

BERLIN SENIOR CENTER

Stay Home. Stay Safe. Stay Connected.



An Important Update

May is Older American's Month! This year's theme, Make Your Mark, encourages and celebrates countless contributions that older adults make to our communities. Your time, experience, and talents benefit family, peers, and neighbors every day. This year's theme highlights the difference *everyone* can make - in the lives of older, in support of caregivers, and to strengthen communities. In this time of social isolation, we have seen it even more; the selflessness, the can-do attitude, the donations of masks, food and money to help those in need. Thank you from the bottom of our hearts. Stay well, we miss you!

Highlights in this Issue

- Important Information on COVID-19
- Tips on Staying Busy
- Community Resources
- Senior Center Updates

Important Announcements

Social Security Recipients - Economic Impact Payments

Social Security recipients will automatically receive economic impact payments. The U.S. Department of the Treasury and the Internal Revenue Service today announced that Social Security beneficiaries who are not typically required to file tax returns will not need to file an abbreviated tax return to receive an Economic Impact Payment. Instead, payments will be automatically deposited into their bank accounts. The IRS will use the information on the Form SSA-1099 and Form RRB-1099 to generate \$1,200 Economic Impact Payments to Social Security recipients who did not file tax returns in 2018 or 2019. Recipients will receive these payments as a direct deposit or by paper check, just as they would normally receive their benefits. The IRS has created a tool on their website to tell you when you will receive your payment at www.irs.gov under the "Get My Payment" link. Please call Tina, if you need assistance.

Renter's Rebate Program

State law provides a reimbursement program for Connecticut renters who are elderly or totally disabled, and whose incomes do not exceed certain limits. Persons renting an apartment or room, or living in cooperative housing or a mobile home may be eligible for this program. This program runs from April 1-October 1, annually. Berlin Social Services will begin taking applications in June 2020. Details regarding how applications will be processed will be decided in June. If you have questions, please call Jaymee Miller at 860-828-7007.

Beware of COVID-19 Scams!

Medicare beneficiaries are often the target of scams. Scammers obtain Medicare numbers and bill for services not medically necessary or possibly not received by the beneficiary. It is estimated that 60 billion Medicare dollars are lost each year due to scams. Everyone, not just Medicare beneficiaries, should be aware of COVID-19 Scams. Scammers will take advantage of what's going on to appear as though they are a legitimate agency or healthcare provider trying to help. Be wary of anyone asking for Medicare, Social Security or bank account numbers. Personal information can be used to bill Medicare and commit medical identity theft." To see what Medicare covers or will cover related to COVID-19 visit <https://www.medicare.gov/medicare-coronavirus>

Individuals at increased risk of severe illness from COVID-19 include

- Adults over the age of 60
- People with serious chronic medical conditions like: heart disease, diabetes, lung disease, kidney disease or those who are immunocompromised

Masks

Thank you to all those who made masks. You have no idea how much of a difference you have made. If you are in need of a homemade mask, please call the office at 860-828-7006 or 860-828-7050.

Take Everyday Preventative Actions

1. Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing or having been in a public place.
2. If soap and water are not available, use hand sanitizer that contains at least 60% alcohol.
3. To the extent possible, avoid touching high-touch surfaces in public places-elevator buttons, door handles, handrails, handshaking with people, etc.
4. Avoid touching your face, nose, eyes, etc.
5. Clean and disinfect your home to remove germs: practice routine cleaning of frequently touched surfaces (for example: tables, doorknobs, light switches, handles, desks, toilets, faucets, sinks & cell phones).
6. Avoid crowds, and practice social distancing of a minimum of 6 feet between people when out in public.
7. Avoid all non-essential travel.
8. Consider ways of getting food brought to your home through family, social or commercial networks.
9. Stay in touch with others by phone or email. You may need to ask for help from friends, family, neighbors, community health workers, etc. if you become sick.

Stay Aware of Warning Signs

1. Pay attention for potential COVID-19 symptoms including fever, cough and shortness of breath. If you feel like you are developing symptoms, call your doctor.
2. If you develop emergency warning signs for COVID-19 get medical attention immediately. In adults, emergency warning signs-
*difficulty breathing or shortness of breath, persistent pain or pressure in the chest, new confusion or inability to wake up, bluish lips or face.

