

Hi Everyone,

Please remember to please only hit Reply Sender or Reply to me ALONE or send me a NEW e-mail to just me if you are responding to this e-mail. Thank you so much!

I hope you all had a good week. **Great news! The brochure goes on-line today!** Here is the link to the brochure

[https://www.southportland.org/files/2815/8575/5789/SPPRW\\_2020\\_Summer\\_Program.pdf](https://www.southportland.org/files/2815/8575/5789/SPPRW_2020_Summer_Program.pdf) Here is a link to the Senior Summer Calendar

Calendars- [https://www.southportland.org/files/2415/8575/8051/SENIOR\\_SUMMER\\_ACTIVITIES\\_CALENDAR\\_2020.pdf](https://www.southportland.org/files/2415/8575/8051/SENIOR_SUMMER_ACTIVITIES_CALENDAR_2020.pdf)

You will have something to read today! I have also attached the Senior Checklist for your viewing pleasure! Please keep in mind that all trips and activities are based on the end of the pandemic and when we open back up. Also, keep in mind that venues may cancel or re-schedule events depending on their needs.

I apologize for this e-mail being so long, but there are so many good ideas I wanted to share them all with you! You can just skim over and then really look at the ones you are really interested in. I have attached 3 very good articles on a few topics that I think will help us all through this. Thank you to **Ellen Z.** for sending them to me to share with you. Please read them if you get a chance.

**Louise** had a great idea of all of us making a gratitude quilt for groups or individuals that you personally and are truly grateful for at this time. I have been thinking how we could do this while living in this virtual world. If you all wanted to you could send me a square, maybe the size of a quilt square or smaller via snail mail or you could just e-mail what you want to say and I could make one big one on the computer and then when I am done share it with you and on the SP FB page? Please **e-mail directly** your thoughts on how we could do this? I think it is very important right now to all of us and I would love to do it share it with everyone once completed.

**Here are some ideas to keep you busy this week:**

- Do your **Census!** I have gotten 3 reminders in the mail, so I finally did mine!
- **Origami:** A simple piece of paper is all you need for this fun free activity that stimulates brain function and helps practice your hand-eye coordination. Try it out here: <https://www.youtube.com/watch?v=FpzyDgZO4o>
- Color, do a word search, crossword puzzle, Sudoku puzzle, anything to keep your mind active/busy.
- I couldn't resist telling you to have an indoor picnic in your living room as you all I know I LOVE picnics!
- Make a new bucket list.
- Watch the birds if you can, they are fascinating.
- Research your Ancestry and do a family tree. Free trial at Ancestry.com
- Make a time capsule.
- Make a family cookbook, compile all your favorite recipes in one place, a binder or recipe file. Make digital or printed copies for your children & grandchildren. Your favorite dishes will make them smile and they also make great gifts.
- Go through photos, look at photo albums, old yearbooks. Make a scrapbook.
- Cut out those coupons you have stacked in a pile.

## Technology Ideas

- If you can't get outdoors search **Google Earth** and click on **National Parks Tours** and take a virtual tour of the parks – they are BEAUTIFUL!
- If you love theater search **Google Arts & Culture** lots to see here
- The National Theater will make available live productions to stream for free ! For those of us who love theater....

<https://www.playbill.com/article/selection-of-national-theatre-live-productions-will-be-available-to-stream-for-free>

- From PBS:

<https://www.pbs.org/wnet/gperf/blog/streaming-now-from-broadway-to-now-hear-this/>

- From Maine State Music Theater:

<https://www.youtube.com/user/ntdiscovertheatre/videos>

- From the Globe Theater:

<https://globeplayer.tv/>

- Go to [www.explore.org](http://www.explore.org) it has livestream camera, short films, music all from around the world and Zen dens that you can watch that are very calming (I checked these out yesterday – the Panda one and the Zen ones are amazing). No sign-up needed, no login, no e-mail needed!
- If you are watching movies – **watch comedies** (we need comedy in our lives today).
- **Go on a News Diet:** Watch in a.m. for update and again In the evening – 30 minutes to 1 hour of this news a day is enough!

