

Laurelbrooke Personal Care and Harmony Circle - March 2022 Activity Calendar

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
<div>Happy Spring!</div>		<div> <div>Blue</div> <div>Red</div> <div>Black</div> </div> <div> <div>Key</div> <div>Personal Care</div> <div>Harmony Circle</div> <div>Both</div> </div>		1	Mardi Gras	2	Ash Wednesday	3		4		5	
				9:30am	Cookie Baking	9:30am	Exercise Group	9:30am	Stretching & Deep Breathing	9:30am	Exercise Group		
				10:30am	Cookie Baking	10:30am	Exercise Group	10:30am	Stretching & Deep Breathing	10:30am	Exercise Group	10am	Resident's Choice
				1:30pm	Mardi Gras Party	2pm	Ash Wednesday Service	1pm	Church Services	1:30pm	Dominos	1pm	Afternoon Matinee
				2:30pm	Mardi Gras Party	2:30pm	Hymn Sing		Featuring Pastor Baker	2:30pm	Dominos		Fresh Popcorn
				4pm	Virtual Tour New Orleans	3pm	Cookie Social & Reminisce	1:30pm	Fun Facts St. Pattys Day	3:30pm	Bingo		
				4:45pm	Bingo with Brooke	4pm	Bingo	3pm	Church Service	4:45pm	Nail Time with Brooke		
								4pm	Virtual Tour New Orleans				
								Happy Birthday Tom!					
6		7		8		9		10		11		12	
10am	Church Service	9:30am	Exercise Group	9:30am	Paint Therapy Group	9:30am	Exercise Group	9:30am	Stretching & Deep Breathing	9:30am	Exercise Group		
1pm	Hymn Sing	10:30am	Exercise Group	10:30am	Paint Therapy Group	10:30am	Exercise Group	10:30am	Stretching & Deep Breathing	10:30am	Exercise Group	10am	Resident's Choice
3pm	Communion with Pastor Baker	1:30pm	Monday Milkshake Social	1:30pm	Cookie Baking	2pm	Tea Time & Spiritual Discussions	1pm	Church Services	1:30pm	Dominos	1pm	Afternoon Matinee
			Manicures	3pm	Cookie Baking		Featuring Pastor Baker		Featuring Pastor Baker	2:30pm	Dominos		Fresh Popcorn
		3pm	Monday Milkshake Social	4pm	Virtual Tour New Orleans	2:30pm	Gospel Sing-a-Long	1:30pm	Fun Facts St. Pattys Day	3:30pm	Bingo		
			Manicures	4:45pm	Bingo with Brooke	3pm	Cookie Social & Reminisce	3pm	Church Service	4:45pm	Nail Time with Brooke		
		4pm	Spring Trivia			4pm	Bingo	4pm	Virtual Tour New Orleans				
13	Daylight Savings	14		15		16		17	St. Patrick's Day	18		19	
10am	Church Service	9:30am	Exercise Group	9:30am	Lucky Shamrock Craft	9:30am	Exercise Group	10am	St. Patricks Day Party	9:30am	Exercise Group		
1pm	Hymn Sing	10:30am	Exercise Group	10:30am	Lucky Shamrock Craft	10:30am	Exercise Group	11am	St. Patricks Day Party	10:30am	Exercise Group	10am	Resident's Choice
		1:30pm	Monday Milkshake Social	1:30pm	St. Pattys Day Cookie Making	2pm	Tea Time & Spiritual Discussions	1pm	Church Services	1:30pm	Dominos	1pm	Afternoon Matinee
			Manicures	3pm	St. Pattys Day Cookie Making		Featuring Pastor Baker		Featuring Pastor Baker	2:30pm	Dominos		Fresh Popcorn
		3pm	Monday Milkshake Social	4pm	Virtual Tour Ireland	2:30pm	Gospel Sing-a-Long	1:30pm	Fun Facts St. Pattys Day	3:30pm	Bingo		
			Manicures	4:45pm	Bingo with Brooke	3pm	Cookie Social & Bible Trivia	3pm	Church Service	4:45pm	Nail Time with Brooke		
		4pm	St. Patricks Day Trivia			4pm	Bingo	4pm	Virtual Tour Ireland				
Happy Birthday Joan!													
20	Spring Begins	21		22		23		24		25		26	
10am	Church Service	9:30am	Exercise Group	9:30am	Planting Flowers	9:30am	Exercise Group	9:30am	Stretching & Deep Breathing	9:30am	Exercise Group		
1pm	Hymn Sing	10:30am	Exercise Group	10:30am	Planting Flowers	10:30am	Exercise Group	10:30am	Stretching & Deep Breathing	10:30am	Exercise Group	10am	Resident's Choice
		1:30pm	Monday Milkshake Social	1:30pm	Cookie Baking	2pm	Tea Time & Spiritual Discussions	1pm	Church Services	1:30pm	Dominos	1pm	Afternoon Matinee
			Manicures	3pm	Cookie Baking		Featuring Pastor Baker		Featuring Pastor Baker	2:30pm	Dominos		Fresh Popcorn
		3pm	Monday Milkshake Social	4pm	Virtual Tour Residents Choice	2:30pm	Gospel Sing-a-Long	1:30pm	Spring Time Jokes	3:30pm	Bingo		
			Manicures	4:45pm	Bingo with Brooke	3pm	Cookie Social & Reminisce	3pm	Church Service	4:45pm	Nail Time with Brooke		
		4pm	Cookie Recipe Trivia			4pm	Bingo	4pm	Virtual Tour Residents Choice				
27		28		29		30		31					
10am	Church Service	9:30am	Exercise Group	9:30am	Sing-a-Long	9:30am	Exercise Group	9:30am	Stretching & Deep Breathing				
1pm	Hymn Sing	10:30am	Exercise Group	10:30am	Sing-a-Long	10:30am	Exercise Group	10:30am	Stretching & Deep Breathing				
		1:30pm	Monday Milkshake Social	1:30pm	Cookie Baking	2pm	Tea Time & Spiritual Discussions	1:30pm	Church Services				
			Manicures	3pm	Cookie Baking		Featuring Pastor Baker		Featuring Pastor Baker				
		3pm	Monday Milkshake Social	4pm	Virtual Tour Easter Island	2:30pm	Gospel Sing-a-Long	1:30pm	April Fools Day Jokes				
			Manicures	4:45pm	Bingo with Brooke	3pm	Cookie Social & Bible Trivia	3pm	Church Service				
		4pm	Easter Trivia			4pm	Bingo	4pm	Virtual Tour Easter Island				

