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.

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
Assisted Living Lifestyle & Leisure

created with Sagely

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
FlagStone Senior Living AE Artistic Expression CE Continuing Education LL Lifestyle & Leisure PE Physical Engagement SS Spiritual Support			1 9:45 PE Hallway Fitness (Sit & Get Fit) 10:15 LL Hydration (Door to Door) 12:30 AE One on One Activities 2:00 LL Hallway Happy Hour 3:00 LL Dollar Store (Door to Door) 3:00 LL Hydration (Door to Door)	2 Pen Pal & Video Chats (All Day) 9:45 PE Hallway Fitness (Sit & Get Fit) 10:15 LL Hydration (Door to Door) 12:30 LL Hallway Bingo (Apt. 101-128) 2:00 LL Hallway Bingo (Apt. 201-212) 3:00 LL Hydration (Door to Door) 3:30 LL Hallway Bingo (Apt. 213-232)	3 9:45 PE Hallway Fitness (Sit & Get Fit) 10:15 LL Hydration (Door to Door) 12:30 CE Documentary- Armenia "The land of Noah" (RR) 2:00 CE Documentary- Armenia "The Land of Noah" (RR) 3:00 CE Documentary- Armenia " The Land of Noah" (RR) 3:00 LL Hydration (Door to Door)	4 Movies All Day W/Popcorn & Soda (Sign Up With Debbie) 10:15 LL Hydration (Door to Door) 12:30 LL Comfort Cart (Door to Door) 3:00 LL Hydration (Door to Door) 5:00 LL Saturday Movie (Residents Choice)
5 HAPPY SUNDAY 10:15 LL Hydration (Door to Door) 11:00 SS Church Services W/Scott (Rooms 101-128) 12:30 AE One on One Activity 1:30 SS Church Service W/Scott (Rooms 201-212) 3:00 LL Hydration (Door to Door) 4:00 SS Church Service W/Scott (Rooms 213-232)	6 9:45 PE Hallway Fitness (Sit & Get Fit) 10:15 LL Hydration (Door to Door) 12:30 CE Virtual Tour- Louvre Museum "Mona Lisa" (RR) 1:00 AE One on One Activities 1:30 CE Virtual Tour "Louvre Museum- Mona Lisa" (RR) 2:30 CE Virtual Tour "Louvre Museum- Mona Lisa" (RR) 3:00 LL Hydration (Door to Door)	7 All Day Videos (Sign up at Desk) 9:45 PE Hallway Fitness (Sit & Get Fit) 10:15 LL Hydration (Door to Door) 12:30 LL Hallway Bingo (Apt. 101-128) 2:00 LL Hallway Bingo (Apt. 201-212) 3:00 LL Hydration (Door to Door) 3:30 LL Hallway Bingo (Apt. 213-232)	8 Crazy Hat Day-Residents & Employees Lets Rock This! 9:45 PE Hallway Fitness (Sit & Get Fit) 10:15 LL Hydration (Door to Door) 12:30 LL Horse Races (Hallway 101-128) 1:30 LL Horse Races (Hallway 201-212) 2:30 LL Horse Races (Hallway 213-232) 3:00 LL Dollar Store (Door to Door) 3:00 LL Hydration (Door to Door)	9 Pen Pal & Video Chats (All Day) 9:45 PE Hallway Fitness (Sit & Get Fit) 10:15 LL Hydration (Door to Door) 12:30 LL Hallway Bingo (Apt. 101-128) 2:00 LL Hallway Bingo (Apt. 201-212) 3:00 LL Hydration (Door to Door) 3:30 LL Hallway Bingo (Apt. 213-232)	10 Happy birthday June H. 9:45 PE Hallway Fitness (Sit & Get Fit) 10:15 LL Hydration (Door to Door) 12:30 CE Documentary-"The Great Wall of China" (RR) 2:00 CE Documentary-"The Great Wall of China" (RR) 3:00 CE Documentary-"The Great Wall of China" (RR) 3:00 LL Hydration (Door to Door)	11 Movies All Day W/Popcorn & Soda (Sign Up With Debbie) 10:15 LL Hydration (Door to Door) 12:30 LL Comfort Cart (Door to Door) 3:00 LL Hydration (Door to Door) 5:00 LL Saturday Movie (Residents Choice)
12 Easter HAPPY SUNDAY 10:15 LL Hydration (Door to Door) 11:00 SS Church Services W/Scott (Door to Door 101-128) 12:30 AE One on One Activity 1:30 SS Church Service W/Scott (Door to Door 201-212) 3:00 LL Hydration (Door to Door) 4:00 SS Church Service W/Scott (Door to Door 213-232)	13 9:45 PE Hallway Fitness (Sit & Get Fit) 10:15 LL Hydration (Door to Door) 12:30 CE Virtual Tour- Battleship "New Jersey" (RR) 1:00 AE One on One Activities 1:30 CE Virtual Tour Battleship "New Jersey" (RR) 2:30 CE Virtual Tour- Battleship "New Jersey" (RR) 3:00 LL Hydration (Door to Door)	14 All Day Videos (Sign up at Desk) 9:45 PE Hallway Fitness (Sit & Get Fit) 10:15 LL Hydration (Door to Door) 12:30 LL Hallway Bingo (Apt. 101-128) 2:00 LL Hallway Bingo (Apt. 201-212) 3:00 LL Hydration (Door to Door) 3:30 LL Hallway Bingo (Apt. 213-232)	15 Crazy Hair Day- Help Us All Smile :-) 9:45 PE Hallway Fitness (Sit & Get Fit) 10:15 LL Hydration (Door to Door) 12:30 AE One on One Activities 2:30 LL Hallway Happy Hour 3:00 LL Dollar Store (Door to Door) 3:00 LL Hydration (Door to Door)	16 Pen Pal & Video Chats (All Day) 9:45 PE Hallway Fitness (Sit & Get Fit) 10:15 LL Hydration (Door to Door) 12:30 LL Hallway Bingo (Apt. 101-128) 2:00 LL Hallway Bingo (Apt. 201-212) 3:00 LL Hydration (Door to Door) 3:30 LL Hallway Bingo (Apt. 213-232)	17 9:45 PE Hallway Fitness (Sit & Get Fit) 10:15 LL Hydration (Door to Door) 12:30 CE Documentary-"Under The Antarctic Ice" (RR) 2:00 CE Documentary-"Under The Antarctic Ice" (RR) 3:00 CE Documentary-"Under The Antarctic Ice" (RR) 3:00 LL Hydration (Door to Door)	18 Movies All Day W/Popcorn & Soda (Sign Up With Debbie) 10:15 LL Hydration (Door to Door) 12:30 LL Comfort Cart (Door to Door) 3:00 LL Hydration (Door to Door) 5:00 LL Saturday Movie (Residents Choice)
19 HAPPY SUNDAY Happy Birthday Jose R. 10:15 LL Hydration (Door to Door) 11:00 SS Church Services W/Scott (Door to Door 101-128) 12:30 AE One on One Activity 1:30 SS Church Service W/Scott (Door to Door 201-212) 3:00 LL Hydration (Door to Door) 4:00 SS Church Service W/Scott (Door to Door 213-232)	20 9:45 PE Hallway Fitness (Sit & Get Fit) 10:15 LL Hydration (Door to Door) 12:30 CE Virtual Tour- "Natural History Museum" (RR) 1:00 AE One on One Activities 1:30 CE Virtual Tour "Natural History Museum" (RR) 2:30 CE Virtual Tour "Natural History Museum" (RR) 3:00 LL Hydration (Door to Door)	21 All Day Videos (Sign up at Desk) 9:45 PE Hallway Fitness (Sit & Get Fit) 10:15 LL Hydration (Door to Door) 12:30 LL Hallway Bingo (Apt. 101-128) 2:00 LL Hallway Bingo (Apt. 201-212) 3:00 LL Hydration (Door to Door) 3:30 LL Hallway Bingo (Apt. 213-232)	22 Happy Birthday Jeff P. Mismatched Clothes Day HAVE SOME FUN!!! 9:45 PE Hallway Fitness (Sit & Get Fit) 10:15 LL Hydration (Door to Door) 12:30 AE One on One Activities 2:30 LL Hallway Happy Hour 3:00 LL Dollar Store (Door to Door) 3:00 LL Hydration (Door to Door)	23 Pen Pal & Video Chats (All Day) 9:45 PE Hallway Fitness (Sit & Get Fit) 10:15 LL Hydration (Door to Door) 12:30 LL Hallway Bingo (Apt. 101-128) 2:00 LL Hallway Bingo (Apt. 201-212) 3:00 LL Hydration (Door to Door) 3:30 LL Hallway Bingo (Apt. 213-232)	24 Happy Birthday Eli B. 9:45 PE Hallway Fitness (Sit & Get Fit) 10:15 LL Hydration (Door to Door) 12:30 CE Documentary-"Lost World of Pompeii" (RR) 2:00 CE Documentary-"Lost World of Pompeii" (RR) 3:00 CE Documentary-"Lost World of Pompeii" (RR) 3:00 LL Hydration (Door to Door)	25 Movies All Day W/Popcorn & Soda (Sign Up With Debbie) 10:15 LL Hydration (Door to Door) 12:30 LL Comfort Cart (Door to Door) 3:00 LL Hydration (Door to Door) 5:00 LL Saturday Movie (Residents Choice)
26 HAPPY SUNDAY 10:15 LL Hydration (Door to Door) 11:00 SS Church Services W/Scott (Door to Door 101-128) 12:30 AE One on One Activity 1:30 SS Church Service W/Scott (Door to Door 201-212) 3:00 LL Hydration (Door to Door) 4:00 SS Church Service W/Scott (Door to Door 213-232)	27 9:45 PE Hallway Fitness (Sit & Get Fit) 10:15 LL Hydration (Door to Door) 12:30 CE Virtual Tour- Turkey "Tour Through Kas" (RR) 1:00 AE One on One Activities 1:30 CE Virtual Tour-Turkey "Tour Through Kas" (RR) 2:30 CE Virtual Tour-Turkey "Tour Through Kas" (RR) 3:00 LL Hydration (Door to Door)	28 All Day Videos (Sign up at Desk) 9:45 PE Hallway Fitness (Sit & Get Fit) 10:15 LL Hydration (Door to Door) 12:30 LL Hallway Bingo (Apt. 101-128) 2:00 LL Hallway Bingo (Apt. 201-212) 3:00 LL Hydration (Door to Door) 3:30 LL Hallway Bingo (Apt. 213-232)	29 Roll up your pants and wear your FUNKY SOCK! 9:45 PE Hallway Fitness (Sit & Get Fit) 10:15 LL Hydration (Door to Door) 12:30 AE One on One Activities 2:30 LL Hallway Happy Hour 3:00 LL Dollar Store (Door to Door) 3:00 LL Hydration (Door to Door)	30 Pen Pal & Video Chats (All Day) 9:45 PE Hallway Fitness (Sit & Get Fit) 10:15 LL Hydration (Door to Door) 12:30 LL Dollar Store (Room to Room) 12:30 LL Hallway Bingo (Apt. 101-128) 2:00 LL Hallway Bingo (Apt. 201-212) 3:00 LL Hydration (Door to Door) 3:30 LL Hallway Bingo (Apt. 213-232)		