From Tina's Desk

As we come into the month of May, we find ourselves still in the midst of unprecedented circumstances. The Governor's order is still to STAY HOME. STAY SAFE. and Town offices remain closed to the public until further notice. Throughout this time, many of you have perhaps wondered how the senior center staff are spending our time. Although it clearly isn't the same without our building bustling with friends, activities and laughter, (We miss you all so much!) there is still so much that we've been able to do to find ways to continue to connect with you. During our hours of operation of 8:00 a.m. to 4:00 p.m. on Monday through Friday, someone will always be available to assist you. We've continued to focus on the wellness, health and safety of our many members, despite not being able to see you in person, which is obviously all of our preference.

Wellness Phone Checks

We weren't created to be in isolation and in many ways, it's not good for us-it can lead to sadness, depression, anxiety and loss of hope. During this time of closure, the Berlin Senior Center staff/volunteers known as the Gab Squad are reaching out to check in with every registered member to see how you are doing and if there is anything that you need. We have 1,316 active members and each one has received a personal call from us. Some folks have opted out of the calls, but many of you have expressed your appreciation for this service and expressed how meaningful it is to know that someone is looking out for you. It has been wonderful for us, too, to be able to spend a few minutes connecting and catching up. We miss you and it helps us to talk with you, too.

Meal Delivery

Meals on Wheels deliveries continue to go out to homebound clients, aged 60 and over. To learn more about Meals on Wheels or register for this service, please contact Tina at 860-828-7050. Safeguards have been put in place to avoid contact with meal recipients, during this time. Those with nutritional needs during this time, please call Social Services Department at 860-828-7007. The Berlin Center can assist with delivery of food pantry items for those without transportation resources or who are recommended to stay at home due to age or health status.

Travel and Trip Updates

There is no denying that the travel industry, like many others, has been hard-hit by this global pandemic. The travel and tour companies whom we partner with are working hard to notify us if any of the upcoming trips we have scheduled are impacted by cancellations or scheduling changes.

Shopping Updates

There are several options for seniors to get groceries during this time of self-quarantine. All of the grocery stores located Berlin are offering exclusive shopping hours for those who are seniors and/or immune-compromised persons. Please note that some options may not be eligible for SNAP/EBT payments, please inquire with the store for additional information. Stop & Shop is offering early shopping hours for seniors from 6:00-7:30 a.m. daily. For early morning shoppers, please note that only the left door (floral entrance) will be open at those hours. Peapod Home Deliveries are available, but may be delayed through some stores. To order from Peapod, please go to their website at <https://www.peapod.com> delivery fess will apply.

Links, Phone Numbers, and Resources

Central Connecticut Health District

ccthd.com / 860-785-8380

Medicare

<https://www.medicare.gov>

CT Alert System

www.ctalert.gov

211

<https://www.211ct.org>

Mental Health Resources

The Friendship Line - 800-971-0016

Institute on Aging's 24 hour toll-free Friendship Line is the only accredited crisis line in the country for people aged 60 years and older, and adults living with disabilities.

Disaster Distress Helpline

1-800-985-5990 / Text 'TalkWithUs' to 66746

disasterdistress.samhsa.gov

Walking Warriors

National Senior Health and Fitness Day is Wednesday May 27th. This day is usually celebrated together, but since we can't do this in person, let's get outdoors and go for a walk. Keep track of your steps, miles and time you walk from May 18th-June 22nd. Send your numbers to Jane either by email to jasevigny@town.berlin.ct.us or call numbers into Jane at 860-828-7006. Prizes for participants will be awarded.

