

Hi Everyone,

I apologize for this being late. I had the flu or food poisoning Tuesday night and Wednesday and I just could not get to this. I am finally able to hold down a few saltines, so hoping today goes better!

Hope you are all staying healthy and have had good weeks.

My week has been rough with my father-in-law being rushed to Maine Med twice for his heart, me getting sick and everyone around here pretty stressed out over it all.

I have managed to work on my puzzle here and there, colored the day it rained all day and Monday I actually drove by the community center to see it (the parking lot was so empty it made me sad). It felt good to drive my car; we had not been on the road in so long! I got to see two seniors, which made my day! I picked masks from one and saw one out mowing her lawn so stopped and socially distance talked with her! I also went to Hannaford (with my mask and gloves) which is maybe where I picked up this sickness. Who knows?

That is enough about me; here is what I found for you this week. I hope you enjoy and can find at least one thing to help you through.

FREE SEEDS (they said it helps them if you order some)

The Alt National Parks Service is offering free seed packs, your choice of Black-Eyed Susans or Butterfly Milkweed, to help restore bee and butterfly populations. I did it and my seeds are on the way!

Order your pack of free seeds, either Butterfly Milkweed or Black-Eyed Susans here:

<https://altnps.org/>

It's was Earth day yesterday, and if you are looking for some amazing nature scenes, this documentary series is full of them.

Go down under with David Attenborough's Great Barrier Reef: <https://bit.ly/3ebOzRe>

If you're social distancing right now, it can be lonely, stressful, and a little boring. We want to help! AMAZING!

We know that people often watch Aerial America to relax and unwind - so we've made every single episode of Aerial America free to stream so you have more calming content to watch during these stressful times: <http://bit.ly/2KD0mtL>

<https://www.facebook.com/SmithsonianChannel/posts/10158973733518357>

TWO BEAUTIFUL NATURE VIDEOS: - (Thanks Marilyn for sharing)

<https://www.youtube.com/watch?v=B8WHKRzkCOY> 2min. David Attenborough it is a wonderful world. This is breathtaking.

<https://www.youtube.com/watch?v=LwGvfdtI2c0> 6 min. Creation Calls by Brian Doeksen. If you think, the song is too much for you just hit the mute button and enjoy the video.

This place has been on my list of places to visit for years! Check out the Bridge of Flowers in Mass.:

<https://newengland.com/today/travel/massachusetts/berkshires/bridge-of-flowers-shelburne-ma/>

FREE EXERCISE:

This is from my colleague/friend Jason from the Maine Strong Balance Center; some of you have taken his classes at the community center.

“Virtual Balance Class”

It’s run on Facebook Live at 9:30 am on Monday mornings and is focused on improving balance in older adults. If participants can’t meet at that time they can watch the videos another time on our Facebook page under the “video” tab. We will continue the class into May now that the stay at home order has been extended.

Here’s a link to a class description on their webpage:

<https://www.mainstrongbalancecenter.com/classes>

Here’s a link to the event on Facebook:

<https://www.facebook.com/events/237298367406659/>

9 FREE TAI CHI VIDEOS TO IMPROVE IMMUNITY AND REDUCE STRESS:

<https://www.youtube.com/playlist?list=PLMybNPFKGgSxHqI65G6UrDI1blf493ih>

Free Online Exercise Classes. From boot camp to yoga, YMCA offers 60 free online classes for people stuck at home

<https://ymca360.org/>

FREE MUSIC: (this was awesome)

WHAT THE WORLD NEEDS KNOW VIRTUAL ORCHESTRA:

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

FREE online puzzles and games:

<https://www.arkadium.com/free-online-games/>

From Solitaire and Bridge to Mahjong and Daily Crossword Puzzles. Free!

I found these next two very interesting and am going to them both!

AMERICAN HEART ASSOCIATION 21 DAYS OF GRATITUDE CHALLENGE: Who wants to do it with me?

https://www.heart.org/-/media/healthy-living-files/infographics/21-days-of-gratitude_infographic.pdf?la=en&hash=FOED384FA398546A4B9E1C35F72E2F9EA057FFBC

ICELAND FOREST SERVICE RECOMMENDS YOU HUG A TREE! I will let you know how I feel after I try this!

<https://www.sunnyskyz.com/blog/3044/Can-t-Hug-People-Hug-A-Tree-Says-Iceland-Forest-Service>

Rockefeller Center’s Spring Sundays – Live every Sunday at 11:

<https://www.rockefellercenter.com/whats-happening/2020/3/29/spring-sunday/>

ANIMAL CAMS: Who doesn't want to see baby goats being born?

