

# Color Yourself Calm

Coloring can reduce stress and anxiety, improve motor skills and vision, and improve your sleep and focus... try it out today! And if you don't have colored pencils or markers, try shading with a regular pencil or pen. Then stay tuned... colored pencils are coming next week!



# Daily Dose *of vitality!*

March 20, 2020

## Weekend Workouts

Tune in to channel 1960 each Saturday and Sunday for these workouts:

9:30 am: 30-Minute Standing Cardio Workout

10:30 am: Guided Meditation for Anxiety

1:00 pm: Walk at Home with Leslie Sansone: Two-Mile Power Walk

*today i will  
not stress  
over things i  
can't control.*

## Facebook Live Lunch & Learn!

Looking for ways to stay healthy at home? Tune in to our Monterey Facebook page for our Facebook Live Lunch and Learn Wellness Series! Each week on Tuesday and Thursday, one of our Wellness Specialists will bring to you a wellness tip, demo, or educational tidbit to help you stay healthy and happy while we are all spending more time in our homes.

Be sure to tune in for our first Lunch and Learn Wellness Series on **Tuesday, March 24<sup>th</sup> at 12:00!**

Search for the Monterey Facebook page and like it if you haven't already!



# Stay Active!

Don't let staying home keep you from staying active! We'll feature a different **Exercise of the Day** for you to do in your home.

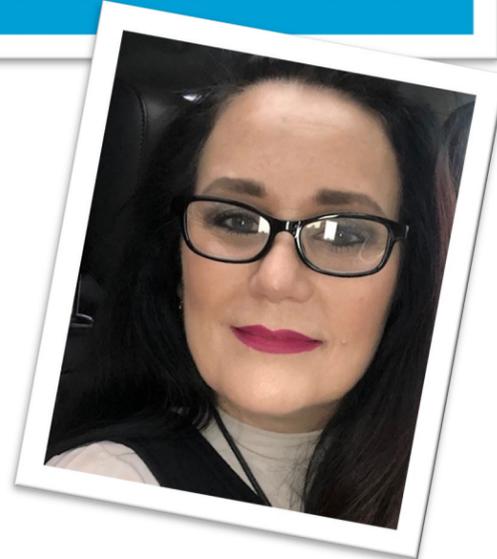
## Side Leg Raise:

1. Stand behind a sturdy chair with feet slightly apart, holding on for balance. Breathe in slowly.
2. Breathe out and slowly lift one leg out to the side. Keep your back straight and your toes facing forward. The leg you are standing on should be slightly bent.
3. Hold position for 1 second.
4. Breathe in as you slowly lower your leg.
5. Repeat 10-15 times with each leg.



**A ham sandwich walks into a bar and orders a beer,**

**bartender says "sorry, we don't serve food here."**



## Staff Picks!

While you're home-bound, we're excited to share our favorite things with you. We hope you enjoy as much as we do!

Today's picks are from Kelly Taylor, Therapeutic Recreation Specialist.

### Kelly's Picks!

- **Netflix:** Cheers (Who doesn't want to laugh?)
- **Free App:** Woody Origin
- **App:** Calm
- **Book:** Beach Music by Pat Conroy
- **Podcasts:** History vs. Theodore Roosevelt, TED Radio Hour

# The Power of Journaling

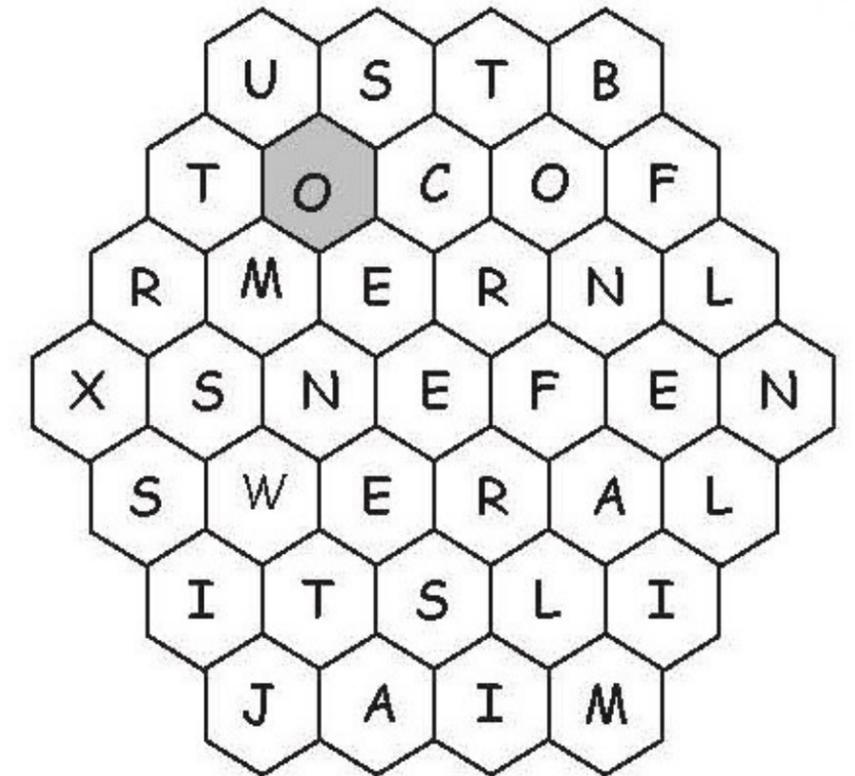
Did you know journaling can help reduce anxiety and stress and help you better process events taking place in your life? Grab paper or a notebook and try it today. Start with this prompt: **Make a list of 30 things that make you smile.**

# Brain Puzzle of the Day

Enjoy today's Buzzwords puzzle! To solve, you will use crossword-type clues, search through a honeycomb of letters, and unscramble anagrams.

On the honeycomb below, the shaded O and the six letters around it spell **COSTUME**, which matches the first clue. Try to find 7-letter words from the remaining clues. Circle the center letter of each word.

1. Special set of clothes costume
2. Soft cotton cloth  
\_\_\_\_\_
3. Opposite of eastern  
\_\_\_\_\_
4. Alike \_\_\_\_\_
5. Wheeled toy with footbed  
\_\_\_\_\_
6. Observer \_\_\_\_\_
7. Ugly, terrifying creature  
\_\_\_\_\_



Now unscramble all 7 of the center letters to spell the **BUZZWORD:**

Greeting \_\_\_\_\_

Answer Key: 2. Flannel (E); 3. Western (E); 4. Similar (L); 5. Scooter (L); 6. Witness (W); 7. Monster (M); BUZZWORD: Welcome