

Seven Ways to Keep Healthy During the COVID-19 Outbreak

During this time of uncertainty, all of us need some "tools" to keep healthy and cope with our anxieties.

7 Tips for Keeping Healthy:

1. Stay informed but not consumed
2. Practice relaxation techniques
3. Stay active
4. Remain connected
5. Dust off old hobbies or start a new one
6. Get your daily dose of laughter
7. Find joy in everyday things

Prioritizing your well-being during this time is important. We hope that you will find one or more of these tips helpful and that you will incorporate them into your new routine. Be well. Stay healthy.

Happy Birthday	
Residents	Employees
10th-----June H.	19th-----Jose R.
15th-----Karen B.	24th-----Eli B.
22nd-----Jeff P.	28th-----Donald D.
Anniversaries	
Karen Br.-----5 Years	Karen Ba.-----4 Years
Roberta C.-----5 Years	Sherl D.-----4 Years
Jim & Jean K.-----3 Years	
Donna B.-----2 Years	
Shirley R.-----2 Years	
John S.-----1 Year	
Janet B-----1 Year	
Jan H.-----1 Year	



Special moment with Jerry U. and his Daughter visiting through the window.

Did you know there are over 3,000 varieties of Spring's beautiful early bloomer - the tulip?

Flagstone
SENIOR LIVING

Flagstone Senior Living

April 2020

3325 Columbia View Drive
The Dalles, OR 97058

As the Nation practices social distancing to stop the spread of the novel coronavirus (COVID-19) maintaining social connection will require some creativity and technology. The good news is that we live in a time where even when apart we can still be together.

Here are a few low tech and high tech ways to stay connected during this challenging time.

- Call your friends and family.
- Write and mail cards or letters.
- Text or email. Send pictures of yourself with messages to lift your family and friends' spirits.

Reach out through one of these high tech outlets:

- Facebook Messenger
- Skype
- iPhone FaceTime
- WhatsApp

Not sure how to get started? The life enrichment team can help. Contact us today to learn more.



Door to Door Activities

"Watch & listen for more Activities to come" Please fill out the door hangers and we will bring you puzzles, crosswords, word search, fill ins, painting crafts, coloring pages with pencils and so much more!

Also Movies, Documentaries and Virtual Tours going on.


Check your calendar!

We will be doing hydrations everyday starting at 10:15am & 3:00pm. Feel free to ask for any assistance.

