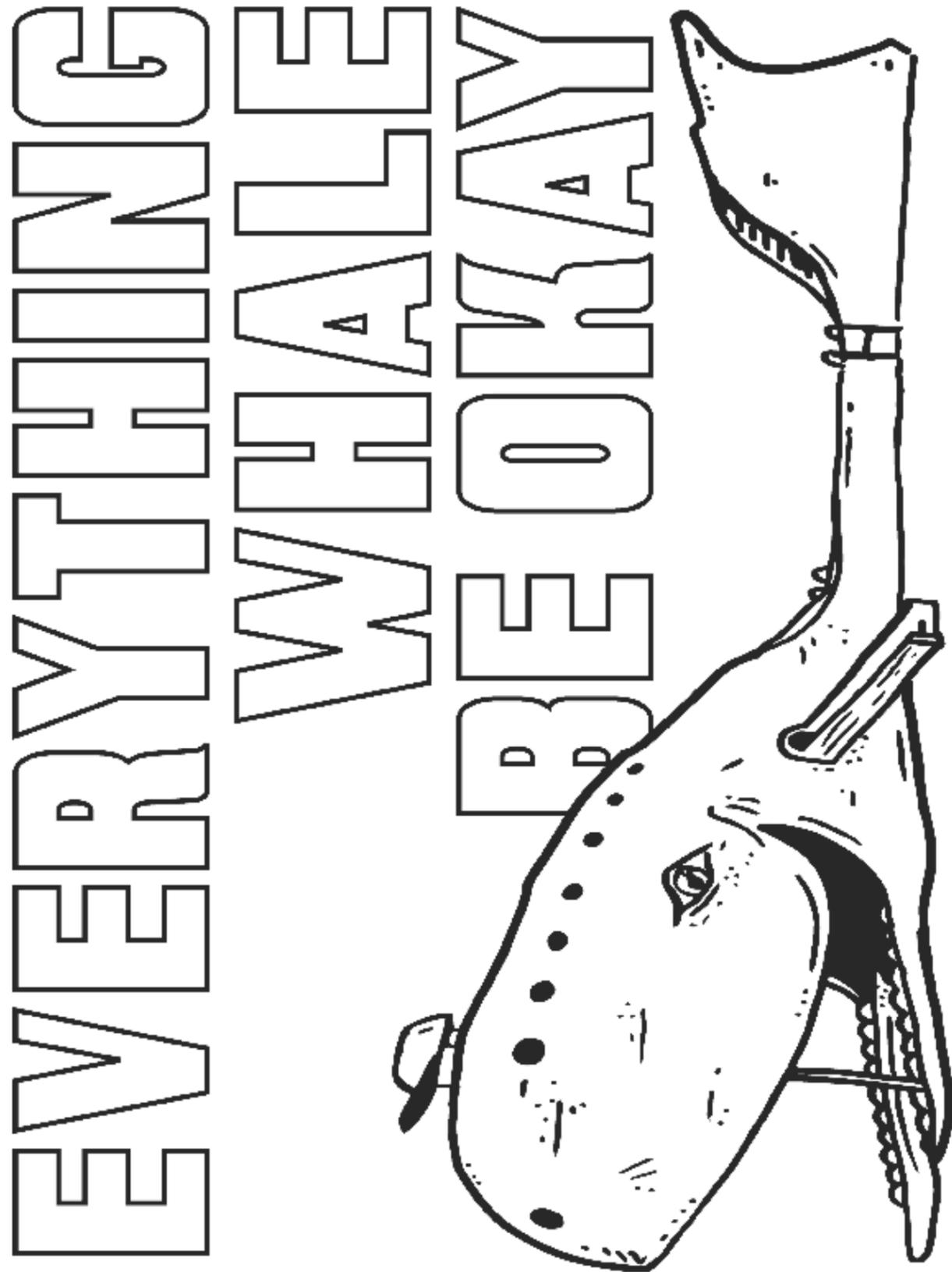


# Color Yourself Calm



# Daily Dose *of vitality!*

April 4, 2020

## Inspire Others

We asked you to share the ways you're spending your extra time at home, and you have sent in some fun and creative ideas!

