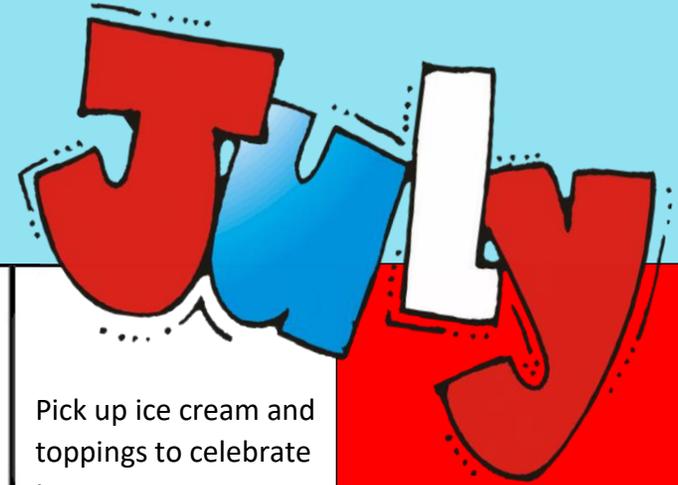




2020



1 International Joke Day

Call a friend and share a joke!

2
Bake some cookies and share with a neighbor.

Pick up ice cream and toppings to celebrate tomorrow.

6
Find a shady spot in your yard first thing in the morning and watch nature wake up.

7
Start your day with some gentle stretching and deep breaths.

8
Do a puzzle.
JIGSAWEXPLORER.COM

9
Pick a page from the Activity Packet on our website.

10
Pick some flowers and place them in your house to enjoy.

13
Take a virtual online tour of the place of your dreams!

14

Chic-fil-a Cow Day
Dress like a cow and receive a free chicken entrée.

15
Drive In Picnic
@ Oconee Senior Center.
Reservations required
706-769-3979

16
Farmers Market
@ Oconee Senior Center.



17
Try a new recipe for dinner. Check out some ideas on our Facebook page.

20
Check on a friend or family member.

21
Start the day with some gentle stretching. Check out our Facebook page for an exercise class.

22
Take up a new hobby.
Exp. Knitting, painting, reading, wood working.

23
Pick an online exercise class. Check out the ones we have posted on Facebook!

24
Write a letter and send it through the mailbox. That's called



Mail

27
Make a craft out of a washcloth.
Check out Facebook post today.

28
Pick a page from the Activity Packet on our website.

29
Get active! Take a walk around the block or do some chair exercises.

30
International Day of Friendship



Reach out to a friend!

31
Learn a new dance move.



Coping with stress and anxiety during COVID-19.

*Take breaks from watching, reading or listening to news.

* Take care of your BODY.

Eat well balanced meals. Stay hydrated.

Exercise regularly. Take deep breaths, stretch or meditate.

Get plenty of sleep. Avoid alcohol and drugs.

*Make time to unwind. Do activities you enjoy.

*Connect with others.

*Call a healthcare provider if stress gets in the way of daily activities.