Keep an eye out for the Indigo Blue this coming Spring!



Resident Spotlight



John Hughes

John was a resident in the Scranton area, his father a mechanic for international harvester and his mother a nurse. He attended Penn State University for his Bachelors of Science in Industrial Arts and received his Masters of Science from California State University in Industrial Arts/Technology Education. He was a teacher of 37 years, teaching the subject of woodworking, drafting, graphics, and photography at Punxsutawney Area High School. John has four children; three sons and a daughter.

Spring Word Search

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



APRIL	FLOWERS	PASSOVER
BASEBALL	GREEN	PUDDLE
BLOOM	GROW	RAINBOW
BUNNY	HATCH	RAINCOAT
BUTTERFLY	JUNE	SEEDS
CHICK	MARCH	SHOWERS
EASTER	MAY	SPRING
EGGS	NEST	UMBRELLA



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Health Tip

Get information on medication management. Ask about and review the senior’s medications with their physician on a regular basis. Consider possible drug interactions and take note of any new symptoms (allergic reactions, drowsiness, loss of appetite and others) the senior shows after changing or starting medications. Get information on medication management.



Laurelbrooke Personal Care

MARCH 2022

Integrate Making Seniors Laugh Into The Care Plan

We take the statement “you make me laugh” as a compliment. That’s because laughter and humor have been found to offer many benefits to the seniors, including reducing blood pressure, pain and stress.

It all starts with the habit of smiling. This signals you’re open to social interaction and are in a good mood. Often, people will smile back. You now have a great environment for being humorous.

With this environment, people will be more open to our sense of humor. Finding humor in a tough situation tends to be more accepted and tension decreases. Jokes are funnier and light-hearted stories are enjoyed more. In addition, more people will want to join in the fun. And laughter becomes contagious.

So have a belly laugh and be healthier.



Finding ways to add laughter into events and occasions has many benefits, including improving the health of older adults.

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