






Hours: Monday -Friday  
9:30am - 1:30pm



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410-313-7218

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**April 2017**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30 Coffee Talk 10:00 Exercise w/Liz 11:00 Music with Ed 12:00 Lunch 12:45 Good Old Days  <b>3</b>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Cooking Activity 12:00 Lunch 12:45 Exercise w/Liz  <b>4</b>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Sing-along w/Kay 12:00 Lunch 12:45 Tai Chi w/Dave  <b>5</b>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Music with Al and Anne 12:00 Lunch 12:45 Exercise w/Liz  <b>6</b>	9:30 Coffee Talk 10:00 Exercise w/Liz 11:00 "Name that Tune" 12:00 Lunch 12:45 Bingo  <b>7</b>
9:30 Coffee Talk 10:00 Exercise w/Liz 11:00 Passover Activity 12:00 Lunch 12:45 Good Old Days  <b>10</b>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Olde Golde Music 12:00 Lunch 12:45 Exercise w/Liz  <b>11</b>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Lyric Opera 12:00 Lunch 12:45 Tai Chi w/Dave  <b>12</b>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Egg-cellent Activity "to dye for" 12:00 Lunch 12:45 Exercise w/Liz  <b>13</b>	<b>Closed for Good Friday</b>  <b>14</b>
9:30 Coffee Talk 10:00 Exercise w/Liz 11:00 Make us Laugh Humor Contest 12:00 Lunch 12:45 Good Old Days  <b>17</b>	9:30 Coffee Talk 10:00 Good Old Days 10:30 Healthy Tasting 11:00 Ceramics with Charlene 12:00 Lunch 12:45 Exercise w/Liz  <b>18</b>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Music with Al and Anne 12:00 Lunch 12:45 Tai Chi w/Dave  <b>19</b>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Choice of Card Games or Art Activity 12:00 Lunch 12:45 Exercise w/Liz  <b>20</b>	9:30 Coffee Talk 10:00 Exercise w/Liz 11:00 Music with Charlie E 12:00 Lunch 12:45 Bingo  <b>21</b>
<b>Bob Evans Restaurant</b> <b>9:30am – 1:30pm</b> <b>(410) 290-0004</b>  <b>24</b>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Prom with ARL Music by the Retro Rockets 12:00 Lunch 12:45 Exercise w/Liz  <b>25</b>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Active Games 12:00 Lunch 12:45 Tai Chi w/ Dave  <b>26</b>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Paws4Comfort and Pet Stories 12:00 Lunch 12:45 Exercise w/Liz  <b>27</b>	9:30 Coffee Talk 10:00 Exercise w/Liz 11:00 Decoupage or Billiards 12:00 Lunch 12:45 Bingo  <b>28</b>
				

# April Fools: Humor and Laughter: Health Benefits & Resources

Adapted from <https://www.seniorhomes.com/p/humor-and-laughter-health-benefits-for-seniors-resources/#happens>

*"You're over the hill when your back goes out more than you do." Pruneville.com*

While the science of humor is a relatively new discipline, research studies on the health benefits of laughter consistently demonstrate the connection between laughing and longevity. Researchers know that laughing lowers blood pressure while increasing blood flow and oxygen intake, all positive physiological effects that have been linked to a decreased risk of heart attack and stroke.

Because laughing triggers the release of the drug-like neurochemical endorphin, laughing simply makes people feel better all over. Laughing also can have an anesthetic-like effect on the body, suppressing physical pain and discomfort for up to two hours following a hearty chuckle.

While laughing has been shown to help prevent the onset of many physical and mental illnesses, humor is also emerging as one of the most powerful medicines for chronic and degenerative conditions like dementia, Alzheimer's, Parkinson's and cancer. The ability to laugh is closely tied to having a positive outlook on life, an important protective factor against numerous mental health issues such as depression and anxiety. A study at Northwestern University revealed that patients with advanced COPD (chronic obstructive pulmonary disease) who were exposed to humorous videos enjoyed better mental health than study participants who viewed non-humorous videos, supporting the connection between mental wellness and humor.

Laughing also promotes emotional well-being, helping people maintain a positive outlook and stable mood throughout the day. Optimism has been linked to improved resiliency, the ability to cope with stressful situations in spite of numerous obstacles such as disease, financial stress or the loss of a loved one.

## **Outings:**

Monday, April 24th: Bob Evans Restaurant 9:30am-1:30pm.

## **Resource and Referral Information**

**Maryland Access Point, (MAP):** Provides free information, assistance, and future planning for older adults and person with disabilities. Contact them at 410-313-1234, 1-800-506-5806 or [map@howardcountymd.gov](mailto:map@howardcountymd.gov).

## **Inclement Weather Policy**

When Howard County Schools are closed or delayed two hours, the Connections Social Day Program is cancelled. When the public schools have a scheduled day off, please tune to WBAL-TV, listen to the Inclement Weather Line at 410-313-7777 or contact the center at 410-313-7218 to hear a recorded message regarding center operations.

**RTA Paratransit Services:** 1-800-270-9553, Press 3 and follow prompts.