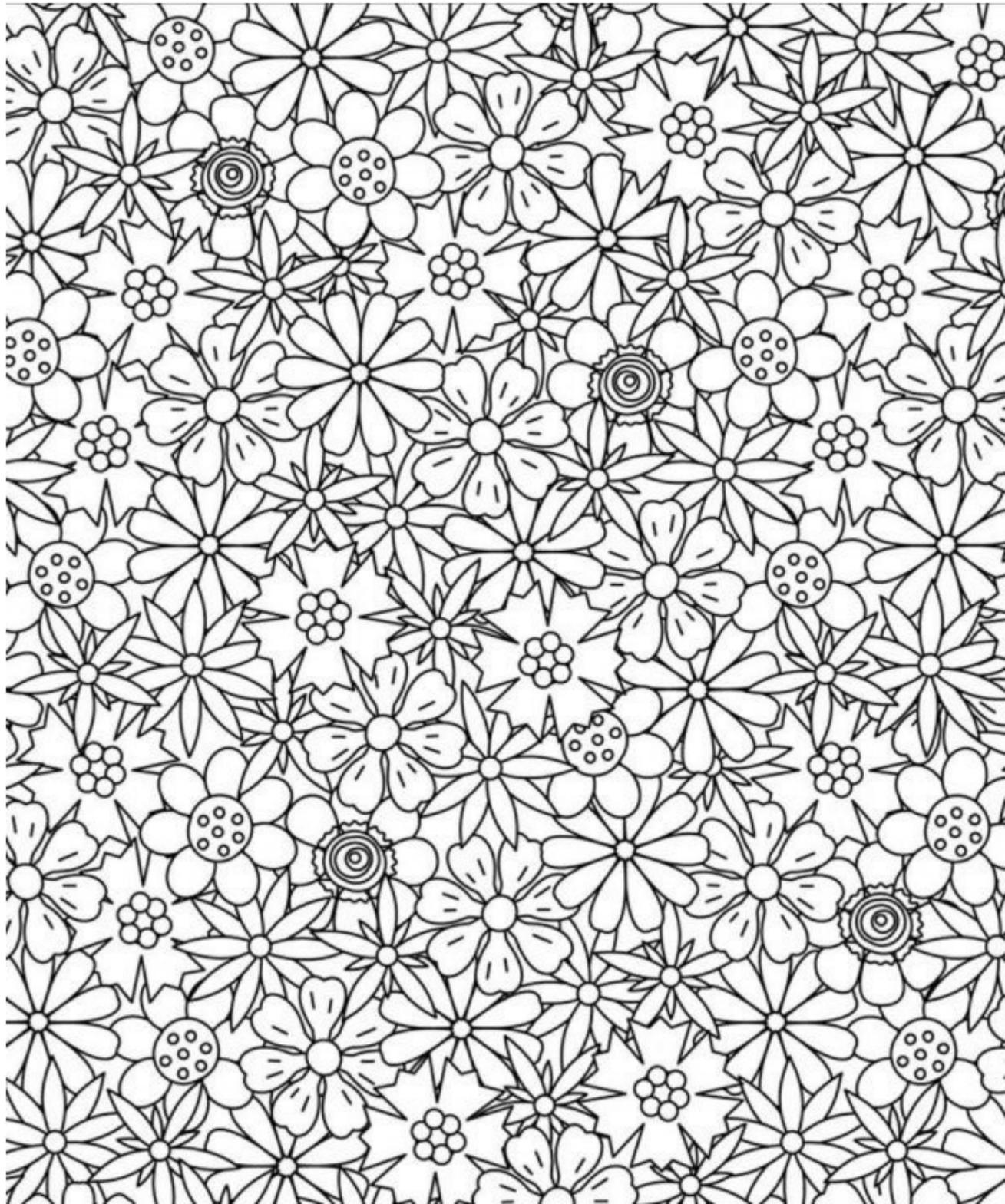


Color Yourself Calm

Coloring can reduce stress and anxiety, improve motor skills and vision, and improve your sleep and focus... try it out today!



Daily Dose *of vitality!*

April 17, 2020

Puzzles & Games Available

If you're in need of something fun to do during the quarantine, we've got some ideas!

We have lots of decks of Montereau playing cards available. We also have a limited supply of 500-piece puzzles and large-print activity books, including sudoku and crossword books.

These are available free-of-charge. Please call Laura at (918) 491-5284 or email her at lallen@montereau.net if you would like to claim one of these items.

Happy Birthday!

Wishing a happy and healthy birthday to Carol Schmidt and Wilf Uhren!



Why do seagulls fly over the sea?

Because if they flew over a bay, they would be bagels.



Stay Active!

Check out the Exercise of the Day!

Back of Leg Stretch

Here's another exercise that stretches the muscles in the back of your legs. If you've had hip or back surgery, talk with your doctor before trying this stretch.

1. Sit sideways on a bench or other hard surface, such as two chairs placed together.
2. Keeping your back straight, stretch one leg out on the bench, with your toes pointing up.
3. Keep other foot flat on the floor.
4. If you feel a stretch at this point, hold the position for 10-30 seconds.
5. If you don't feel a stretch, lean forward from your hips (not waist) until you feel stretching in the leg on the bench.
6. Hold this position for 10-30 seconds.
7. Repeat at least 3-5 times.
8. Repeat at least 3-5 times with your other leg.



Brain Puzzle of the Day



Yum-Yum!

Unscramble the names of these foods that are compound words.

1. c e n a k p a _____
2. r o o p n c p _____
3. g l e n t a g p _____
4. a e e i l n p p p _____
5. a e i h k k l m s _____
6. p r e t i f u g a r _____
7. d r i s k e b a c t _____
8. w r a r y b s e r t _____
9. k r a b w a r e j e _____
10. s n a c k l o f e r _____
11. r o w m a t e l e n _____
12. m i p e n p r e t p _____
13. a d e s o f o _____
14. p h a c i e c k _____
15. s a r d e h i s o r h _____

Happiness Hacks

Stressful situations can lead to anxiety and depression and can even lower your immune system. So we're sharing some "Happiness Hacks" to help boost your mood!

Buy a light box.

Bad mood can be the result of Seasonal Affective Disorder (SAD). SAD is characterized by depression, anxiety, irritability and sleep disturbance in response to bad weather and lack of sunlight. Light boxes are designed to treat SAD, both severe and mild cases, and most people's winter mood improves after only a few exposures.

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: **What do you look for in a close friend? Do you have those characteristics?**

Answers: 1. Pancake; 2. Popcorn; 3. Eggplant; 4. Pineapple; 5. Milkshake; 6. Grapefruit; 7. Breadstick; 8. Strawberry; 9. Jawbreaker; 10. Cornflakes; 11. Watermelon; 12. Peppermint; 13. Seafood; 14. Chickpea; 15. Horseshoe