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



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



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.



Sage Desert

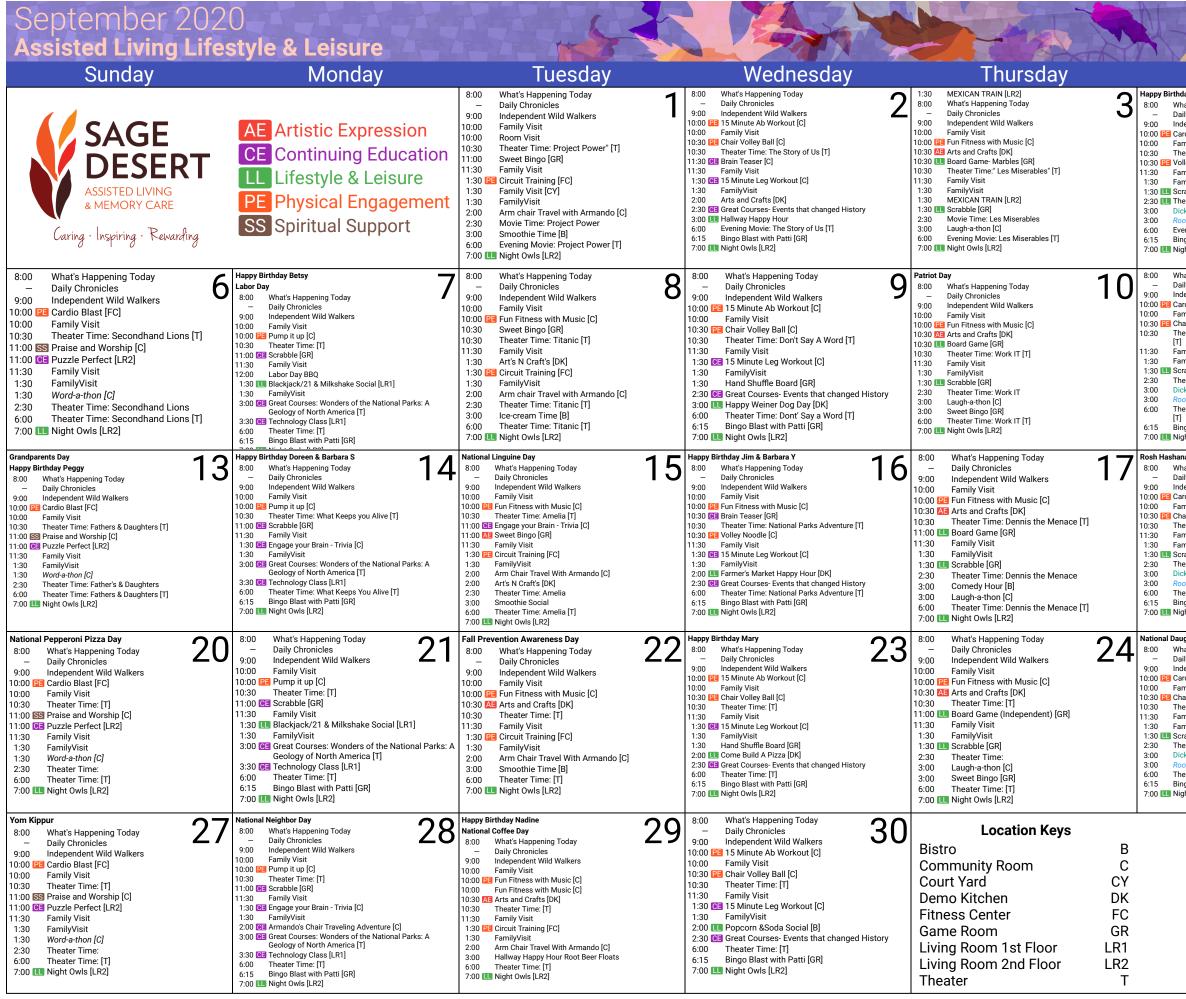
Caring · Inspiring · Rewarding

2365 West Orange Grove Road Tucson, AZ 85741



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



with QUYETY.		
Friday	Saturday	
Aday Paul & William that's Happening Today aily Chronicles dependent Wild Walkers ardio Blast [FC] amily Visit heater Time: John Wayne, Shadow of the Eagle [T] olley Noodle [C] amily Visit amilyVisit crabble [GR] heater Time: Shadow of the Eagle [T] ick's Short Story Mystery's [LR2] poor Visit [B] vening Movie: John Wayne, Shadow of the Eagles [T] ingo Blast with Patti [GR]	Happy Birthday Elinor NATIONAL CHEESE DAY 8:00 What's Happening Today - Daily Chronicles 9:00 Independent Wild Walkers 10:00 15 Minute Ab Work out [C] 10:00 Family Visit 10:30 Theater Time: Creed [T] 10:30 Volley Noodle [C] 11:30 Family Visit 11:30 E MEXICAN TRAIN [C] 1:30 Family Visit 1:30 Sweet Bingo [GR] 2:30 Afternoon Movie: Creed [T] 2:30 Afternoon Movie: Creed [T] 2:30 E Engage your Brain - Crossword Puzzle [GR]	
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