Pharmacy Updates

CVS Pharmacy: During this time, CVS is offering free prescription delivery by mail. This takes 1-2 business days, so please call before your prescription runs out. For additional information, please call 860-828-6584

Stop & Shop Pharmacy: Stop & Shop is offering free delivery on prescriptions during weekdays (Monday through Friday). For additional information, please call 860-828-0276

Walgreen's Pharmacy: Walgreen's Pharmacy deliveries are available in some cases, to see if you are eligible for deliveries, please contact 860-828-6844

Veteran's Corner

The PenFed Foundation maintains a list of financial resources that active duty service members and veterans are eligible for. These resources may be especially helpful during the COVID-19 pandemic. Please see the following links and resources on the the PenFed

Foundation's website here:

penfedfoundation.org/community-resources-forveterans-and-service-members/ — You can learn more about the PenFed Foundation Here: penfedfoundation.org/aboutus/

A Little Something to Make you Smile

Just be careful because people are going crazy from being in lock down! Actually I've just been talking about this with the microwave and toaster while drinking coffee and we all agreed that things are getting bad. I didn't mention anything to the washing machine as she puts a different spin on everything. Certainly not to the fridge as he is acting cold and distant. In the end the iron straightened me out as she said everything will be fine, no situation is too pressing. The vacuum was very unsympathetic... told me to just suck it up, but the fan was more optimistic and hoped it would all soon blow over! The toilet looked a bit flushed when I asked its opinion and didn't say anything but the door knob told me to get a grip. The front door said I was unhinged and so the curtains told me toyes, you guessed itpull myself together!

Craft at Home Contest!

Calling crafters of all skill levels! With all of this time we're spending at home these days, why not use some of it to tap into your creative abilities?! We want to see what you can do!

WHO: Berlin Residents age 55 and older

WHAT: Open to ANY craft—painting, drawing, knitting, sewing, bird houses, jewelry, macaroni art, origami, cross stitch.... be creative! We highly suggest that you use materials that you already have in your home.

WINNERS: 3 top prize winners will be chosen. Everyone who participates will also receive a participation prize.

SUBMISSION: Email a photo of your craft to:
tdoyle@town.berlin.ct.us

DEADLINE: Please submit your photo by Friday, June 5th. The winners will be contacted in June! Have Fun.....and Happy Crafting!

Attitude is a choice. Happiness is a choice. Optimism is a choice. Kindness is a choice. Giving is a choice. Respect is a choice. Whatever choice you make makes you. Choose wisely.

Updates on Financial Assistance Programs

Property Tax Relief for Elderly and People With Disabilities: Anyone new to this program needs to apply by MAY 15. All those who applied previously and is due to reapply this year, you will be granted automatically so you do not need to reapply this year. Questions, call us at 860-828-7050

Renter's Rebate Program: Staff will start processing applications JUNE 1. This is subject to change. The deadline is not until October so there is time. Watch our June newsletter for more information.

Income Tax Appointments: AARP hopes to accommodate appointments at a later time. If you already have an appointment scheduled with us, we will call you to schedule a new appointment when a decision has been made. If they decide not to continue with these appointments, we will also call you. At this time, we are not taking any additional appointments, we are only accommodating existing appointments.

Energy Assistance: If you need help with energy assistance, please call us at 860-828-7050



Check out these links!

Beardsley Zoo Live Cams: beardsleyzoo.org/zoo-cams.html

Florence Griswold Online Exhibitions:

florencegriswoldmuseum.org/exhibitions/#Online

Yale University: <https://www.youvisit.com/tour/yale>

Live Online Meditation: copperbeechinstitute.org/online-offerings

Online Jigsaw Puzzles: jigsawpuzzles.io/

National Museum of US Navy: history.navy.mil/content/history/museums/nmusn/explore/photography.html

Tips for Staying Active

- Don't sit all day. Get up every 15-30 minutes and walk a lap around your home or do a set or two of the stairs. March in place while sitting, do some toe and heel raises, move your arms.
- Put on motivating music and dance finding an exercise video or live class, or use home cardio machines if you have them.
- Walk briskly if you can. Stay 6 feet away from others. Or go for a walk or hike at a local park. Start your gardening and lawn work.
- Use your body weight to do squats or sit down and stand up from a chair several times in a row to strengthen the lower body. Pushups against a wall, the kitchen counter or the floor help to strengthen the upper body.

A Note About Trips

The day will come again when we will be able to venture to somewhere other than the mailbox and a quick trip to the store. Until then, we have had to cancel some trips and reschedule others. Everyone who signed up for a cancelled trip will receive a refund. If you have any questions, please contact Jane at 860-828-7006 or Tina at 860-828-7050.

