

Color Yourself Calm



Daily Dose *of vitality!* Cinco de Mayo!

May 3, 2020

Don't let quarantine stop the party! We have lots of Cinco de Mayo fun planned for you! Get a special themed dinner delivered right to your door. Then wash it down with our drink specials - \$5 Margaritas or \$4 Coronas. Call the hostess desk at (918) 491-5212 for your dinner and drink orders.

Need some music to go with your dinner and drinks? We've got you covered! Just tune in to Montereau's in-house TV channel (1960). We'll have a special Latin music playlist to accompany your meal starting at **4:30 p.m. on Tuesday, May 5. Olé!**



Happy Hour at Home

We're bringing you another Happy Hour at Home! Sit back with your dinner, or just a drink, and enjoy the music of the Les Brown Orchestra. This vintage video from 1984 features Jo Ann Greer, Butch Stone, Stumpy Brown and the incredible drumming of Jack Sperling.

We'll play the video on Montereau's in-house TV channel (1960) beginning at **4:30 p.m. on Monday, May 4.**

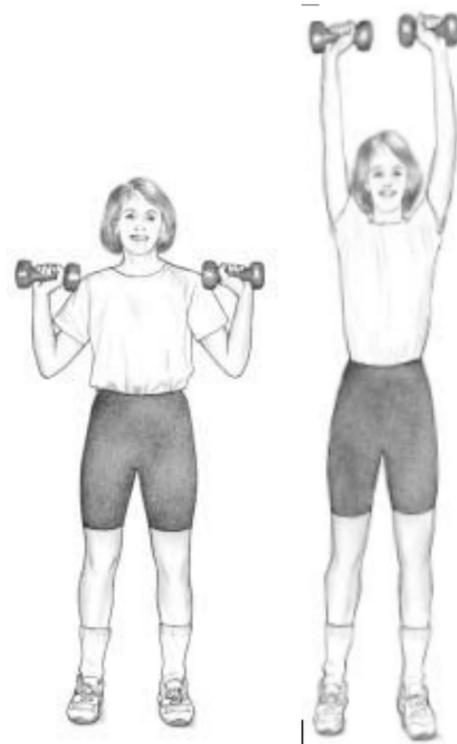


Stay Active!

Check out our Exercise of the Day!

Overhead Press

1. Stand or sit in a chair with feet shoulder-width apart. Pick up a dumbbell in each hand. Raise your hands with your palms and forearms facing forward, until the dumbbells are level with your shoulders and parallel to the floor.
2. Slowly push the dumbbells up over your head until your arms are fully extended as you count to 2. Make sure you don't lock your elbows.
3. Pause. Then, slowly lower the dumbbells back to shoulder level as you count to 4, bringing your elbows down close to your sides.
4. Repeat 10 times for 1 set. Rest for about 1 minute. Then complete a second set of 10 repetitions.



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!

Fork Up the Fish

At least once a week have sardines, anchovies, pink salmon or striped bass. These fish are high in omega-3 fatty acids, and new research shows that when consumption of these fatty acids goes up, depression rates go down. It turns out that these fatty acids may raise levels of serotonin (the brain chemical that's directly responsible for boosting your mood). Try ordering the Superfood Salad with grilled salmon for lunch or dinner!

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: **Are you holding grudges? Write them down and let them go.**

What do you call birds that stick together?

Vel-crows.

Brain Puzzle of the Day

The Red Cross



The Red Cross was founded by Clara Barton in 1881. Since then, this important organization has responded to wars and natural disasters of every kind. Each year, the President of the U.S. declares March as "Red Cross Month."

Find 24 words related to the Red Cross this in the puzzle. (The word list appears on the next page.) Words may appear in any direction.

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R D O C T O R
H E Q A I D V
C U E S R U N
I Q R T J B L
M J G R N Q Q
E D T Q I U O
D B O H O C L
E N I C C A V I X K O J D A O W G B D Y R
U Y T E F A S P C S S L E A N V M R O D W
F T X H T L A E H W P S F Y N E D S N O A
E D N X E D U C A T I O N A D R U L A O T
U V E T E R A N E K T U C I E P O Z T L E
D I S A S T E R M D A X C F P O C T E B R
F E A L I U L
E R G N G I P
I G E E E Q U
L E E S L L C
E N O T R A B
R C B P G L Y
S Y D R D E C
    
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Word List:

AID
BLOOD
(Clara) BARTON
DISASTER

DOCTOR
DONATE
EDUCATION
EMERGENCY
EPIDEMIC

FLOOD
HOSPITAL
HURRICANE
MEDICINE
NURSE

HEALTH
REFUGEE
RELIEF
SAFETY
SUPPLIES

TORNADO
VACCINE
VETERAN
VOLUNTEER
WATER