

Hi Everyone!

I am just checking in on you to see how you all are doing?

I am sure you can't wait for the Community Center to re-open – I CAN'T EITHER!

I miss you all ☺

I have compiled as many e-mails as I could find from the Seniors that I know the most and see the most often, which is all of you. If you don't want e-mails from me, let me know and I will remove you from the group.

Besides checking in on all of you and seeing how you are doing through all of this I wanted to try to make it easier for you and give you some ideas on how to keep busy during this difficult time:

First of all try listening to music - it distracts your brain away from what's going on in your head. (thoughts about the virus)

Read something fun other than articles about the virus. Call a family member or friend. Time to get organized – clean out that junk drawer! Spring clean something. Send a letter or card the old fashioned way. Start a gratitude journal. I know a lot of you have crafts to work on, you can always YouTube how to craft/knit/sew/crochet or start a new craft you'd like to learn something new. Maybe take up Spanish – learn a word a day. Try to get fresh air at least once a day, even if it is just in your backyard, your porch, your balcony, any small space you have.

Exercise ideas: AARP fitness videos, Go4Life videos (these look easy & fun), on YouTube search Senior-focused exercise videos. I love to dance so I google Body Groove workouts (these workouts are SO EASY and FUN) , Zumba workouts (I really like Refit Christian Zumba), and if I can't walk outside I like Leslie Sansone Walking videos – check her out – you can do 1 mile walks with her from the comfort of your living room. ALL FREE!

I have been keeping busy during my off hours, walking (indoors & out), reading, playing cards, doing a jigsaw puzzle, doing my Shaw's monopoly tickets (it's very time consuming!) and yesterday I went in the backyard and made a snowman!

Cooking and baking are good things to do as well. I love 3 ingredient dinners! This week I made sloppy joes!

Here is the recipe: 1 lb. ground Hamburg (we have a freezer full of venison so I used that) but you could use turkey if you wanted to, 1/8 cup mustard, 1/2 cup ketchup and 1/8 cup brown sugar. That's it!

Brown the meat, drain, add the 3 ingredients, mix/stir together, let simmer 5 minutes. Serve on buns along with a side – I had sweet potato fries for a side.

I did add garlic and onion powder to the meat when it was cooking and you could add green pepper if you had any!

Simple, quick, easy!

TRIVIA:

The bottle top of a Royal Crown has holes in it. For what was it used?

JOKE:

Two elderly ladies had been friends for many decades. Over the years they had shared all kinds of activities and adventures. Lately, their activities had been limited to meeting a few times a week to play cards.

One day they were playing cards when one looked at the other and said, “Now don’t get mad at me.....I know we’ve been friends for a long? time.....but I just can’t think of your name. I’ve thought and thought, but I can’t remember it. Please tell me what your name is.”

Her friend glared at her. For at least three minutes she just stared and glared at her. Finally, she said, “How soon do you need to know ?

THOUGHT: Age doesn’t make you forgetful. Having way too many stupid things to remember makes you forgetful!

A SMILE IS THE FIRST STEP TO PEACE!

I know this is a long e-mail but I really hope you get some useful ideas and a smile or laugh out of it. My hope is for us to stay connected through this.

If you need anything or just need to talk or want to send me an e-mail or snail mail just because please do!

I am here for you. I will try to find new ideas each week and send an e-mail.

If you have any trip ideas you want to forward me you can do that to. I am looking for ideas for the new Senior drop-in center as well. If you have any ideas for that you can e-mail me.

Please do not hesitate to reach out. My hope is that we are all going to stay healthy, happy & safe throughout this difficult time. Just know you are all in my thoughts. Happy Hump Day!

Your friendly Senior Coordinator, Karla