Take a trip virtually to these places right here in Connecticut

CT Historical Society Museum
chs.org/online-exhibition

Mark Twain House and Museum
marktwainhouse.org/about/the-house/virtual-tour/

Mystic Seaport
stories.mysticseaport.org

New England Air Museum
www.neam.org/virtual-tours.php

Share Your Selfie

Let's bring a little fun and senior center inspired silliness back into our lives. We miss your faces! It's true, we do! Snap a quick pic of yourself and show us how you are keeping busy during self-quarantine — joining us for a Zoom yoga? Working on a game or puzzle? Reading the latest Book Club selection? There are so many ways that you can keep yourself connected with the Berlin Senior Center, even at this time of social distancing. We will share photos (with your permission) on Facebook to let the community see for themselves how Berlin Seniors are doing and print them to display in the halls here, so you can all enjoy them when we get back. Email photos to tdoyle@town.berlin.ct.us.

TED TALKS

Google Ted Talks, and put titles in the search bar.

Never ever give up by Diana Nyad

Why social media is reimagining our future by Bryan
Kramer

How our friendship survives our opposing politics by
Caitlin Quatromanni and Lauran Arledge

Virtual Programs

Virtual Classes offered by Sanitas Medical Center

Nutrition Basic for Diabetes: May 19th at 11:30AM

Eating Healthy on a Budget: May 19th at 2:00PM

Mindful Eating: May 21st at 4:00PM

Gold Classes

Stretch Classes: Every Tuesday at 10:00AM

Stretch & Yoga: Every Tuesday at 3:00PM

Zumba Gold: Every Wednesday at 10:00AM

Chair Cardio: Every Thursday at 10:00AM

Chair Cardio and Yoga: Every Thursday at 3:00PM

*** Join us via Zoom! Click on "Join a Meeting"*

Add our meeting ID: 748-299-292

Berlin Senior Center Virtual Yoga

Instructor is Liz Hall, every Friday from 9:30-11:00AM

Join via Zoom

996-752-6522

Password: 730737

Relaxation and Rejuvenation

Come join us on Fridays, starting May 22nd from 11:15-12:15.

Zoom online for Berlin Senior Center with Liz Hall

Hartford Healthcare Virtual Discussions

HHC Center for Healthy Aging is doing a Facebook Live weekly on Tuesdays from 1:30-2:00PM on the Southington Community YMCA Exercise group. You need to like their Facebook Page to watch these Facebook Live Videos.

May 19th: Adrienne Devivo, Benefits of a Purposeful Life

May 26th: Kaitlin Cuas, Storm Preparedness

The Answers Will Be on the Tip of Your Tongue!

Don't look below for the answers until you have tried it out!

01. After the Lone Ranger saved the day and rode off into the sunset, the grateful citizens would ask, Who was that masked man? Invariably, someone would answer, I don't know, but he left this behind. What did he leave behind?
02. When the Beatles first came to the U.S. In early 1964, we all watched them on... The Show. _____
03. 'Get your kicks' _____
04. 'The story you are about to see is true. The names have been changed to
05. 'In the jungle, the mighty jungle,' _____
06. After the Twist, The Mashed Potato, and the Watusi, we 'danced' under a stick that was lowered as low as we could go in a dance called the' _____
07. Nestle's makes the very best _____
08. Satchmo was America 's 'Ambassador of Goodwill. ' Our parents shared this great jazz trumpet player with us. His name was _____
09. What takes a licking and keeps on ticking?
10. Red Skeleton's hobo character was named and Red always ended his television show by saying, 'Good Night, and _____ '
11. Some Americans who protested the Vietnam War did so by burning their
12. The cute little car with the engine in the back and the trunk in the front was called the VW. What other names did it go by? _____
13. In 1971, singer Don MacLean sang a song about, 'the day the music died.' This was a tribute to _____
14. We can remember the first satellite placed into orbit. The Russians did it. It was called _____
15. One of the big fads of the late 50's and 60's was a large plastic ring that we twirled around our waist. It was called the _____
16. Remember LS/MFT? _____
17. Hey Kids! What time is it? It's _____ !
18. Who knows what secrets lie in the hearts of men? The _____ Knows!
19. There was a song that came out in the 60's that was "a grave yard smash". It's name was the _____!
20. Alka Seltzer used a "boy with a tablet on his head" as it's Logo/Representative. What was the boy's name?

