# Color Yourself Calm

Practicing gratitude has been shown to improve mood.  By looking at the positive aspects of life, it's possible to change the pattern of thinking, thus leading to a happier outlook on life in general! Use this coloring page to reflect on what you are grateful for today. Then post this on your door to share your gratitude with your neighbors!

# Daily Dose of vitality!

**May 2, 2020**

## London's National Theatre Play: Frankenstein

Filmed live in 2011 from the stage of the National Theatre in London, this thrilling, sold-out production became an international sensation.

Directed by Academy Award®-winner Danny Boyle (*Trainspotting*, *Slumdog Millionaire*), this production of Frankenstein sees Benedict Cumberbatch *(Doctor Strange*, *Hamlet*, *Sherlock*) and Jonny Lee Miller (*Elementary, Trainspotting)* alternating between the roles of Victor Frankenstein and his creation.

Childlike in his innocence but grotesque in form, Frankenstein's bewildered creature is cast out into a hostile universe by his horror-struck maker. Meeting with cruelty wherever he goes, the increasingly desperate and vengeful Creature determines to track down his creator and strike a terrifying deal.

Experience this production for yourself - from the comfort of your couch!  We will show this play on **Saturday, May 2 at 6:30 p.m. and Tuesday, May 4 at 6:00 p.m.**

**Catholic Mass with Father Vima!**
Tune in to our in-house TV channel (1960) on Sundays at 10:00 a.m. to watch Catholic Mass with Father Vima.

vitality
live it every day

## Reminder!

Please remember to wear a mask whenever you are out of your apartment or when a staff member is in your apartment. Masks should be worn over the nose and chin.

We also ask that you observe social distancing guidelines by maintaining six feet of distance between you and other residents and staff. Thank you!

# TV Guide: May 3 through May 9

Here is a guide to the programming you can view on Montereau's in-house TV channel (1960). Keep this handy so you can refer to it throughout the week.

**Sunday, May 3**

**9:30 a.m.:** 30-Minute Standing Cardio
**10:00 a.m.:** Catholic Mass with Father Vima
**10:30 a.m.:** Meditation for Anxiety
**1:00 p.m.:** 2-Mile Walk with Leslie Sansone
**6:30 p.m.:** Gathan Graham Concert

**Monday, May 4**

**8:30 a.m.:** Guided Meditation
**9:00a.m.:** 15-Min. Low-Impact Cardio
**9:30 a.m.:** Intermediate Stretch & Tone with Katie
**10:00 a.m.:** Basic Stretch & Tone with Vana
**10:30 a.m.:** 10-Minute Core Workout
**11:00 a.m.:** Zumba
**1:00 p.m.:** Chair Yoga with Katie
**3:00 p.m.:** Guided Meditation
**4:30 p.m.:** Happy Hour at Home: Les Brown Orchestra

**Tuesday, May 5**

**8:30 a.m.:** Morning Affirmations
**9:30 a.m.:** Chair Yoga
**10:00 a.m.:** Jane Fonda Walking Workout
**10:30 a.m.:** Tai Chi in a Chair
**11:00 a.m.:** Leg Exercises for Seniors
**1:00 p.m.:** Reduce Arthritis Pain with Vana
**2:00 p.m.:** Line Dance Class
**3:00 p.m.:** 5-Minute Meditation
**4:30 p.m.:** Music for Cinco de Mayo!
**6:00 p.m.:** London National Theatre Play: *Frankenstein*

**Wednesday, May 6**

**8:30 a.m.:** Guided Meditation
**9:00 a.m.:** 15-Min. Low-Impact Cardio
**9:30 a.m.:** Intermediate Stretch & Tone with Katie
**10:00 a.m.:** Basic Stretch & Tone with Vana

***Wednesday, May 6, cont.***

**10:30 a.m.:** 10-Minute Core Workout
**11:00 a.m.:** Zumba
**1:00 p.m.:** Chair Yoga with Katie
**3:00 p.m.:** Guided Meditation
**6:30 p.m.:** Gathan Graham Concert

**Thursday, May 7**

**8:30 a.m.:** Morning Affirmations
**9:30 a.m.:** Chair Yoga
**10:00 a.m.:** Jane Fonda Walking Workout
**10:30 a.m.:** Tai Chi in a Chair
**11:00 a.m.:** Leg Exercises for Seniors
**1:00 p.m.:** Reduce Arthritis Pain with Vana
**2:00 p.m.:** Line Dance Class
**3:00 p.m.:** 5-Minute Meditation
**6:30 p.m.:** TED Talk: The Power of Vulnerability with Brené Brown

**Friday, May 8**

**8:30 a.m.:** Guided Meditation
**9:00 a.m.:** 15-Min. Low-Impact Cardio
**9:30 a.m.:** Intermediate Stretch & Tone with Katie
**10:00 a.m.:** Basic Stretch & Tone with Vana
**10:30 a.m.:** 10-Minute Core Workout
**11:00 a.m.:** Zumba with Tess
**1:00 p.m.:** Chair Yoga with Katie
**3:00 p.m.:** Guided Meditation
**6:30 p.m.:** Movie of the Week: Fixer Upper

**Saturday, May 9**

**8:30 a.m.:** TED Talk: The Power of Vulnerability with Brené Brown
**9:30 a.m.:** 30-Minute Standing Cardio
**10:30 a.m.:** Meditation for Anxiety
**1:00 p.m.:** 2-Mile Walk with Leslie Sansone
**6:30 p.m.:** London National Theatre Play: *Antony & Cleopatra*

# Brain Puzzle of the Day

## Quotable Quandary

Here is an amusing quotation about an animal that simply needs to be uncovered. Can you find it? First, decide which excess letters need to be eliminated. Then decide where to put spaces between words. Write your answers at the bottom of the page.

T A H E B G I C R A F D F E M E

U S F T G E G T U P A T H S I X

I I N J T K H E L M O M R N I N

G I N F I O T W A P N T S Q T O

H A R V E S I T S B R E T A K F

U A S T I V N I T W S S T O X M

A C Y H B Y N I Z N E

*--Nicholas Murray Butler*

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**Solution:** First eliminate each letter of the alphabet, in order. Then add spaces to spell this quotation: *The giraffe must get up at six in the morning if it wants to have its breakfast in its stomach by nine.*