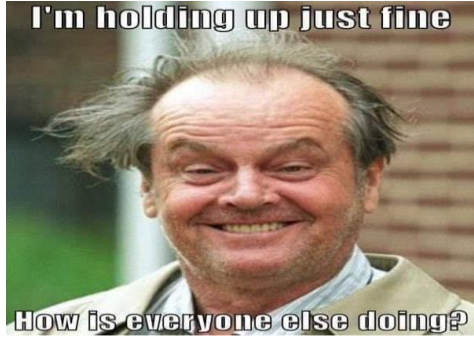


Hi everyone,

Please remember to hit reply to me only, reply sender or type me a separate e-mail. Please do not give out other people's e-mails without their permission. We need to respect each other's privacy. Thank you!



Thanks Marilyn for this!

I am just checking in again to see how you are all doing.

I know I am going a little stir crazy but at least the weather has cooperated so I can get outside every evening and go for a walk. I have done many crossword puzzles this week and my husband and I have started to watch Skinwalker Ranch on the History Channel. I also read Julia's Chocolates if you are in need of a good book I recommend it. Thank you Maureen for loaning it to me.

This week I recommend you take care of yourself and relax. Pamper yourself, what better time to do it while you have all this free time on your hands.

Pamper your feet:

Recipes for foot soaks:

Use one of these:

1-cup honey, 1/2 cup Epsom salt or 2 cups of brewed coffee. Add only 1 to a gallon of water. You could also add drops of essential oils. Add rocks or smooth stones to the bottom of your basin to rub your feet over while soaking. Enjoy!

Another easy foot soak 1-cup Listerine or any no name brand, 1-cup white vinegar (you can use apple cider vinegar if you wanted to) and 2 cups warm water. Soak feet 20-30 minutes. Using a scrubber will remove dead skin easier.

Make your own hand sanitizer:

¾-cup isopropyl or rubbing alcohol (99 percent), ¼-cup aloe Vero gel, 10 drops of essential oil or lemon juice. Pour all ingredients into a bowl, ideally one with a spout like a measuring glass. Mix w/ a spoon and then beat with a wire whisk to turn into a gel. Pour into a bottle and label it.

RECIPE:

Chicken Thighs with the best sauce ever (according to my husband). I have no idea why this is his favorite but it is and it is easy for me too make which works out great!

5 chicken thighs bone-in, skin-on
1 tablespoon Rice Vinegar
½ cup Dijon Mustard (I use whatever I have)
¼ cup Maple Syrup
Salt & Pepper

Heat oven to 425. The recipe says 450 but I would never turn my oven that high!
Wash thighs, put in pan (I use a glass one). Sprinkle thighs with salt & pepper. Mix ingredients then brush over thighs with pastry brush. Flip and brush the bottom side too, and then flip back over.
Cook for 40 minutes (depending on oven maybe a few minutes more or less, if you turn up to 450)

Things to do this week:

- Wash your brushes/combs/make-up brushes
- Clean your jewelry
- Paint, draw or write a poem
- Make a list of things that make you happy or things you can do to distract yourself if fear, anxiety, or sadness starts to creep in.
- Try finger knitting, learn how here: <https://www.wikihow.com/Finger-Knit>
- Download calm.com or headspace.com for some guided meditation – we could all use this time wisely and meditate a few minutes a day while we actually have the time.

Things to watch:**Let's turn off the bad news and watch Good News:**

- Tanks Good News – See Matthew McConaughey call Bingo and more good news here!
<https://tanksgoodnews.com/>
- Some Good News with John Krasinski on YouTube (This is my favorite – this is Episode 2 but you should watch Episode 1 as well. Make sure you watch until the end of this one...
<https://adage.com/article/media/episode-2-john-krasinskis-some-good-news-ridiculously-wonderful/2248386>
- Good News Network <https://www.goodnewsnetwork.org/> I am not a big fan of this site. I like the first two better.