Monster Mash; 20. Speedy

01. The Lone Ranger left behind a silver bullet; 02. The Ed Sullivan Show; 03. On Route 66; 04. To protect the innocent; 05. The Lion Sleeps Tonight; 06. The limbo; 07. Chocolate; 08. Louis Armstrong; 09. The Timex watch; 10. Freddy, The Freeloader and... 'Good Night and God Bless.'; 11. Draft cards (Bras were also burned. Not flags, as some have guessed); 12. Beetle or Bug; 13. Buddy Holly; 14. Sputnik; 15. Hoola-hoop; 16. Lucky Strike/Mean Fine Tobacco; 17. Howdy Doody Time; 18. Shadow; 19.

On the Lighter Side

Perspective is everything and during this time of change, stress and high-anxiety for many, I came across these beautiful sentiments about how to look at the COVID-19 crisis through different lenses. I hope you will enjoy and feel encouraged by them.

When you go out and see the empty streets, the empty stadium, the empty train platforms, don't say to yourself, "It looks like the end of the world." What you are seeing is LOVE IN ACTION. What you are seeing is how much we do care for each other, for our parents and grandparents, for our children, for our immune compromised brothers and sisters, for people we will never meet. People will lose jobs over this. Some will lose their businesses and some will lose their lives. All the more reason to take a moment, when you're out on your walk, or on your way to the store, or just watching the news, to look into the emptiness and MARVEL AT ALL THE LOVE. LET THAT LOVE FILL AND SUSTAIN YOU. It's not the end of the world. It is the most remarkable act of global solidarity we may ever witness.

