

Hi Everyone,

I cannot believe this is week eight! I hope you are all staying safe and healthy and that you are getting out a little now that you can and things are starting to re-open slowly. Unfortunately, the Community Center is not one of the things re-opening for programming and all June programs are canceled. You can read the press release on the City of South Portland's website for more information or e-mail me with questions.

I wanted to let you know that I am not going to be putting as many links as I have in the past in these e-mails for two reasons. First being that I spend hours putting this together doing research, finding things, watching videos, making sure things are appropriate, interesting, good and that they work and I am not sure that you need me to do that. Most of you are good at finding things to keep busy on your own and can search out what interests you on your own. Second my time is now limited so I will not have the time to put as much time into it as before. Thank you to those who have reached out and told me you enjoy the e-mails and ideas and my hope is that you still will. It will not take as long to read anyways!

This week I have been keeping busy working as usual, finished reading Wicked FINALLY (that was a hard one, but it got better as the book went along), walking and exercising (I think I went for a bike ride this week but I don't even know what day it is), and went on another sea glass hunt. Same old, same old. We did go down to OOB one night, everyone is really doing well at the social distancing, and most people were wearing masks. My granddaughter turned a week old yesterday! They are doing great! I have seen her twice, once through the car window and on Mother's Day, we got to see her through the screen door! Not the best but something and in another week, we can actually see her and hold her! I have that to look forward too! Oh yes and we took out corn hole and have started playing that again in the front yard. My husband is preparing the garden, so he is not in my hair so much, which works out well for both of us. Unfortunately, the ambulance came and retrieved my father-in-law again yesterday. Not sure, what is going on there but hope he will be home again soon.

I would like to ask if you could/would send me a photo or two of what you have been doing during this quarantine time. Just a pic of what you have been doing, a project you have worked on or completed photo of something you did. You do not have to be in it! I would like to put together a collage of all the different ways we have made it through this. Just attach your photo in an e-mail to me. Thank you!

This course starts TODAY, however, I could not get on my e-mail yesterday to send this out. Not sure if you could still get in, or if she will maybe offer it again or if there are others she offers for free. Please accept my apologies; I know some of you would want to take this! You can still try!

Laurie Santos "The Science of Well Being" – FREE Yale Happiness Course **STARTS TODAY:**

https://www.coursera.org/learn/the-science-of-well-being?utm_source=gg&utm_medium=sem&utm_content=01-BrandedSearch-US&campaignid=380484307&adgroupid=102187343498&device=c&keyword=&matchtype=b&network=g&devicemodel=&adpostion=&creativeid=433079694377&hide_mobile_promo&gclid=EAlaIQobChMI-MLm8Niu6QIViYvICH11HQBsEAAAYASAAEgKX2fD_BwE

FOR LAUGHS:

- An old man shuffled slowly into an ice cream parlor and pulled himself gently, painfully, up onto a stool... After catching his breath, he ordered a banana split. The waitress asked kindly, 'Crushed nuts?' 'No,' he replied, 'Arthritis.'
- A woman on the phone to her friend: "I feel like my body has gotten totally out of shape, so I got my doctor's permission to join a fitness club and start exercising.... I decided to take an aerobics class for seniors. I bent, twisted, gyrated, jumped up and down, and perspired for an hour. But, by the time I got my leotards on, the class was over."
- Did you hear about the young man who got really worried when his nose kept growing until it was 11 inches long? He thought it might turn into a foot!
- **BEE - SAFE!**
 - What type of BEE can't make up its mind? A maybe
 - What kind of flower sleeps during the day? A Day-zzz
 - What did the bee say to the flower? "Hello Honey"

MUSIC:

Archie Richards started playing the piano as a child, but did not find a good teacher until he was 32. In his career, he was a stockbroker and a weekly newspaper columnist on money matters. **He became a professional musician in 2008, when he was 72** and now plays concerts and singalongs in Massachusetts senior facilities. This one he is in a New Hampshire Senior facility. To hear his performance: <https://vimeo.com/403704644>

Relaxing Music for Quarantine:

<https://www.youtube.com/channel/UCwobzUc3z-0PrFpoRxNszXQ>

Use your keyboard to hear different sounds and make up your own tune! Fun! Cool!

