

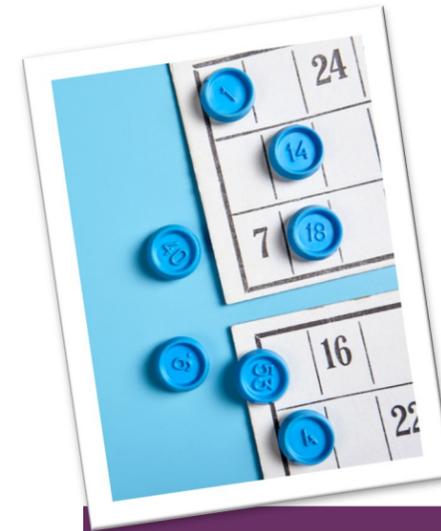
# Color Yourself Calm



# Daily Dose *of vitality!*

April 19, 2020

## Virtual Bingo!



Join us for a game of Bingo! The game may be virtual, but the fun will be real!

We will host Virtual Bingo on Thursday, April 30 at 2:00 p.m. You will need a computer and email to participate. We will provide you with a link to the app, Zoom, which we will use for the Bingo games. We will also send you instructions to take part in the game with us.

If you would like to play, contact Laura by **Friday, April 24:** (918) 491-5284 or [lallen@montereaunet.net](mailto:lallen@montereaunet.net).

## Happy Hour at Home!

Enjoy Happy Hour at Home! We'll play the music - you bring the drinks!

Each Monday at 4:30 p.m. we'll play fun music on the in-house TV channel (1960) so you can have your own happy hour. Enjoy a different soundtrack each week with drinks or dinner.

The first Happy Hour at Home will feature "Battle of Swing - Benny Goodman vs. Glenn Miller, hosted by John Packer Ltd." Don't miss it! The fun starts **Monday, April 20 at 4:30 p.m.**



## Happy Birthday!

Wishing a happy and healthy birthday to Joyce Roodman!



# Stay Active!

Check out our Exercise of the Day!



## Thigh Stretch

1. Lie on your side with legs straight and your knees together.
2. Rest your head on your arm.
3. Bend top knee and reach back and grab the top of your foot. If you can't reach your foot, loop a resistance band, belt, or towel over your foot and hold both ends.
4. Gently pull your leg until you feel a stretch in your thigh.
5. Hold position for 10-30 seconds.
6. Repeat at least 3-5 times.
7. Repeat at least 3-5 times with your other leg.

## Staff Picks

While you're home-bound, we're excited to share our favorite things with you. Today's picks are from Angela Larson, Montereau's CEO!