## Joke:

- Wife says to husband: There is something wrong with the tractor, it has water in the carburetor
- Husband says to wife: That's ridiculous.
- Wife to husband: I'm telling you it has water in the carburetor.
- Husband to wife: You don't even know where the carburetor is! Where's the tractor?
- Wife: IN THE POOL! 😊

**Recipe: Energy Bites** (this is what I made this week and I know when I brought them on the bus you all loved them)

- **Ingredients:**

- 1 cup old fashioned oats
- ½ cup creamy peanut butter
- ½ cup ground flaxseed
- ½ cup semi-sweet chocolate chips
- 1/3 cup honey
- 1 tsp. vanilla

- (you could also add 2/3 cup toasted coconut or 1 tbsp. chia seeds – optional)

- **Directions:** Put ingredients **separated** in a bowl, then combine mixture, once mixture is combined pop the bowl in the fridge for an hour covered, take out of fridge after hour, let cool slightly, shape into balls. Store in airtight container and keep refrigerated for up to 1 week. So good! This should make 20-25 balls but you can make the balls bigger or smaller if you want.

### **Homemade ideas to save you money:**

**Judy** sent me some home-made things for you try. I made some laundry soap this weekend and we love it!

#### **Homemade Liquid Laundry Detergent:**

- 3 tablespoons Borax
- 3 tablespoons Washing Soda (not baking soda – washing soda is found in the laundry aisle)
- 2 tablespoons Dawn dish detergent (any dish detergent will work just fine)
- Water to fill a gallon jug

Helpful hint: When making this, I put the first 3 ingredients in a mug, add boiling water, stir to ensure the powders dissolve. Add that to your gallon jug and then fill with water. Use ½ cup per load of laundry. Easy-peasy. Enjoy !

#### **Homemade Brownie mix:**

Never buy boxed brownie mix again ! This mix costs approximately 30 cents to make.

Mix dry ingredients together and store in a Ziploc bag

½ cup Sugar

½ cup Flour

1/3 cup Cocoa

¼ tsp Salt

¼ tsp Baking Powder

When ready to make - add to dry mix:

2 Eggs

½ Cup Vegetable Oil

1 tsp Vanilla

Optional: ½ cup walnuts or mini chocolate chips

Grease 8x8 pan. Bake at 350 degrees for 20-25 minutes

**Exercise & Laughter: You have try this!** If you had signed up for Laughter Yoga on Tuesday it was obviously canceled due to the virus, so now you can try it at home!

Here are 3 links to **Laughter Yoga** I think you will enjoy. You need to think out of the box! Enjoy! It will make you feel good to laugh 😊

Basic Steps of Laughter Yoga with Robert Rivest: <https://youtu.be/GzJX3QhRjs4>

The Ho Ho Song with Robert Rivest: <https://youtu.be/x4KyTb8-N6A>

And one more: <https://youtu.be/lauX4dWaJ2Q>

I tried them all out. It was fun! A LOT out of the box for me even but I did laugh 😊

**Trivia:** What was the name of Caroline Kennedy's pet pony?

**Quote:** Worry is like a rocking chair; it gives you something to do but never gets you anywhere..Erma Bombeck

Thank you to Judy, Nancy K., Ellen, Louise & Rita for contributing to this and sending me ideas.

Ginny & her granddaughter are looking for ways to help, they are willing to cook and deliver if anyone is interested.

On another note: If you play Bingo or know Pauline Duguay she has had a stroke, she was in the hospital for 3 days and is now in New England Re-hab. She would LOVE to get a card from you. The address is Pauline Duguay, in c/o New England Rehabilitation Hospital, 335 Brighton Ave., Portland, ME 04102.

I will check in again next week, stay healthy and positive, Your friendly Senior Coordinator, Karla  
**I hope you enjoyed the e-mail and laugh some today** – we all need this right now.

Karla Doyon  
Recreation Coordinator, Senior Programs  
South Portland Parks, Recreation & Waterfront  
21 Nelson Road  
South Portland, Maine 04106  
[kdoyon@southportland.org](mailto:kdoyon@southportland.org)  
207-767-7650 ext. 7514

