Villages at Laurelbrooke Monthly Activity Calendar - May 2021

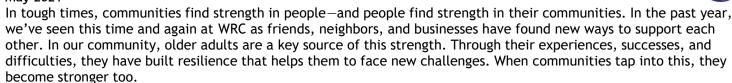
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OLDER AMERICANS MONTH: COMMUNITIES OF STRENGTH

May 2021



Each May, the Administration for Community Living leads the celebration of Older Americans Month (OAM). This year's theme is *Communities of Strength*, recognizing the important role older adults play in fostering the connection and engagement that build strong, resilient communities.

Strength is built and shown not only by bold acts, but also small ones of day-to-day life—a conversation shared with a friend, working in the garden, trying a new recipe, or taking time for a cup of tea on a busy day. And when we share these activities with others—even virtually or by telling about the experience later—we help them build resilience too.

This year, WRC will celebrate OAM by encouraging community members to share their experiences. Together, we can find strength—and create a stronger future.

Here are some ways to share and connect:

Look for joy in the everyday: Celebrate small moments and ordinary pleasures by taking time to recognize them. Start a gratitude journal and share it with others via social media, or call a friend or family member to share a happy moment or to say thank you.

Reach out to neighbors: Even if you can't get together in person right now, you can still connect with your neighbors. Leave a small gift on their doorstep, offer to help with outdoor chores, or deliver a home cooked meal.

Build new skills: Learning something new allows us to practice overcoming challenges. Take an art course online or try a socially distanced outdoor movement class to enjoy learning with others in your community. Have a skill to share? Find an opportunity to teach someone, even casually.

Share your story: There's a reason storytelling is a time-honored activity. Hearing how others experience the world helps us grow. Interviewing family, friends, and neighbors can open up new conversations and strengthen our connections.

When people of different ages, backgrounds, abilities, and talents share experiences—through action, story, or service—we help build strong communities. And that's something to celebrate! Please join WRC in strengthening our community!



VETERANS 2021

Village at Laurelbrooke Robert Stephen

Village at Ridgmont Francis Sidelinger Arthur Zambanini

Laurels

Lanny Ferraro Jack Johnston Larry Gilford David Welton Ken Himes Raplh Minich Roger Roebke Ken Sprankle Darr Briggs

Sonny Chenot

Villas

Irvin "Poncho Yockey"

Laurelbrooke PC William Williams

Ridgmont PC Terry Titchner Paul Parmigiani

John Tress

Edgewood Heights PC Julian Males Jack Mogle

Highland Oaks PC
Doc Crawford
Ed Clowney
John Burgdorfer
Donald Lavely
Cecil Smith
Larry Slaten

McKinley Health Care

Lawrence Aharrah Harry Chitester Edward Dornbrock Bernard Drayer Richard Haas

Samuel Hanley Richard Kahle Robert "Tom" Milligan

George Senott Robert Stormer

Robert Teeter

North Fork Heights

Richard Atchison
Glenn Gearhart
Susan Joiner
Steven McMurray
Rocco Pangallo
Eugene Richards
Clyde Shumaker
Wayne Flack
Richard Atchetson



Villages at Laurelbrooke



VILLAGES AT LAURELBROOKE MAY 2021 UPCOMING EVENTS

Events on the calendar are listed but **subject to change** due to COVID-19. Always wear your mask when entering the Community Center. Cards will start again on Tuesday & Thursday in Village II CC at 1pm. 6-8 players are the maximum amount at this time. Mask are required!

Saturday Social Gathering (message from Village tenant/Nancy Weible)

Well folks it has been a long, hard winter for everyone. But thankfully warm weather is upon us. We are starting our Saturday get together back up on May 1st at 1:00pm. We will meet under the tree across from Apartment #27. Please bring a lawn chair if possible. Coffee will be served. If you would like to bring a snack you may, not necessary. Please keep the snacks to finger food. In case of rain or the forecast of rain, it will be cancelled. If you have any questions, please contact Dorothy Spangler or Nancy Weible.

Taxes/Rent Rebate Preparation

You still have time to get your 2020 Rent Rebate Certificate completed & mailed before the June 30th deadline. Contact the Jefferson County Area Agency on Aging at 849-3096 to get your rebate completed.

Ladies Day Appreciation Breakfast Bag

To recognize our ladies, Bacon/Egg/Cheese croissants & orange juice bags to go will be available on Friday, May 7th at 10:30am in Village II Community Center. Sign up is required prior to May 3rd. Call 849-0814 to rsvp.

National Apple Pie Day

Thursday, May 13th is National Apple Pie Day. Stop by Village Community Center II at 2pm for an apple pie treat to-go. Sign up required prior to May 7th. Call 849-0814 to rsvp.

May Picnic Boxed Lunch

A boxed picnic lunch to include, grilled hot dog, potato salad, baked beans & angel food cake cup all packaged to go will be available on Friday, May 28th at 1:00pm. Sign up is required prior to May 20th. The cost is \$3.00. Call 849-0814 to rsvp. **The Sunshine Line**

The Jefferson County Area Agency on Aging puts out a monthly newsletter, "The Sunshine Line". If you would like to receive this free monthly newsletter, you can register on their website, www.jcaaa.org or give them a call at 849-3096.

All tobacco products are prohibited in and on all WRC properties. This includes buildings, parking lots and vehicles parked on WRC property. Smoking is NOT permitted in vehicles while parked or driving on any WRC property. Effective immediately, residents, family members, visitors, care givers, etc. are no longer permitted to use the property that was formerly the NRG electrical building for the purposes of smoking. This property has been sold. The news will be installing surveillance cameras and prosecuting trespassers. This property is not to be entered for any reason. Thank you for your cooperation with this matter.

Primary Election on May 18th

This election will decide the judicial candidates, county candidates and local candidates that will be on the November ballot. To receive a mail-in ballot, you must be a registered voter living in Jefferson County. Last day to register is May 11th. You can apply by phoning Karen Lupone at the Jefferson County Board of Elections at 849-1693. Your vote is your voice in our democracy.

Fairfield Landscaping will be completing the spring clean-up & mulch on the Laurelbrooke Landing campus during the month of May.