

Hi Everyone!

What day is it? I truly do not even know what day it is anymore or what time it is for that matter.

Hope you are all continuing to stay safe and healthy. I also hope that this virus is going to go away soon so we can be together again before we know it!

I want to thank you all for your kind words this past week, I am truly grateful. I am feeling much better and my father-in-law got a stent in his heart yesterday and is doing well. However, somehow my husband got into some poison ivy and is covered from head to toe! We are going to need a vacation from this staycation quarantine! What can you do but laugh? It is just one more thing to deal with.

I have been keeping busy working, I am reading the book *Wicked* this week, finished another puzzle and my husband and I play a lot of rummy. He usually wins but last night I finally won and I beat him by 100!

Tom turkey is still hanging around our yard, he visits a few times a day now, I think he thinks this is his new home, and along with the cardinals, other birds and squirrels, we now have two ducks as well. Believe me I don't live in the boonies, I live pretty close to town, but we do have woods outback and the wildlife don't seem to be afraid any longer to come out. The duck came almost up to our back door yesterday. The turkey is huge and he is all alone. I tried to find the episode of my family during turkey season on *North Woods Law* to share with you but I could not find it free and I was not paying \$1.99 to see it again! Trust me, my husband, and son did NOTHING wrong. If you can find it was on *Maine North Woods Law* and it was called *Turkey something*. Someone called in that they had shot a female, which they did not of course. My husband was so mad, while the game wardens were at my house he ate cereal in front of them (which everyone saw and thought was so funny). Anyhow, long story but enjoy if you can find it. The game wardens made such a big deal out of it, but both my husband and son were innocent so they left after going in our basement and checking the turkey from the day before as well.

Hope you get a good laugh out of that anyway! I cannot remember the year but between 2010-2013.

I have attached two documents to this e-mail for you. One is an isolation well-being checklist and the other is from Biddeford City Theater with an updated list of livestream theater events. The daily checklist is a good reminder of things we can do each day and if you are looking for Livestream Theater you can click on the links in the attachment.

Let's start with tips this week:

TIPS:

I want to make sure you all know that you need to go out and start your cars at least once a week. I have heard from four of you that you have had to call AAA or someone to come out and help because your cars would not start. Unfortunately, they have had to spend money on new batteries. Every 3rd day is highly recommended that you use your car for 20 minutes at least. So drive by the ocean, take a ride, save yourself some money! If you cannot go or do not want to go for a ride at least start your car twice a week. The news said this morning you really need to take it out for a drive, just starting it will not help the battery. In addition, you may get mice or other rodents and low tires from it just sitting there.

CDC guidelines for grocery shoppers- (I know you all know this already, but I have been wiping down my groceries and they are saying NOT to)

- Only shop in person when you absolutely need to.
- Avoid shopping if you are sick.
- Stay at least 6 feet away from others.
- Cover your mouth and nose with a cloth face covering.
- Shop during off-peak hours or [during special hours](#) for high-risk people (65 or older, and those with serious underlying medical conditions).
- Disinfect shopping cart with wipes if available.
- Don't touch your eyes, nose or mouth.
- Use touchless payment if available.
- Use hand sanitizer right after paying with cash or touching a keypad.
- Use hand sanitizer after leaving store, then wash hands with soap and water for at least 20 seconds at home.
- Given that contact with food and food packaging isn't thought to be a main way the virus spreads, **Chapman says there's no need to carry out any special disinfecting procedures on food packages or produce once you return home (and using products like soap or other disinfectants on food can pose separate health risks).**
- Instead, rinse fresh produce like you normally would — with clear water, and wash your hands before preparing food or eating meals.

Source: [Centers for Disease Control and Prevention](#)

BOOKS/READING:

The South Portland Public Library has a new online book group with a format designed for the times. Please join us on Thursdays at 2:30 online!

During this pandemic, everybody is apart but, you know what? They're still reading and they want to talk about books! With our buildings closed, it can be challenging to get book groups on the same page of the same book.

In the Patron Picks Parlor, it doesn't matter what book you are reading! Readers of all genres are invited to join in and share their current read in this virtual book group.

Click here to join at the meeting time: <https://meet.jit.si/SoPoPatronPicksParlor>

or, join by phone, by calling: 1-512-402-2718 PIN: 3113297180#

Learn some MAGIC while you are at home. Mat Franco winner of AGT Is doing his magic live on Facebook Live, Wednesdays at 5pm. I voted for him the year he won! He is so kind, check out his past six episodes and tune in Wed. for Episode 7. He is even teaching you how to do some of the tricks he does!

<https://www.facebook.com/matfrancomagic/>

ANIMALS:

This is the cutest thing ever if you love animals. Watch the cutest Sea Otter pup, then just keep watching there are four otter stories, a sloth and baby goats that go visit other animals. SO CUTE!

<https://www.youtube.com/watch?v=N-UZc3Ur6k0>

Funny Red Panda videos here: <https://www.youtube.com/watch?v=0M54nXTkhM8>

BEES:

<https://www.mentalfloss.com/article/53691/13-fascinating-facts-about-bees>

ALASKA Webcams, see walruses, bears and more, beautiful!

