

The Orchards
at Southington
Connect to healthier.™

34 Hobart St., Southington, CT 06489
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southingtonorchards.org

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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.



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For more information,
call Jessica Baillargeon, retirement counselor,
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Monthly News

A newsletter dedicated to residents and family members of The Orchards

February 2018/Vol. 4, No. 2

By Carol Volpe, Activities Director

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 ‘laughter shampoo’ and lather up those suds,” 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



LeaAnn Blanchard, resident service coordinator, greets residents with laughs - not words - during a recent Laughter Yoga class.



Residents pretend to laugh at a “phone conversation.”

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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Sunday(s)	Monday(s)	Tuesday(s)	Wednesday(s)	Thursday(s)	Friday(s)	Saturday(s)
10:00am CATHOLIC MASS Channel 11 TV and Communion Community Room 3:00pm SETBACK Card Corner 3:15pm COFFEE & Conversation Country Kitchen 6:30pm CARDS Country Kitchen	10:00am "GET FIT" w/ Christine - Community Room 1:00pm CHORALEERS Practice Community Room 1:30pm BRIDGE CLUB Veranda Dining Room 2:30pm BINGO Community Room 3:15pm COFFEE & Conversation Country Kitchen 6:30pm CARDS Country Kitchen	9:30am NON-DENOM SERVICE w/ Rev. Victoria Triano - South Living Room 12:15pm BOWLING @ Brunswick 1:00pm "GET FIT" w/Chris Community Room 1:30 pm WELLNESS CLINIC 3rd Floor - Wellness Office 3:00pm HAPPY HOUR - Pub 6:30pm CARDS Country Kitchen 6:30pm BINGO Community Room	9:30am ROSARY Private Dining Room 10:00am "GET FIT" w/Christine Community Room 10:00am BIBLE STUDY Private Dining Room 6:30pm SETBACK Card Corner	1:00pm "GET FIT" w/Christine South Living Room 3:00pm HAPPY HOUR - Pub 6:30pm CARDS Country Kitchen 6:30pm BINGO Community Room	10am MORNINGS w/ Ann Minor Community Room 1:00pm STOP & SHOP 1:45pm BINGO Community Room 3:15pm COFFEE & Conversation - Country Kitchen 6:30pm CARDS Country Kitchen 6:30pm CORDIALS & Conversation South Living Room 6:30pm GAME of POKER South Living Room	10:00am "GET FIT" w/video Community Room 3:00pm HAPPY HOUR - Pub 3:15pm COFFEE & Conversation Country Kitchen 3:15pm ROSARY GROUP Private Dining Room 6:30pm CARDS Country Kitchen 6:30pm BINGO Community Room

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 1:15pm "Movie Matinee" Community Room 
4 SUPER BOWL Watch the game on the big screen television w/refreshments 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  3:00pm Resident/Staff Council Mtg 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 1:15pm "Movie Matinee" Community Room 
11 2:00pm Ice Cream Social Country Kitchen 	12 	13 10:00am Out Trip to Southington Library 2:00pm Scrabble w/ Carol South Living Room  S. C. R. A. B. B. L. E.	14 11:00am Valentine Brunch Community Room 1:30pm Ash Wednesday South Living Room 6:30pm Valentine "Happy Hour" w/Don Szamier 	15 1:30pm Out Trip to Crystal Bees Entertainment 	16 	17 10:00am "GET FIT" w/video Community Room 1:15pm "Movie Matinee" 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 3:00pm Food Talk w/Claribel 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 Scrabble w/Carol South Living Room 	24 10:00am "GET FIT" w/video Community Room 1:15pm "Movie Matinee" Community Room 
25 	26 	27 2:00pm Orchards Cooks Country Kitchen 6:30pm Genealogy Group Community Room 6:30pm Bingo MacIntosh Dining Room	28 1:30pm Sunshine Committee 2:00pm Blankets for Babies 6:30pm Southington Arts & Crafts Community 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.		