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

GARDENS:

TULIPS: Roozengarde tours through the tulip gardens

<https://www.facebook.com/watch/roozengarde/>

Simple ideas you can do in the garden to help wildlife

<https://www.kentwildlifetrust.org.uk/actions>

Descanso Gardens Tours:

<https://www.descansogardens.org/programs-events/descansoathome/#tour>

MISC:

Dale Chihuly is an American **glass sculptor** and entrepreneur. His works are considered to possess outstanding artistic merit in the field of blown glass, "moving it into the realm of large-scale sculpture." See videos of his blown glass sculptures here:

<https://www.chihuly.com/videos>

CRAFTS:

Make Your Own T-Shirt Tote-Bag – No Sewing Required – Just a t-shirt & scissors!

https://www.youtube.com/watch?v=xxEino0a_zo&feature=youtu.be

Print your own FREE coloring book here:

<https://www.jenstark.com/news/8ztc9xp8pjp62b7wt38cb39d7aaz>

PUZZLES:

Try Doing a Virtual Jigsaw Puzzle – you can choose 24 pieces to 300!

<https://www.jigsawplanet.com/?rc=play&pid=2a9e00bf851b>

<https://www.jigsawplanet.com/?rc=play&pid=015398c2f829>

ANIMALS:

Click on the speaker in the photo of the bird to hear what they sound like, maybe you can identify the sound and which bird it is when you are out walking or in the backyard!

<https://www.audubon.org/bird-guide>

AGRICULTURE:

Immerse Yourself in Canadian Farm and Food Tours (click the one you want, there is info about that one, then there is a video to click on again on the right side)

https://www.farmfood360.ca/?utm_source=domain&utm_campaign=www.virtualfarmtours.ca&utm_medium=redirect

EXERCISE:

National Institute on Aging – Exercise articles and activities

<https://www.nia.nih.gov/health/exercise-physical-activity>

Daily Exercises:

<https://www.silversneakers.com/blog/fit-for-life-daily-workout-cardio/>

<https://www.silversneakers.com/blog/fit-for-life-daily-workout-chair/>

<https://www.silversneakers.com/blog/fit-for-life-daily-workout-flexibility/>

<https://www.silversneakers.com/blog/fyp-10-minute-cardio-follow-along-workout/>

<https://www.silversneakers.com/blog/fyp-10-minute-hips-core-follow-along-workout/>

20 minute FREE Planet Fitness workouts:

https://www.facebook.com/planetfitness/posts/10157386688639856?utm_source=FMCCORP&utm_medium=Email&utm_campaign=2020_02_06_pizza-members&utm_content=fb-live

If you do not want to watch videos to exercise you can try these exercises:

30 second sit stand – See how many times you can stand up from a chair and sit back down in 30 seconds with our arms folded across your chest. (If needed, use your arms to help keep you steady)

Arm Curls – See how many times you can curl a light weight (5 lbs. for women and 8 lbs for men) in 30 seconds. If you do not have weights, use soup cans.

Back Scratch – Reach you left arm over your left shoulder and the other behind your back. See how close you can bring your hands together. Repeat on the right side. You can improve your performance on the back scratch by holding a towel in 1 hand and pulling it with the other gently. This is a test of upper body flexibility, which you use for activities such as brushing your teeth or getting dressed.

8 Foot Get up and Go – Do this two times a week. Stand up from a chair and walk to object you have placed 8 feet away. Go around it, then go back and sit down. As you practice, try to do more quickly and CAREFULLY!

