



2020



hello spring!

MON	TUE	WED	THU	FRI
<p>OLDER AMERICANS MONTH MAKE YOUR MARK: MAY 2020</p>				<p>1 Bingo Coverall Check post on Facebook Winner announced 5/8</p> <p>Dance like no one is watching.</p>
<p>4</p> <p>Play a card game.</p>	<p>5</p>	<p>6</p> <p>It's Nurses Day! Send a quick thank you to a Healthcare Worker!</p>	<p>7 **Last day to enter Bingo on Facebook!</p> <p>Check on a friend or family member.</p>	<p>8 Bingo Coverall Winner to be announced! Check Facebook to see who is the WINNER!</p>
<p>11</p> <p>Watch a favorite movie and pretend you are the actor of your favorite scene.</p>	<p>12</p> <p>Pick a page from the Activity Packet on our website.</p>	<p>13</p> <p>Bake some cookies using a recipe you have never used before.</p>	<p>14</p> <p>Take a virtual online tour of a museum you have always wanted to visit.</p>	<p>15 </p> <p>It's National Pizza Party Day! Order a pizza or make one at home. YUMMY!</p>
<p>18 </p> <p>Start a new book!</p>	<p>19</p> <p>Go through a drive thru or pick up curbside lunch.</p>	<p>20</p> <p>Text or write a letter to a friend!</p>	<p>21</p> <p>Start a puzzle. If you don't have one go to JIGSAWEXPLORER.COM</p>	<p>22 </p> <p>Older Americans Month Walk @OVP track 10am-12pm Look for a four leaf clover.</p>
<p>25 </p>	<p>26</p> <p>Do an online exercise class. Don't forget to Breathe!</p>	<p>27</p> <p>Pick a page from the Activity Packet on our website.</p>	<p>28</p> <p>Take a selfie and send it to a friend!</p>	<p>29</p> <p>Take a walk outside. Wave to a neighbor and shout "Good to see YOU!"</p>

COVID-19 SAFETY TIPS

***Disinfect surfaces around your home.**

***Wash hands for 20 seconds with soap and water.**

***Sneeze and cough into tissue. Throw away tissue.**

***Practice social distancing. Stay 6 feet apart.**

***Stay at home when you can.**

Be Safe and Stay Well!