Author Unknown

GOOD THINGS TO COME OUT OF THE COVID-19 PANDEMIC

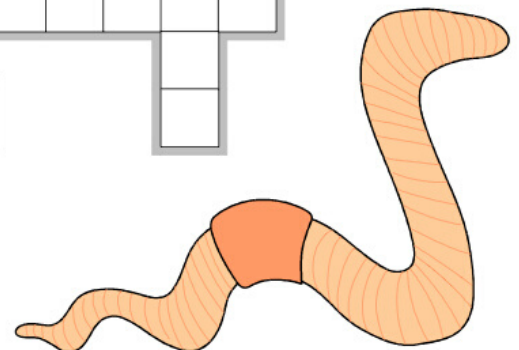
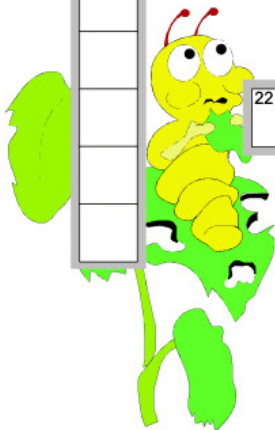
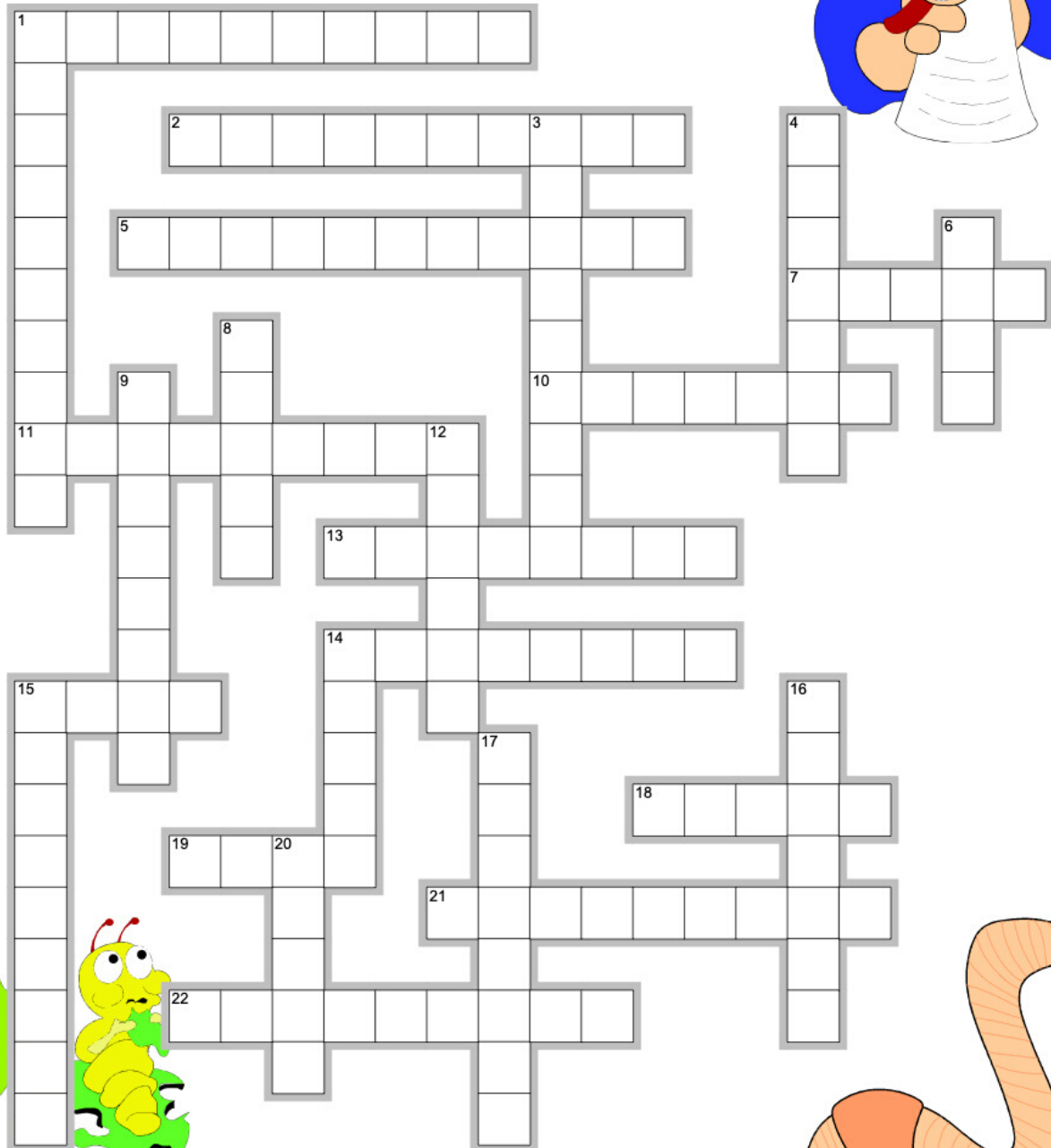
by Russell Hope, news reporter

- 1. Community Spirit** - "People want to do something to help others, which is fantastic."
- 2. Help for the Elderly** - "Panic buying is especially hard on older people, some of whom are less able to get to the shops regularly. So supermarkets have responded, offering slots reserved for the elderly to make sure that they don't miss out on the essentials. Some banks are taking similar steps."
- 3. Pollution is Down** - "As the burning of fossil fuels has dropped, air quality has improved significantly ... and the impact will be felt worldwide."
- 4. Venice Cleans Up its Act** - "Venice has been benefiting from the lockdown in Italy. The city's famous canals have never been cleaner, according to many reports."
- 5. Clean Hands are Back in Fashion** - "The owner of fashion giant Louis Vuitton will provide French authorities with hand sanitizer for as long as necessary as the country battle against the coronavirus outbreak. What's more, it will be free."
- 6. There's Never Been a Better Time to Stay In** - "Whether it's The Sopranos, The Wire or Breaking Bad, we're constantly told that this is a golden age for television drama. What better time to watch that box set you never got around to in the past?"
- 7. Sing-a-long-a-Lockdown** - "Italians have been making their own entertainment since the country went on lockdown, not least in its crowded cities, where people have been channeling their inner Pavarotti to help pass the time."

The Grimacing Gardener

Every gardener finds himself or herself in a pickle, a jam, or even some hot water from time to time. If you've ever found yourself grimacing as a gardener, you'll have little trouble with this crossword... Or not?

