

# Color Yourself Calm



# Daily Dose *of vitality!* Inspire Others

April 21, 2020

We asked you to inspire your fellow residents by sharing how you've been passing the time, and you have sent in fun and creative ideas.

Jane and Rob Denzinger shared this beautiful Joyce Terry iris from the Montereau gardens.

Many of you have been spending some of your free time either working in your garden beds or admiring the beautiful blooms around campus. Spring flowers are starting to fade, so get out and see them while you can!



## "Treasure Island" on TV tonight!

Watch the London National Theatre's production of "Treasure Island" on Montereau's in-house TV channel (1960) at 6:00 p.m. Tonight.

## Movie Night!

Make some popcorn because Movie Night is coming to your TV! You can tune in to Montereau's in-house TV channel (1960) each Friday at 6:30 p.m.

The first movie will be "Before We Go" starring Chris Evans and Alice Eve. It centers on two strangers stuck in Manhattan for the night who grow into each other's most trusted confidants as an evening of unexpected adventure forces them to confront their fears and take control of their lives.

The movie is rated PG-13, was released in 2015 and runs about an hour and a half. It will play on channel 1960 on **Friday, April 24 at 6:30 p.m.**



# Stay Active!

Check out our Exercise of the Day!



## Lower Back Stretch

1. Lie on your back with your legs together, knees bent, and feet flat on the floor. Try to keep both arms and shoulders flat on the floor throughout the stretch.
2. Keeping knees bent and together, slowly lower both legs to one side as far as you comfortably can.
3. Hold position for 10-30 seconds.
4. Bring your legs back up slowly and repeat toward other side.
5. Continue alternating sides for at least 3-5 times on each side.

## Staff Picks!

While you're home-bound, we're excited to share our favorite things with you. Today's picks are from Jamie Townsend, Director of Sales & Marketing!

### Jamie's Picks:

- **Movie:** Midnight in the Garden of Good and Evil
- **Book:** If you like Tulsa History – I have written a book – “Memoirs of the Old Lady – Tulsa’s Historic Theater Tells Her Story” – and loaner copies are available in the 6<sup>th</sup> Floor Library
- **Podcast:** 5 Minute Biographies
- **Netflix:** Tidying Up with Marie Kondo

Jamie adds, “I miss seeing our residents, but I am thinking about and praying for everyone daily! Looking forward to being able to hug everyone again.”

## 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 thank you letter to your biggest supporter.**

# Brain Puzzle of the Day

## Celebrity Anagrams

Can you unscramble these celebrity anagrams? Each set of letters can be rearranged to spell the name of a current celebrity—someone you might see on stage or in a movie.

Example: whits mill = Will Smith

1. monk hats
2. perm restyle
3. twinkles eat
4. rote music
5. scowlers rule
6. big lemons
7. oil jar buster
8. o green ecology
9. madman tot
10. my rice jar
11. nickname idol
12. serene wirephotos



Happiness is not something you postpone for the future; it is something you design for the present.

Jim Rohn

Answers: 1. Tom Hanks; 2. Meryl Streep; 3. Kate Winslet; 4. Tom Cruise; 5. Russell Crowe; 6. Mel Gibson; 7. Julia Roberts; 8. George Clooney; 9. Matt Damon; 10. Jim Carrey; 11. Nicole Kidman; 12. Reese Witherspoon