**YouTube Videos:** Carpool Karaoke with James Corden

**Movie:** Forest Gump or Dirty Dancing

**Netflix Series:** Ozark and Grace & Frankie

**Hulu Series:** Handmaid's Tale

**iPhone Apps for your brain:** Slices and Wordscapes

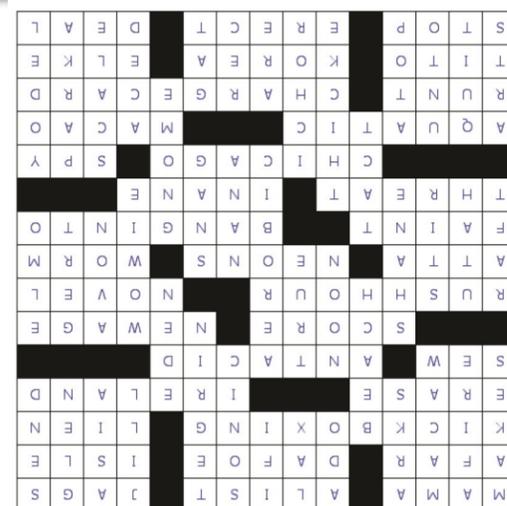
**Favorite Shopping App:** Jane

**Book:** *Where the Crawdads Sing* by Delia Owens



# The Power of Journaling

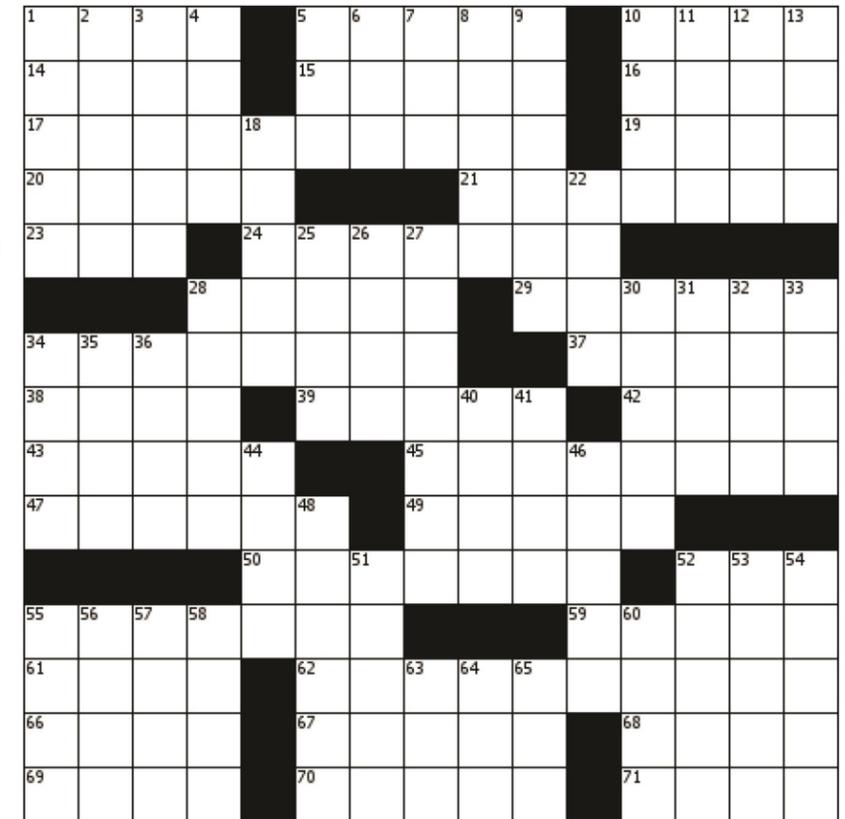
Did you know journaling can help reduce anxiety and stress and help you better process events taking place in your life? Grab paper or a notebook and try it today. Start with this prompt: **Which character from a book would you most like to meet and why?**



# Brain Puzzle of the Day

## Across

1. Cass Elliot's moniker
5. Preferred group
10. Crying binges, e.g.
14. Much more than a stone's throw
15. Willem of "Spider-Man"
16. Last word in Gilligan's theme
17. Sport that employs fists and feet
19. Bank claim
20. Expunge
21. See 10-Down
23. Do some quilting
24. Mylanta or Maalox
28. Twenty, to Lincoln
29. Yanni's genre
34. Traffic report time, often
37. Innovative
38. "\_\_\_ boy!"
39. Many beer joint signs
42. Bit of bait from the backyard
43. Printed with insufficient toner, maybe
45. Collide with
47. It may end with "...or else!"
49. Pointless
50. Best Picture of 2002
52. Flint or Helm, e.g.
55. Like a water ballet
59. Portuguese territory
61. Litter's littlest
62. Plastic wallet item
66. Percussionist Puente
67. "M\*A\*S\*H" setting
68. Screen siren Sommer
69. "Freeze!"
70. Standing with proper posture
71. Begin a hand



## Down

1. Receives as a salary
2. In flames
3. Largest parrot variety
4. Torah holders
5. Fuss, in a Shakespeare title
6. Overly permissive
7. "As \_\_\_ cared!"
8. Barrier or boom preceder
9. Head & Shoulders rival
10. With 21-Across, "Death Wish II" actress
11. Home of Earth's highest and lowest land points
12. Country crooner Campbell
13. E-mail command
18. Frequent backdrop for Frankie and Annette
22. Genesis paradise
25. When both hands are up
26. Verifiable
27. Kind of exercise that improves oxygen use
28. Classic 1953 Western
30. Exclamation of delight
31. It flows past Bristol
32. Goldfinger portrayer Frobe
33. "Sesame Street" giggler
34. Huck and Jim's escape vehicle
35. Honoree of 2007's last state quarter
36. Move a bit
40. Grandmother, affectionately
41. Planner's problem
44. Diplomatic quality
46. Figurine in many gardens
48. "Growing Pains" star Alan
51. Blood of the Greek gods
52. Dieter's device
53. Inuit jacket
54. Alpine air?
55. Aesthetic practices
56. Exit a program
57. "Once more \_\_\_ the breach..." ("Henry V" line)
58. Straddling
60. Got 100% on
63. "What \_\_\_ the odds?"
64. VCR remote button
65. Pistol, in old gangster movies