

## 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.

### September Birthdays

William E	Sept. 4
Paul H	Sept. 4
Elinor S	Sept. 5
Betsy E	Sept. 7
Peggy W	Sept. 13
Doreen C	Sept. 14
Barbara S	Sept. 14
James E	Sept. 16
Barbara Y	Sept. 16
Mary T	Sept. 23
Yvonne S	Sept. 26



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



September  
2020

Sage Desert

2365 West Orange Grove Road  
Tucson, AZ 85741

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.



### What's Happening at Sage Desert


Farmers Market  
Weekly Happy Hour  
Travels with Armando to Cuba,  
Brazil and Mexico  
Engage you Brain Games  
Labor Day BBQ Lunch  
Bingo, Trivia, Scrabble  
Name that Tune  
Bean Bag Baseball  
Movies everyday  
Mystery Rides  
Arts and Crafts  
Daily Fitness Programs

There's always something to keep you busy.



September 2020  
Assisted Living Lifestyle & Leisure



Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
<div><div></div></div>		<div><div>AE</div>Artistic Expression</div> <div><div>CE</div>Continuing Education</div> <div><div>LL</div>Lifestyle &amp; Leisure</div> <div><div>PE</div>Physical Engagement</div> <div><div>SS</div>Spiritual Support</div>											