Watch Documentaries here:

- PBS SOCAL 179 History Documentaries you can watch right now (no membership required):
<https://www.pbsocal.org/uncategorized/179-history-documentaries-you-can-watch-right-now-no-membership-required/>

Tours:

- Take a tour of Buckingham Palace:
Buckingham Palace Tour: <https://www.royal.uk/virtual-tours-buckingham-palace>

Music:

- Listen to some classical music here:
<https://www.bso.org/Medias?/bso@homeweek2>

Check, these out if you are interested in sea life or some animal webcams:

- Georgia Aquarium (lots of webcams)
<https://www.georgiaaquarium.org/webcam/ocean-voyager/?keyword=georgia%20aquarium&gclid=EAlalQobChMIxvGzkazb6AIVh7zACh3bsgk5EAA YASABEglAOPD BwE>
- Google the Gumbo Limbo Nature Center (I have been here to see the turtles) No webcams but very interesting.
- Clearwater Marine Aquarium (Meet the animals that were in Dolphin Tale and Dolphin Tale 2) Webcams and stories here: <https://www.seewinter.com/>
- **TwinDesigns Gift Shop-Diane the Turtle – Bristol, New Hampshire**
Owned and operated by twin brothers Brad & Jim Tonner, located in Bristol near beautiful Newfound Lake. The shop features the brothers' original artwork and children's books and a wide range of gifts and souvenirs made in NH. It is the home of World Famous Diane the Turtle, who has been in the Tonner Family since **1968!** Meet Diane at <http://www.dianetheturtle.com> Diane the turtle turned 51 in December! You can also follow her on Facebook at Diane the Turtle!

If you are interested in the stars:

- Stellarium.org
Stellarium is a software project that allows people to **use** their home computer as a virtual planetarium. It calculates the positions of the Sun and Moon, planets and stars, and draws how the sky would look to an observer depending on their location and the time.
- <https://www.google.com/sky>

Laughter Yoga:

- If you enjoyed the Laughter Yoga, I sent in a previous e-mail and you have Facebook you can watch Chris Chapman for a live 30 minute Laughter Yoga session on Wednesdays at 3:00p.m. You can find it on the Maine Laughter Yoga page on Facebook.

Crafts:

- **Take the HGTV Quiz here to find out what craft is right for you!**
<https://www.hgtv.com/design/make-and-celebrate/handmade/quiz-what-type-of-artist-are-you>
- **Potato Stamps (this looks like fun) you could decorate plain paper for wrapping gifts or make cards.** <https://www.thesprucecrafts.com/how-to-make-stamp-from-potato-2905343>

Tips:

- Carry Q-Q-tips with you to use to type in your pin numbers.
- Save the plastic bags, you are getting now at the grocery store and use to cover your hand when you get gas.

Joke:

- Arthur is 75 years old and played golf every day since his retirement 15 years ago. One day he arrived home looking downcast and says, "That's it, and I'm giving up golf. My eyesight has become so bad that once I hit the ball I can't see where it goes". His wife sympathizes with him and makes him a cup of tea. As they sit down she says, "Why don't you take my brother with you and give it one more try". Arthur says, "That's no good your brother is 85 he can't help". The wife says, "He may be 85 but his eyesight is perfect!" The next day Arthur heads off to the golf course with his brother-in-law. He tees up, takes a mighty swing and squints down the fairway. He looks at his brother-in-law and says, "Did you see the ball?" "Of course I did!" answers the brother-in-law "I have perfect eyesight!" "Where did it go?" Arthurs asks. "I don't remember."

Trivia: Rita and Marilyn were the only two that knew the answers last time! Congrats!

- The coasters recorded a song in 1959 with the line "You're gonna need an ocean of Calamine lotion". What is the name of that song?

Quote:

- The best way out is always through...Robert Frost

In case you hadn't heard:

- **We WILL be accepting registrations over the phone during the time we remain closed. A staff member will be available by phone between the hours of 7:00 am-7:00 pm Monday - Friday - 767-7650. Per usual, you may also register online at www.soparksrec.com.**

I hope you are all doing well and can find a few things in this e-mail to enjoy. Remember to take care of yourself and pamper yourself a little this week or better yet every day. Have a great weekend and Happy Easter or whatever it is you are celebrating, if anything. Stay healthy, safe & positive. Your friendly Senior Coordinator, Karla