<http://www.adfg.alaska.gov/index.cfm?adfg=viewing.webcams>

PLACES TO VISIT – (virtually):

Maine by Drone – some of the most beautiful scenery in Maine

<https://www.google.com/search?client=firefox-b-1-d&q=onlyinyourstate+maine+by+drone>

A Drone over **Las Vegas**, if you press on the right arrow during the first video of the Las Vegas strip, the next one is the Bellagio Fountains which are really nice to watch, keep going there's something for everyone in Vegas!

<https://www.youvisit.com/tour/videos/spartanllamas/115201?id=860172>

This one has a virtual visit to the **Mob Museum** (this was interesting) in **Vegas** and the **Neon Museum**, two places I wanted to visit when we were there but ran out of time. This also has the **Mirages Volcano** show and the **Bellagio fountains**.

<https://www.reviewjournal.com/entertainment/you-can-visit-las-vegas-virtually-during-your-coronavirus-quarantine-2000711/>

New Hampshire How I Live Free Videos

<https://www.visitnh.gov/trip-ideas/discover/how-i-live-free-video-series>

Webcamtaxi is a platform for live streaming HD webcams from around the globe that will give you the opportunity to travel live online and discover new and distant places. If you are passionate about travelling, we are the right choice for you.

<https://www.webcamtaxi.com/en/>

A Virtual tour of Presque Isle Maine by the Presque Isle Historical Society!

<https://www.pihistory.org/virtual-tours-of-historic-downtown.html>

Check out these virtual tours of **New Hampshire**, lupines, waterfalls, MME Sherri Forest and more!

<https://www.visitnh.gov/trip-ideas/discover/live-free-with-kris-videos>

For **train lovers**, Union, NH **Heritage Park**

<https://www.youtube.com/watch?v=swoWHAZx7CU&feature=youtu.be>

MUSEUMS/MILL TOURS:

Tour the Belknap Mill, Laconia, NH

<https://www.youtube.com/watch?v=kmZPqQnDrqY&feature=youtu.be&app=desktop>

Manchester, NH Millyard Museum Tour

<https://millyard.oncell.com/en/index.html>

Billings Farm and Museum in Vermont. Click on the education tab and find all sorts of recipes, crafts and videos, they even have a fondue recipe; just skip over what doesn't interest you. There are some interesting things to see and do!

<https://billingsfarm.org/>

ENTERTAINMENT:

SOME GOOD NEWS EPISODE 5 (tears, much better than last week)

<https://www.youtube.com/watch?v=o1zIgTwENPg>

Article about **JOSE DUDDY** and you can hear his live performances

<https://issuu.com/maineseniormagazine/docs/msmfebruary2020>

<https://www.joseduddy.com/>

MEMORY LANE SONGS FROM THE 40'S – we have had Memory Lane shows come to the community center for a few shows and they have donated this one free for the pandemic

<https://vimeo.com/406905728>

22 MUSICALS IN 12 MINUTES (now this was entertaining!)

https://www.youtube.com/watch?v=a_TvKH-qEJk

GAMES: (most you can play alone)

Cribbage - <https://cardgames.io/cribbage/>

<http://cribbageclassic.com/>

<https://www.playok.com/en/cribbage/>

Mahjong - <https://games.aarp.org/category/mahjongg>

Bingo - <https://www.bingoblitz.com/>

Bridge - <https://games.aarp.org/games/bridge>

<http://will-bridge.us/>

<https://www.funbridge.com/>

CRAFTS:

Staw Weaving:

<https://onelittleproject.com/straw-weaving/>

Cardboard roll snake knitting

<https://www.repeatcrafterme.com/2015/11/cardboard-roll-snake-knitting.html>

Music:

Anni Clark – some of you met Anni at the community center when she has come to sing for us. I worked with her at school before she retired to do music full time. She is doing live shows on Songs for a Sunday at 5pm via facebook live.

<https://www.facebook.com/events/176220756777982>

Anni also wrote '*I'm With You, Greta*' in support of the Swedish teen who started an international school strike for climate change. It really is a great song and she filmed it all around beautiful Maine.

<https://www.youtube.com/watch?v=pATW1bYVp0I>

RECIPE:

2 Ingredient fudge – I made this last week and it was a hit, but it is really bad for you 😊
1 16 oz. jar of peanut butter and 1 16 oz. can of vanilla frosting (you could try other kinds of frosting I think). Mix both ingredients in microwave safe bowl, nuke for 1 minute, remove, stir and nuke for another minute, spread with rubber spatula in 8x8 pan, and harden in fridge. It did not last long in my household. I told you I really am a lazy cook 😊

TRIVIA:

Automobiles driving on the Pacific Coast Highway during WWII were not allowed to do what?

Quote

“... it is a serious thing / just to be alive / on this fresh morning / in this broken world.” —
Mary Oliver

Enjoy your week. Go out and enjoy the sunshine today, even it is just in your backyard, porch or on your patio. We all need it now more than ever. Stay safe and healthy 😊

P.S. - DQ is selling blizzards for .99 cents starting Friday😊

Your friendly Senior Coordinator, Karla