Thank you all
Activities Crew

April 2020

In The Moment – Memory Support

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
 <p>3325 Columbia View Drive The Dalles, OR 97058 541-298-5656</p>		<p>AE Artistic Expression CC Community Connections CE Continuing Education LL Lifestyle & Leisure PE Physical Engagement SS Spiritual Support</p>	<p>Hot Topic- Daffodils Flowers 1 9:15 PE Fitness Fun Balloon & Noodles 10:30 CE Hangman (Flowers) 12:30 LL Spring Tea Party 3:00 AE Easter Decorating 3:45 PE Wild Walkers 5:00 LL Evening Movie</p>	<p>9:15 PE Parachute Fitness 2 10:30 CE Daffodil Word Search 12:45 AE Daffodil Art/Craft 3:00 AE Easter Egg Craft 3:45 PE Wild Walkers 5:00 LL Evening Movie</p>	<p>9:15 PE Stretching Fitness 3 10:30 PE Gardening & Weeding (Patio) 12:30 AE Fancy Friday (Nails, Makeup & Hair) 3:00 CE Gardening/Reading outside 3:45 PE Wild Walkers 5:00 LL Evening Movie</p>	<p>9:15 PE Sit and Be Fit 4 10:30 AE Daffodil Pencil Art 12:45 AE Flower Pencil Art 3:00 AE Easter Craft 3:45 PE Wild Walkers 5:00 LL Evening Movie</p>	
	<p>Hot Topic- Eggs 5 9:15 PE Sit and Be Fit 10:00 CE Bible Reading (Snack) 10:30 SS Open Communion (RR) 3:30 SS Sunday Church Service (RR) 5:00 LL Evening Movie</p>	<p>9:15 PE Fitness Fun Balloons & Noodles 6 10:30 CE Fun Facts About Eggs 12:45 CE Gardening/Reading outside 3:00 CE Hangman Game 3:45 PE Wild Walkers 5:00 LL Evening Movie</p>	<p>9:15 PE Sit and Be Fit 7 10:30 AE Easter Egg Art Coloring 12:45 PE Gardening & Watering 3:00 SS Church Services W/ Scott 3:45 PE Wild Walkers 5:00 LL Evening Movie</p>	<p>9:15 PE Fitness Fun Balloon & Noodles 8 10:30 LL Making Deviled Eggs 12:45 PE Planting in the Garden 3:00 PE Music Moments 3:45 PE Wild Walkers 5:00 LL Evening Movie</p>	<p>9:15 PE Parachute Fitness 9 10:30 CE Baking with Scott 12:45 CE Hangman (Easter) 3:00 AE Easter Craft 3:45 PE Wild Walkers 5:00 LL Evening Movie</p>	<p>9:15 PE Stretching Fitness 10 10:30 CE Easter Word Search & Mazes 12:30 AE Fancy Friday (Nails, Makeup & Hair) 3:00 CE Nostalgic News 3:45 PE Wild Walkers 5:00 LL Evening Movie</p>	<p>9:15 PE Sit and Be Fit 11 10:30 PE Gardening & Weeding (Patio) 1:00 PE Game Time 3:00 AE Easter Craft 3:45 PE Wild Walkers 5:00 LL Evening Movie</p>
	<p>Easter 12 Hot Topic- Easter Candy 9:15 PE Sit and Be Fit 10:00 LL Easter Party & Snack 10:30 SS Open Communion (RR) 3:30 SS Sunday Church Service (RR) 5:00 LL Evening Movie</p>	<p>9:15 PE Fitness Fun Balloons & Noodles 13 10:30 CC Remember When? 12:45 CE Gardening/Reading outside 1:30 CE Taste & Tell W/Anne 3:00 CE Hangman Game 3:45 PE Wild Walkers 5:00 LL Evening Movie</p>	<p>9:15 PE Sit and Be Fit 14 10:30 AE Pencil Art Coloring 12:45 CE Chocolate Fun Facts 3:00 SS Church Services W/ Scott 3:45 PE Wild Walkers 5:00 LL Evening Movie</p>	<p>Happy Birthday Karen B. 15 9:15 PE Fitness Fun Balloon & Noodles 10:30 AE Birthday Coloring Contest 12:45 LL Gardening/Reading outside 3:00 PE Music Moments 3:45 PE Wild Walkers 5:00 LL Evening Movie</p>	<p>9:15 PE Parachute Fitness 16 10:30 CE Baking with Scott 12:45 CE Hangman (Candy) 3:00 CE Reading with Scott 3:45 PE Wild Walkers 5:00 LL Evening Movie</p>	<p>9:15 PE Stretching Fitness 17 10:30 AE Decorating Cupcakes 12:30 AE Fancy Friday (Nails, Makeup & Hair) 3:00 CE Nostalgic News 3:45 PE Wild Walkers 5:00 LL Evening Movie</p>	<p>9:15 PE Sit and Be Fit 18 10:30 PE Gardening & Weeding (Patio) 1:00 AE Making Jewelry 3:00 LL Baking with Jordan 3:45 PE Wild Walkers 5:00 LL Evening Movie</p>
	<p>Hot Topic- Gardening 19 9:15 PE Sit and Be Fit 10:00 CE Bible Reading (Snack) 10:30 SS Open Communion (RR) 3:30 SS Sunday Church Service (RR) 5:00 LL Evening Movie</p>	<p>9:15 PE Fitness Fun Balloons & Noodles 20 10:30 CE Gardening Fun Facts 12:45 CE Gardening/Reading outside 2:00 AE Painting Color Boxes 3:45 PE Wild Walkers 5:00 LL Evening Movie</p>	<p>9:15 PE Sit and Be Fit 21 10:30 AE Painting Mini Pots 12:45 AE Gardening Pencil Art 3:00 SS Church Services W/ Scott 3:45 PE Wild Walkers 5:00 LL Evening Movie</p>	<p>9:15 PE Fitness Fun Balloon & Noodles 22 10:30 PE Planting Mini Pots 12:45 PE Gardening & Weeding 3:00 PE Music Moments 3:45 PE Wild Walkers 5:00 LL Evening Movie</p>	<p>9:15 PE Parachute Fitness 23 10:30 CE Baking with Scott 12:45 CE Hangman (Gardening) 3:00 LL Garden Tea Party/ Outside 3:45 PE Wild Walkers 5:00 LL Evening Movie</p>	<p>9:15 PE Stretching Fitness 24 10:30 PE Game Time 12:30 AE Fancy Friday (Nails, Makeup & Hair) 3:00 CE Nostalgic News 3:45 PE Wild Walkers 5:00 LL Evening Movie</p>	<p>9:15 PE Sit and Be Fit 25 10:30 PE Gardening & Weeding (Patio) 1:00 AE Canvas Painting (Garden) 3:00 AE Garden Craft 3:45 PE Wild Walkers 5:00 LL Evening Movie</p>
	<p>Hot Topic- April Showers 26 9:15 PE Sit and Be Fit 10:00 CE Bible Reading (Snack) 10:30 SS Open Communion (RR) 3:30 SS Sunday Church Service (RR) 5:00 LL Evening Movie</p>	<p>9:15 PE Fitness Fun Balloons & Noodles 27 10:30 CE Rain Shower Fun Facts 12:45 CE Gardening/Reading outside 3:00 CE Hangman Game (April Showers) 3:45 PE Wild Walkers 5:00 LL Evening Movie</p>	<p>Happy Birthday DJ. 28 9:15 PE Sit and Be Fit 10:30 AE Pencil Art Coloring (Umbrellas) 12:45 PE Gardening & Watering 3:00 SS Church Services W/ Scott 3:45 PE Wild Walkers 5:00 LL Evening Movie</p>	<p>9:15 PE Fitness Fun Balloon & Noodles 29 10:30 PE Gardening & Weeding 12:45 LL Gardening/Reading outside 3:00 PE Music Moments 3:45 PE Wild Walkers 5:00 LL Evening Movie</p>	<p>9:15 PE Parachute Fitness 30 10:30 CE Baking with Scott 12:45 CE Rain Shower Word Search & Mazes 3:00 AE Mothers Day Pencil Art 3:45 PE Wild Walkers 5:00 LL Evening Movie</p>	<p>Healthy Snacks & Hydration offered throughout each day!</p>	