

Laurelbrooke Personal Care Monthly Activity Calendar - March 2021

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday			
Leprechaun Hunt ALL MONTH LONG!		1	World Prayer Day	2	Dr. Seuss Day!	3		4		5	Employee Appreciation Day!	6			
		10AM	Prayer Group - GR	10AM	Dr. Seuss Daycare Date	10AM	Nail Time - GR	10AM	Sit N Be Fit - GR	10AM	Employee Appreciation Video	10AM	YouTube Chair Yoga - GR		
		1PM	Music with Linda - GR								12:45 PM	Bingo - PCDR	1PM	Saturday Matinee	
				1PM	Dr. Seuss Trivia	2PM	Tea Time - GR	3PM	Church- GR						<i>Fresh Popcorn</i>
		5:45 PM	Bingo - PCDR			3PM	Spiritual Discussions -GR		<i>Featuring Pastor Baker</i>	1PM	National Cheese Doodle Day!				
7		8		9		10		11		12	National Girl Scout Day	13			
10AM	Hymn Sing - GR	10AM	Reminisce Share	10AM	Fly Swatter Ball - GR	10AM	Foot Soaks - GR	10AM	Sit N Be Fit - GR	10AM	DIY Girl Scout Cookies - JHK	10AM	YouTube Chair Yoga - GR		
		1PM	Bell Choir - GR	1PM	Make and Take - GR					12:45 PM	Bingo - PCDR	1PM	Saturday Matinee		
3PM	Communion - GR Pastor Baker	5:45 PM	Bingo - PCDR		DIY Foot Soak Recipe	2PM	Tea Time - GR	3PM	Church- GR		With Girl Scout Cookies		<i>Fresh Popcorn</i>		
						3PM	Spiritual Discussions -GR		<i>Featuring Pastor Baker</i>						
14		15		16		17	St. Patrick's Day!	18		19	National Laugh Day!	20			
10AM	Hymn Sing - GR	10AM	Nail Time - GR	10AM	Ball Bounce - GR	10AM	St. Patrick's Day Trivia - GR	10AM	Sit N Be Fit - GR	10AM	Laughter Yoga - GR	10AM	YouTube Chair Yoga - GR		
		1PM	Resident Council - GR	1PM	Race to the Finish - GR					12:45 PM	Bingo - PCDR	1PM	Saturday Matinee		
1PM	Worship with Linda - GR					2PM	St. Patty's Day Tea Time - GR	3PM	Church- GR				<i>Fresh Popcorn</i>		
		5:45 PM	Bingo - PCDR			3PM	Spiritual Discussions -GR		<i>Featuring Pastor Baker</i>						
21		22	World Water Day!	23		24		25		26		27			
10AM	Hymn Sing - GR	10AM	H2O Trivia with Refreshments	10AM	Fly Swatter Ball - GR	10AM	Foot Soaks - GR	10AM	Sit N Be Fit - GR	10AM	Beethoven Trivia - GR	10AM	YouTube Chair Yoga - GR		
		1PM	Bell Choir - GR	1PM	Chips and Dip Party - GR					12:45 PM	Bingo - PCDR	1PM	Saturday Matinee		
1PM	Live Church Harrison City Community Church				Trivia Time	2PM	Tea Time - GR	3PM	Church- GR				<i>Fresh Popcorn</i>		
		5:45 PM	Bingo - PCDR Happy Birthday, Betty!		National Chip and Dip Day!	3PM	Spiritual Discussions -GR		<i>Featuring Pastor Baker</i>						
28		29	National Vietnam Vets Day!	30		31		<div style="border: 1px solid black; padding: 10px; margin-bottom: 10px;">*Calendar subject to change*</div>   							
10AM	Hymn Sing - GR	10AM	Remembering our Veterans	10AM	Ball Bounce	10AM	Nail Time - GR								
3PM	Church - GR Pastor Baker	1PM	Explore Downtown - GR	1PM	Virtual Vacation - GR										
		5:45 PM	Bingo - PCDR			2PM	Tea Time - GR								
						3PM	Spiritual Discussions -GR								

Health & Wellness



BENEFITS OF INTEGRATION ACTIVITIES



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

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.

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!



WRC

EST 1890

Laurelbrooke Personal Care

MARCH
2021



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.