i>Featuring Pastor Baker</i>										
1pm	Current Events	1pm	Music with Linda	2:30pm	Cookie Social	2pm	Spiritual	<i>Thursday Thirsters - Strawberry Lemon Basil</i>							
		<i>Monday Mocktails - Coconut Key Lime Mint</i>					Chit Chat & Coffee			1pm	Bingo-PCDR	1pm	Afternoon Matinee		
		5:45pm	Bingo-PCDR	6pm	Music		<i>With Pastor Baker</i>	3pm	Church Service				<i>Fresh Popcorn</i>		
	Happy Birthday Cris!								<i>Featuring Pastor Baker</i>						
				Happy Birthday Adeline!											

Health & Wellness



Active vs. Inactive

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

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.

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.



Laurelbrooke Personal Care

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 |



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