perfect for the residents. “We want everyone to enjoy life to the best of their abilities. Everyone can laugh—and we need to laugh more,” she said.

“It’s a great way to start the day. The goal is that they leave feeling better than when they arrived,” she said.

“I’m going to be laughing the whole day now,” said one resident when the 45-minute session ended. “This was very good. My whole body feels different, tingly and warmer,” said another person. “I’m definitely coming next time,” commented a third resident as she left with a chuckle.

“Laughter is the best medicine,” Blanchard said, quoting the familiar adage. “And it’s free.”

For more information about the next Laughter with LeaAnn at The Orchards, stop by her office on the first floor.

Residents embrace the physical and mental benefits of laughter

On a recent Tuesday morning, plain silliness and hearty laughter filled The Orchards Community Room and spilled over into the hall, beckoning several curious people to peek in to see what exactly was going on.

“Pretend you are using ‘laughing shampoo’ and lather up those sudds,” encouraged LeaAnn Blanchard, resident services coordinator. The 12 residents - gathered around her in a semi-circle - were soon massaging the imaginary “bubbles” in their hair and laughing loudly as they imagined the sensation. The peals of gaiety continued through nearly 10 more “exercises” as she encouraged the group to pretend their feet were stuck in glue—prompting great belly laughs.

The levity was all part of Laughter Yoga also known as Laughter with LeaAnn, which Blanchard leads several times each month at The Orchards and several area senior centers. Each program begins with a background on the benefits of laughter and how it is being effectively used around the world.

The program is more than just fun – laughter also has positive physical and mental benefits such as boosting the immune system, relieving aches and pains and burning calories while reducing stress, worry and negative emotions. The end result is a change in perspective of life, improvement in mood and greater socialization.

Blanchard, who joined The Orchards staff in December 2016, said she came upon information about the benefits of laughter and decided to further investigate. She thought it would be
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<tr>
<th>Sunday(s)</th>
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<tbody>
<tr>
<td>10:00am CATHOLIC MASS</td>
<td>10:00am “GET FIT” w/ Christine - Community Room</td>
<td>9:30am NON-DENOM SERVICE w/ Rev. Victoria Triano - South Living Room</td>
<td>9:30am ROSARY Private Dining Room</td>
<td>10:00pm “GET FIT” w/Christine South Living Room</td>
<td>10am MORNINGS w/ Ann Minor Community Room</td>
<td>10:00am “GET FIT” w/video South Living Room</td>
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<td>Channel 11 TV and Commission</td>
<td>1:00pm CHORALEERS Practice Community Room</td>
<td>12:15pm BOWLING @ Brunswick</td>
<td>10:00pm HAPPY HOUR - Pub</td>
<td>1:00pm STOP &amp; SHOP</td>
<td>3:00pm HAPPY HOUR - Pub</td>
<td>10:00am “GET FIT” w/video Community Room</td>
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<tr>
<td>3:00pm SETBACK Card Corner</td>
<td>1:30pm BRIDGE CLUB Veranda Dining Room</td>
<td>1:30pm WELNESS CLINIC 3rd Floor - Wellness Office</td>
<td>6:30pm CARDS Country Kitchen</td>
<td>1:45pm BINGO</td>
<td>3:15pm COFFEE &amp; Conversation - Country Kitchen</td>
<td>3:15pm “Movie Matinée” Community Room</td>
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**FEBRUARY 2018**

Sign up for out trips with our receptionist

1. **2:00pm** Valentine Craft w/Carol Community Room
2. **11:00am-1:00pm** Leslie Jewelry Sales South Lobby
3. **10:00am** “GET FIT” w/video Community Room
4. **1:15pm** “Movie Matinée” Community Room
5. **9:45am** Out Trip to Walmart
6. **2:00pm** Music w/Airborne Trio South Living Room
7. **2:00pm** Noodle/Balloon Volleyball Community Room
8. **2:00pm** Out Trip to Mazzicato’s Bakery
9. **12:00pm** Book Club Luncheon The Pub
10. **10:00am** “GET FIT” w/video Community Room
11. **1:15pm** “Movie Matinée” Community Room
12. **2:00pm** Ice Cream Social Country Kitchen
13. **10:00am** Out Trip to Southington Library
14. **11:00am** Valentine Brunch Community Room
15. **1:30pm** Out Trip to Crystal Seas Entertainment
16. **10:00am** “GET FIT” w/video Community Room
17. **1:15pm** “Movie Matinée” Community Room
18. **2:00pm** Ice Cream Social Country Kitchen
19. **10:00am** Out Trip to Dollar Store
20. **2:00pm** Roger Hart Photography “Sentimental Journey” Community Room
21. **2:00pm** Noodle/Balloon Volleyball South Living Room
22. **2:00pm** February Birthday Party w/ Les Julian Community Room
23. **2:00pm** Ice Cream Social Country Kitchen
24. **10:00am** “GET FIT” w/video Community Room
25. **1:15pm** “Movie Matinée” Community Room
26. **27.** Orchards Cooks Country Kitchen
28. **1:30pm** Sunshine Committee Blankets for Babies
29. **6:30pm** Bingo MacIntosh Dining Room
30. **6:30pm** Bingo MacIntosh Dining Room
31. **6:30pm** Bingo MacIntosh Dining Room

Events listed on the top of Calendar are regularly scheduled weekly functions at The Orchards. Residents will be notified of any change in schedule or location if necessary. Residents are welcome and encouraged to attend out trips. Trips are weather permitting.