

Village at Laurelbrooke - May 2022 Activity Calendar

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
1		2		3		4		5	Cinco de Mayo	6		7	
		1pm	Village Tenant Council Meeting Village II CC	1-4pm	cards-Village II CC	10am	chair exercise Village II CC	1-4pm	cards-Village II CC	10am	chair exercise		
										10:45am	Ladies Appreciation Brunch bag to go sign up needed		
												Happy Birthday Grace S!	
8	Mother's Day	9		10		11		12		13	Apple Pie Day	14	
		10:30-1	Becky @ Village IIICC	1-4pm	cards - Village II CC	10am	chair exercise Village II CC	10am	Coffee Hour with Prayer	10am	chair exercise	1pm	Outside Social Gathering Weather permitting
								1-4pm	cards-Village II CC	11am	Apple Fry Pies Sign up needed		
												Happy Birthday Dianne R!	
15		16		17		18		19		20		21	
		10:30-1	Becky @ Village IIICC	1-4pm	cards - Village II CC	10am	chair exercise Village II CC	1-4pm	cards-Village II CC	10am	chair exercise		
						1pm	Care & Share Village III CC						
22		23		24		25		26		27		28	
		10:30-1	Becky @ Village IIICC	1-4pm	cards - Village II CC	10am	chair exercise Village II CC	1-4pm	cards-Village II CC	10am	chair exercise	1pm	Outside Social Gathering Weather permitting
		12:00pm	Kick off Summer picnic & games Village II CC										
								Happy Birthday Alice H!					
29		30	Memorial Day	31									

Important Information

Tenant Council Meeting — Held on the first Monday of each month at 1pm at Village II Community Center. All are encouraged and welcome to attend. Great opportunity to share your input, any interest for future events and socialization.

Care & Share — Care & Share is a time to get together and talk, share stories, and learn something new about your neighbors and friends at the Village. It will be held on Wednesday, May 18, 2022 at 1pm at Village III Community Center. Feel free to bring an item you may want to talk about for Show & Tell.

Library — Reminder that a large selection of books are available in Village III Community Center. There are several book shelves. If you have any books to share, please drop them off. Thank you to those that are contributing to this collection. Please enjoy reading the books and return when finished for others to enjoy. These books are available to any tenants at the Village. Village III Community Center is typically locked, so be sure to bring your key to open the door. Please lock the door when leaving.

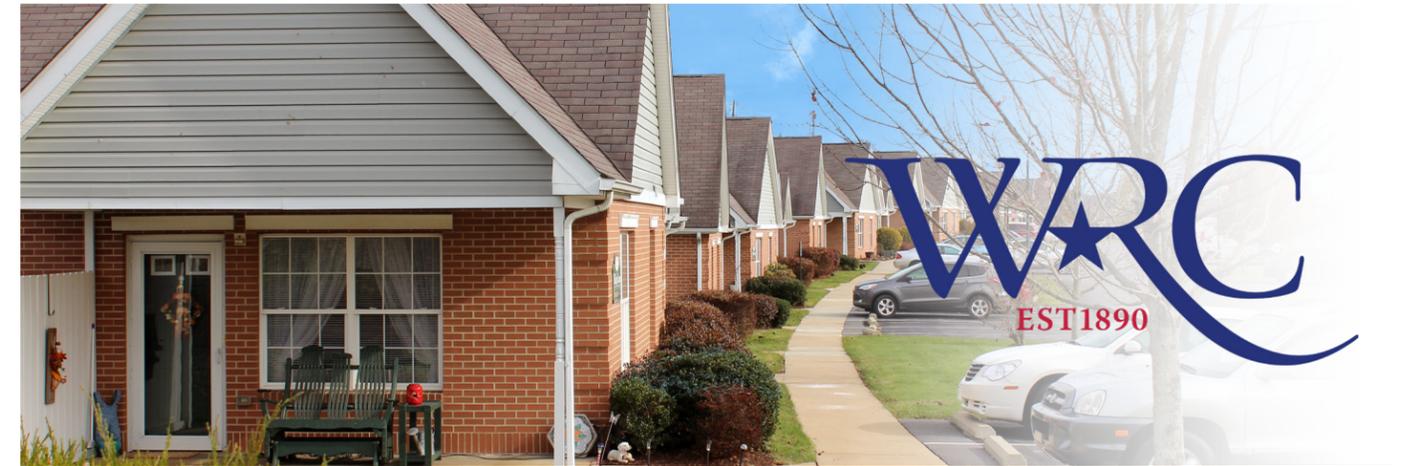
Ladies Appreciation Brunch Bag — Friday, May 6, 2022 at 10:30am stop by Village II Community Center for a breakfast croissant with bacon, egg, and cheese and orange juice to go. This is for ladies only and sign up is needed on or before May 3rd. Please RSVP to Becky at 814-849-0814. Just a little something to honor all ladies in the month of May!

National Apple Pie Day — Stop into Village II Community Center on Friday, May 13th at 11am for an Apple Fry Pie to go. Fry pies are made by the Amish from the Hazen Area. Please RSVP to Becky by Tuesday, 5/3/2022 if you want an apple fry pie.

Kick off to Summer Picnic — Monday, May 23th at noon at Village II Community Center. Grilled hot dogs will be provided. Tenants are to bring your favorite picnic dish to share with others. There will be lawn games, weather permitting.

Saturday Outside Socials — Will start up again on the 2nd and 4th Saturday of each summer month, weather permitting. Cost is 2.00 per person and sign up is required.

You are the
driver of your
own life, don't
let anyone steal
your seat.



Village at Laurelbrooke

MAY 2022

Adapt Gardening To Fit Your Abilities



Along with the rewarding physical activity of gardening, seeing the fruits (and vegetables and pumpkin) of one's labor provides mental and emotional benefits to seniors, too.

Exercise is critically important to maintaining (and improving) physical and mental health. Gardening is a very doable form of exercise for many elders because it is adaptable to ability.

Some people like to work up a sweat digging in the dirt. They bend down, lift up, shovel, clip and clean. For those who have more limited movement, elevated gardens bring the work up to their comfort level. And there are many ergonomic tools available to keep seniors performing the gardening chores they love to do.

For those who are frail, adjust gardening activities even more. Some may prune a bit or cut flowers for the vase. Some may focus more on guiding, planning and decision making. Walks to and around the garden to take in the aromas and see the growing progress may be the main activity. For others, they may sit while hosing the plants or be in charge of turning on the sprinkler.

All of these garden lovers reap the mental and emotional benefits of watching things grow and sharing their experiences.



AGE MY WAY: MAY 2022

Older adults play vital, positive roles in our communities - as family members, friends, mentors, volunteers, leaders, members of the workforce, and more. Just as every person is unique, so too is how they age and how they choose to do it - and there is no "right" way. That's why the theme for Older Americans Month (OAM) 2022 is Age My Way, which focuses on how older adults can age in their communities, living independently for as long as possible and participating in ways they choose.

WRC is excited to celebrate OAM with our partners in the aging community. We greatly value the happiness and wellbeing of our seniors. Therefore, we will always provide them with the choice to live out their older years the way they choose. We strive to give them the best care and leave them feeling safe, healthy, and happy.