

August

2020



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Pick an online exercise class. Check out the ones we have posted on Facebook!	4 Put on your favorite song and sing along.	5 Write a story or poem and share it with someone.	6 Learn how to draw animals. Check out our Facebook post.	7 Start your day with some gentle stretching and deep breaths.
10 Pick up an instrument you haven't played in years.	11 Write an encouraging note and leave in a neighbor's mailbox.	12 Do an Activity Sheet. You can find them on our website.	13 List 10 things that make you happy.	14 Take a break today. Relax, watch a movie. Order Pizza for dinner.
17 List things you love about yourself—make it a long list!	18 Pick a page from the Activity Packet on our website.	19 Post a Selfie! National Photography Day 	20 Learn to meditate. Check out our Facebook post.	21 World Senior Citizen Day Celebrate You!
24  Go buy an ice cream!	25 Do a puzzle. JIGSAWEXPLORER.COM	26 Make a TO DO list and DO IT!	27 Check on a friend or family member.	28 Perform a Random Act of Kindness!
31 Reorganize a room.	 We Miss You! 			

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.**
- *Wear a mask.**

Be Safe and Stay Well!