

Villages at Laurelbrooke Monthly Activity Calendar - May 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="border: 1px solid black; padding: 5px;">*Calendar subject to change*</div> <div style="text-align: center;">  <p>OLDER AMERICANS MONTH MAKE YOUR MARK: MAY 2020</p> </div> </div>						1	
						1pm	Outside Social Gathering
						8	
						1pm	Outside Social Gathering
2		3		4		5	
				1-4pm	cards - Village II CC	10AM	chair exercise
						1-4PM	Becky - Village III CC
						10AM	chair exercise
						1-4pm	cards - Village II CC
						10:30AM	Ladies Day Appreciation
						breakfast sandwiches & OJ to-go	
						Village II CC sign up needed	
						Happy Birthday Grace Snyder!	
9	Mothers day	10		11		12	
				1-4PM	Dianne - Village III CC	10AM	chair exercise
						2PM	Apple Pie take-out
				1-4pm	cards - Village II CC	1-4pm	cards - Village II CC
						Happy Birthday Dianne Reed!	
16		17		18	Election Day	19	
				1-4pm	cards - Village II CC	10AM	chair exercise
						1-4pm	cards - Village II CC
						10AM	chair exercise
						1PM	picnic box lunch to go
						sign up needed Cost-\$3.00	
23		24		25		26	
				1-4PM	Dianne - Village III CC	10AM	chair exercise
						Happy Birthday Alice Harris!	
				1-4pm	cards - Village II CC		
30		31	Memorial Day	<div style="display: flex; justify-content: space-around; align-items: center;">   </div> <p style="text-align: center; font-weight: bold;">Celebrates ★ Honors ★ Remembers</p>			
							

OLDER AMERICANS MONTH: COMMUNITIES OF STRENGTH

May 2021

In tough times, communities find strength in people—and people find strength in their communities. In the past year, we've seen this time and again at WRC as friends, neighbors, and businesses have found new ways to support each other. In our community, older adults are a key source of this strength. Through their experiences, successes, and difficulties, they have built resilience that helps them to face new challenges. When communities tap into this, they become stronger too.

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!



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.

Reminder

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.



Village at Laurelbrooke

Robert Stephen

Village at Ridgmont

Francis Sidelinger
Arthur Zambanini
Sonny Chenot

Laurels

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

Villas

Irvin "Poncho Yockey"

Laurelbrooke PC

William Williams
John Tress

Ridgmont PC

Terry Titchner
Paul Parmigiani

Edgewood Heights PC

Julian Males
Jack Mogle

Highland Oaks PC

Doc Crawford
Ed Clowney
John Burgdorfer
Donald Lavelly
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

North Fork Heights

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