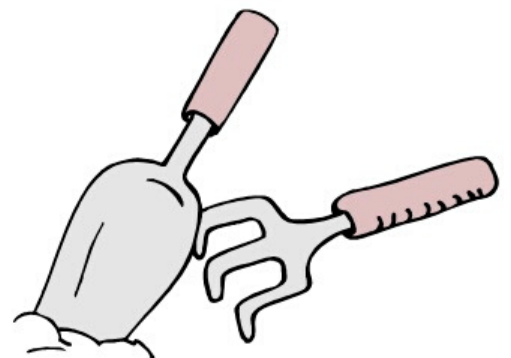
Check your knowledge of all sorts of gardening plights and pestilence as you complete this puzzle.



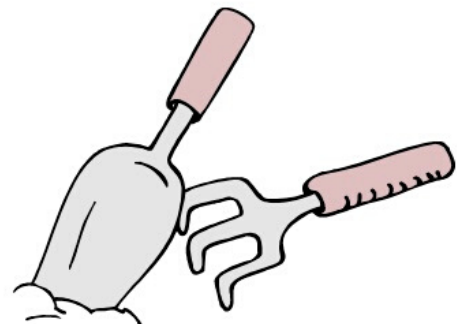
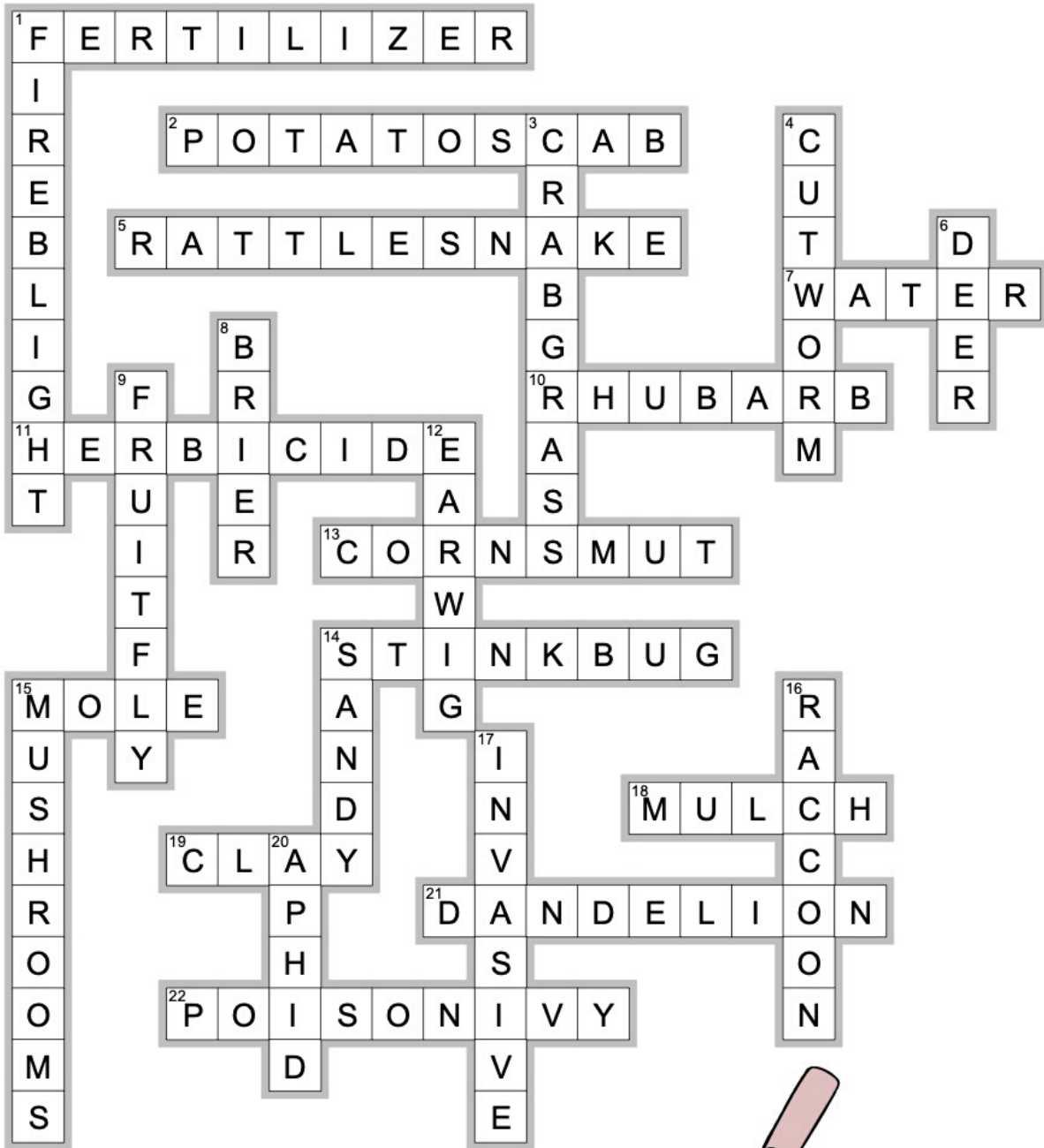
1. Overuse can lead to runoff that damages surface waters
2. Small pits on tubers indicate this disease (2 wds.)
5. Noisy unwanted reptile
7. Too much or too little of this is a common problem.
10. Plant with edible, tart stalks but poisonous leaves
11. Overuse of this class of weedkiller can injure plants
13. Fungus that infects corn plants
14. Shield-shaped insect that gives off an unpleasant odor when crushed (2 wds.)
15. Insect-eating underground dwellers
18. Used to suppress weeds, but too much can cause rot
19. This type of soil drains slowly and can cause root damage
21. Showy springtime problem
22. Rash-causing weed (2 wds.)

