Laurels Monthly Activity Calendar - July 2021

	Sunday		Monday		Tuesday	\			Thursday		Friday		Saturday
								1		2		3	
										2pm	Patriotic Sing-A-Long		
											Outside under tent		
											Guest singer		
4	Independence Day	5		6		7		8		9		10	
		3pm	Chair Yoga			10am	Sit & Be Fit	11:30am	Sugar Cookie Day				
			(clubhouse)				(clubhouse)		Light Lunch				
									(clubhouse)				
11		12		13		14		15		16		17	
		3pm	Chair Yoga	9:30am	Laurels Coffee Chat	10am	Sit & Be Fit						
			(clubhouse)		(clubhouse)		(clubhouse)						
				Barbersho	p Mulca Appreciation Day								
18		19		20		21		22		23		24	
		3pm	Chair Yoga			10am	Sit & Be Fit						
			(clubhouse)				(clubhouse)						
			,				,						
25		26		27	National Bagel fest Day!	28		29		30		31	
		3pm	Chair Yoga		Monthly Breakfast Social		Sit & Be Fit						
			(clubhouse)		(clubhouse)		(clubhouse)						
			(2.32335)		(5.33.15335)		(5.55.1565)						
										Chr	istine Off-Vacation		
									Cimbonio on Accusion				



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.



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



Laurels





The Laurels residents have been able to gather together outside for our morning Coffee Chats & Luncheon. It is nice to see the much needed comradery.