Cheryl Melton has been sitting and knitting with CeCe. That looks like a cozy and relaxing way to fill the day. We can't wait to see what you create!

If you would like to inspire your fellow residents by sharing any creative projects you're working on or other fun ways you're using your quarantine time, email Molly at [mlyden@montereau.net](mailto:mlyden@montereau.net).



## Online Ordering

Are you in need of books, games, or puzzles to help you pass the time in quarantine? We're here for you!

The Monterey Wellness team can help you with online ordering from grocery stores, Amazon and other websites.

Call Kristen at (918) 491-5233 if you would like assistance.



# Stay Active!

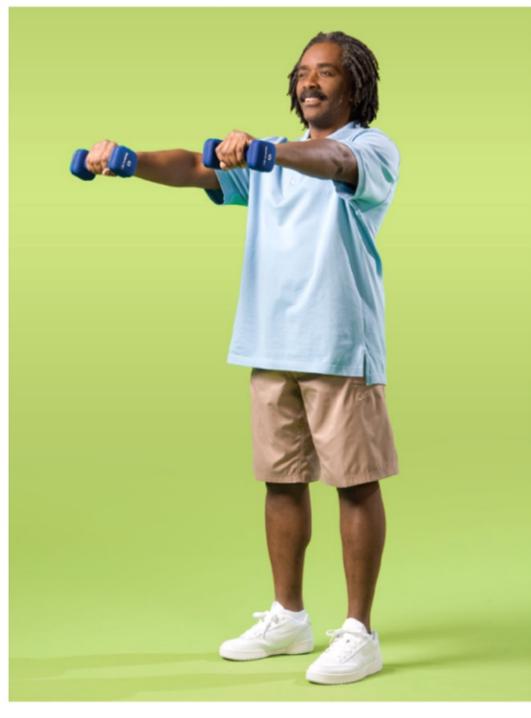
Check out the Exercise of the Day!

## Front Arm Raise

*This exercise for your shoulders can help you put things up on a shelf or take them down more easily.*

Need weights? Call Laura at (918) 491-5284 to borrow a pair. You can also use household items like bottled water and canned goods.

1. Stand with your feet shoulder-width apart.
2. Hold weights straight down at your sides, with palms facing backward.
3. Keeping them straight, breathe out as you raise both arms in front of you to shoulder height.
4. Hold the position for 1 second.
5. Breathe in as you slowly lower arms.
6. Repeat 10-15 times.
7. Rest; then repeat 10-15 more times.



## 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 Caragan Tillman, Administrative Services Manager.

### Caragan's Picks!

- **TV Series:** Outlander
- **Movie:** Titanic
- **Book:** Anything by Francine Rivers
- **Podcast:** Creating Disney Magic with Lee Cockerell



# 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: **Write a letter to someone who you always wanted to thank but have never had the chance to do so.**

# Brain Puzzle of the Day



## Scrambled Bartender

How many of these terms all relating to bartending can you unscramble?

SPEANTU _____	TUILAQE _____
SXIMRE _____	MELUDRD _____
TECRSOA _____	ILOCCAKT _____
TTEBOL _____	BDRANY _____
OEEPRN _____	LLLWBAO _____
PROU _____	YKWSIHE _____
LEERBND _____	IGN _____
RBDENARET _____	NULNFE _____
AKOVD _____	RISNTRAE _____
TICUEBKCE _____	EWLTO _____
SHAEKR _____	JGRIGE _____
TRGARE _____	LEUTF _____
HOTS _____	HHBALLGI _____
RASMUEE _____	URM _____
ELRQUUI _____	OERCSWKCR _____

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**Answers:** peanuts; mixers; coaster; bottle; opener; pour; blender; bartender; vodka; ice bucket; shaker; grater; shot; measure; liqueur; tequila; muddler; cocktail; brandy; lowball; whiskey; gin; funnel; strainer; towel; jigger; flute; highball; rum; corkscrew