FOR THE MIND:

Free Online Mental Health First Aid Course from the Red Cross

<http://view.outreach.redcross.org/?qs=da1ac382659259e92f353fe543d1a45c3ea113a534582361c4b7afb1dedc1db2fe0331298afb112f19366871ce52f918d3cd7e44dac0082c5b789d5f25a6fdc01782b990e8f4228584142af3a6f5ef82>

RELAXATION:

Calm Together: The World Together for a Global Meditation on Sunday, May 21 at 10am PT

<https://blog.calm.com/take-a-deep-breath/#PsyberGuide>

Find Your Breath...Breathing made simple, and for any age. (I tried this – it does work and is easy!)

Cross your arms as if you are giving yourself hug. Close one hand as if you are holding a flower. Close the other hand/ fist and make a thumbs up like a candle. Then turn and smell the flower. Next, rotate your head to the other side and blow out the candle. Use your belly to breathe. Repeat. Your breath is always with you; do it often, do it every day.

SOME GOOD NEWS

<https://www.youtube.com/watch?v=NDjNX3nEfYo>

TIPS:

TICK Information – 'Tis the season!

<https://www.cdc.gov/ticks/index.html>

Safety Tips:

Are you cooking? Turn the stove off if you are leaving the kitchen, even if just for a few minutes.

Water: Turn water off in your tub or sink if you are stepping away, no matter for how long. You could flood the kitchen if you forget the water was running.

Dressing: Don't put on your pants while standing, because you will fall. Sit - put your legs into the pants, then stand and pull them up.

Balance: Don't be ashamed to use a cane if you need one. It really helps with balance.

Seatbelt: Whether you are a passenger or a driver in a car, use your seatbelt every time.

Stepladders: Stay off stepladders. They are tricky and dangerous.

RECIPE: CRACK POTATOES (way easier than twice baked potatoes)

2 16 oz. containers sour cream

2 cups shredded cheddar cheese

1 ½ cups cooked chopped bacon 16.5 oz. (I use 2 REAL bacon bits in a bag in the salad dressing aisle)

2 1 oz. packages Ranch dressing mix

1 32 oz. bag frozen shredded hash brown potatoes

Preheat oven to 400. Spray 9x13 in. pan. Combine sour cream, cheese, bacon and ranch mix. Stir in hash browns and mix well. Pour into prepared pan. Bake uncovered for 45-60 minutes.

TRIVIA:

Which actress, whose career spanned from the 30s to the 80s, has won the most Academy Awards?

JUST FOR FUN:

How Many Do You Remember? **I remember seven!**

Blackjack chewing gum

Wax Coke-shaped bottles with colored sugar water

Candy cigarettes

Soda pop machines that dispensed bottles

Coffee shops with tableside jukeboxes

Home milk delivery in glass bottles with cardboard stoppers

Party lines

Newsreels before the movie

Butch wax

Telephone numbers with a word prefix (Olive-6933)

Pea shooters

Howdy Doody

45 RPM records

S & H green stamps

Hi-fi's

Metal ice trays with lever

Mimeograph paper

Remember When?

War was a card game?

A foot of snow was a dream come true?

Decisions were made by going “eeny-meeny-miney-moe?”

Mistakes were corrected by simply exclaiming, “Do Over!”?

“Race issue” meant arguing about who ran the fastest?

Catching the fireflies could happily occupy an entire evening?

It wasn’t odd to have two or three “Best Friends”?

The worst thing you could catch from the opposite sex was “cooties”?

Having a weapon in school meant being caught with a slingshot?

Saturday morning cartoons weren’t 30 minute commercials for action figures:

“Oly-oly-oxen-free” made perfect sense?

Spinning around, getting dizzy, and falling down was cause for giggles?

The worst embarrassment was being picked last for a team?

Baseball cards in the spokes transformed any bike into a motorcycle?

Taking drugs meant orange flavored chewable aspirin?

Water balloons were the ultimate weapon?

QUOTE:

“Optimism is the one quality more associated with success and happiness than any other.”

— Brian Tracy

I am optimistic, that you find at least one thing to enjoy in this e-mail. You are all in my thoughts and I truly optimistic and hopeful that we will see each other again soon.

Stay Safe. Be well. May we grow through what we go through.

Thinking sunshine, Karla, Your friendly Senior Coordinator ☺