Sunflower Farm has a herd of incredibly adorable Nigerian Dwarf goats, many that are expecting babies in the next few weeks. Keep an eye on them via two [live goat cams](#) installed in the barn and pasture. You may even see the birth of a kid or two! The lovely folks at Sunflower are also helping calm frayed nerves by posting [Love Notes from the Goats](#) daily on YouTube, each one ending with a quiet closing section that's meant to be used for meditation.

http://www.sunflowerfarm.info/sunflowerfarmlivefeed?mc_cid=8777aaeb1d&mc_eid=ab42e66616

RECIPES:

This is my kid's favorite and everyone always asks me to bring it to whatever family function we are having. My son's boss even asks me to make it so my son can bring it to work for them to eat! I do not know why, it is super easy and there is not much to it, but it is easy for me so I will gladly make it whenever anyone asks!

1 pkg. sugar free vanilla pudding

1 small tub fat free cool-whip

1 16. Oz. Sara Lee pound cake (break into pieces, I usually use my hands and just crumble into random size pieces)

Blueberries, strawberries and raspberries (wash, drain, rinse, the only thing I do is hull and cut strawberries into small pieces)

Make the pudding according to package (just add 2 cups cold milk and whisk for 2 minutes)

ADD the cool-whip to the pudding mix before it sets (make sure you mix it thoroughly)

Put some of the pudding mix on the bottom of a trifle bowl, then break up pound cake and sprinkle over pudding in bowl, then add berries and repeat until all pudding mixture, bread and berries are gone! If I have any, leftover I like to put cool-whip on the top, berries, and sprinkle some bread pieces to make it look pretty. If you want to make a larger one just double the recipe! Easy and it is always a hit!

Alessa's Emergency Chocolate Cake in a Mug (Thanks Marian for this one)

¼ cup flour

2 Tablespoons unsweetened cocoa powder

¼ teaspoon baking powder

2 Tablespoon granulated sugar

1/8 teaspoon salt

5 Tablespoons milk

2 Tablespoons vegetable oil

1 teaspoon vanilla extract

In a medium bowl, whisk together all dry ingredients. Whisk in the milk, oil and vanilla until combined and batter is smooth. Pour batter in a 14 oz. mug. Place paper towel over mug and microwave on high for 60 to 70 seconds. (*Alessa suggests making packets of the dry ingredients and storing them for when you need an emergency chocolate fix.*)

JOKE:

So, this senior citizen was walking across a damp meadow when he heard a female voice say, "Sir, I would like to ask a great favor of you "He looked around and saw only a frog sitting on a grass pod. "I must be going nuts," he thought, "There's no one here."

The voice then said, "Please, sir. Please help me."

Again all he saw was the frog which was looking straight at him. "Who said that?" he asked rather loudly.

"I did, sir. I'm the frog. I was a beautiful 19-year-old princess but a witch put a spell on me. Please help me."

The old man picked up the frog and held it in his hand. "How can I help you?" he asked.

"The only thing that will break the spell is to have a man kiss me in the mouth. Please do it for me, and then I will again turn into a beautiful, sexy, princess and I will really make you feel young again. I will make great love to you."

The man closed his hand about the frog and stuffed it into his pocket. "At my age," he said, "I'd rather have a talking frog."

TRIVIA: (Congrats to Marilyn for last week to know the answer was DNA discovery!)

Which longest-running daytime drama moved from radio to television in 1952?

Random things you might enjoy:

View Disney Theme Parks with Panoramas on Google Street View:

<https://disneyparks.disney.go.com/blog/2018/03/disney-parks-launches-first-ever-360-degree-panoramas-on-google-street-view/>

Download Mobile Tour of Houston Space Center:

<https://spacecenter.org/app/>

Laura Dern and her daughter are starting a good deed movement:

<https://soaphub.com/entertainment/big-little-lies-laura-dern-gets-stars-to-make-good-deeds-contagious/>

Some Good News (didn't enjoy this one as much as the first three but still good)

<https://www.google.com/search?client=firefox-b-1-d&q=some+good+news+episode+4>

FREE MOVIES (Thank you Nancy K for this)

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

FRED SANFORD PRATICING SOCIAL DISTANCING (good for a laugh)

<https://www.youtube.com/watch?v=lx-6N9Vw7jI>

An article about EARTH DAY to celebrate Earth

<https://www.almanac.com/content/earth-day-date-activities-history>

Penguins taking a stroll through the quiet streets – SO CUTE:

<https://abcnews.go.com/US/video/penguins-stroll-quiet-streets-cape-town-70235402>

Lady Gaga performance of SMILE One World Together performance:

<https://variety.com/2020/music/news/lady-gaga-smile-together-at-home-1234584282/>

TIPS:

For those of who that like Wendy's, they are giving out free 4 piece chicken nuggets at every drive through this Friday, 4/24. No other purchase necessary and no strings attached!

Did you know that when cooking hard-boiled eggs you should save the water? Full of calcium and plants love it, especially violets!

Quote:

GRATITUDE is the quickest disruptor of a bad mood...Jennifer Adams

I have a lot more to share but figured I'd save some for next week! Please stay safe and healthy and I will check-in again next week.

Your friendly Senior Coordinator, Karla

Marian sent me the following video and I just cracked up – it's a woman hiding from her husband in the closet during the stay at home orders. Made my day 😊



Woman hiding in
closet from Husba