Down

1. Disease that causes scorched-looking new leaves
3. A thick type of unwanted grass
4. Type of caterpillar that cuts off seedlings just above the ground
6. Animal that grazes, leaving damaged woody plants, roses, fruits and vegetables
8. Prickly plant or shrub
9. Winged annoyance, especially around fresh fruit (2 wds.)
12. Ugly nocturnal insect that feeds on tender new growth
14. Type of soil that often does not retain water or nutrients
15. Umbrella-shaped fungi
16. Nocturnal animal that loves sweet corn and strawberries
17. Non-native plant type that spreads on its own
20. Prolific insect that sucks the sap from stems and leaves



The Grimacing Gardener - Answers



Pushing Pencils

The first pencil with an eraser top was patented on March 30, 1858 by Hymen Lipman. But today, many people write and correct their words with another device.



To find out what it is, follow each step below. Write the letters that result from each step in the blanks. Be sure to work with a pencil and eraser in case you need to change an answer!

1. Begin with PENCIL.

PENCIL

2. Add INK at the beginning.

3. Drop the last consonant.

4. Add AD in front of the last vowel.

5. Replace the 7th letter with the letter that comes just before it in the alphabet.

6. Insert YOU between the 5th and 6th letters.

7. Remove the 3rd consonant.

8. Move the 6th letter so that comes immediately after the B.

9. Remove any letters that appear in FUN.

10. Add an R so that it is the 3rd letter from the right.

11. Remove the first and last letters.



Answers for Pushing Pencils

2. INKPENCIL
3. INKPENCI
4. INKPENCADI
5. INKPENBADI
6. INKPEYOUNBADI
7. INKEYOUNBADI
8. INKEYUNBOADI
9. IKEYBOADI
10. IKEYBOARDI
11. KEYBOARD



Reference: <https://pencils.com/hymen-lipman-pencil-patent/>



Penny for your thoughts?

There's more to a penny than you might think!



Identify the following on the penny:

**Hint* You may need to think outside the box!*

1. A serving of corn
2. A fruit
3. A type of flower
4. A type of hot or cold beverage
5. Large body of salt water
6. A rabbit
7. Part of a needle
8. Part of a stream, as it enters a river
9. A messenger is....
10. A sacred place
11. Wooden part of railroad tracks
12. The side of a road



Answers: Ear; Date; Two lips; Tea "T"; Sea "C"; Hair; Eye; Mouth; One cent (one sent); Temple; Tie; Shoulder

EARTH DAY WORD SEARCH

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

ANIMAL
ENERGY
OCEANS
RECYCLE
ELECTRICITY

CONSUME
ENVIRONMENT
POLLUTION
EXTINCTION
POPULATION

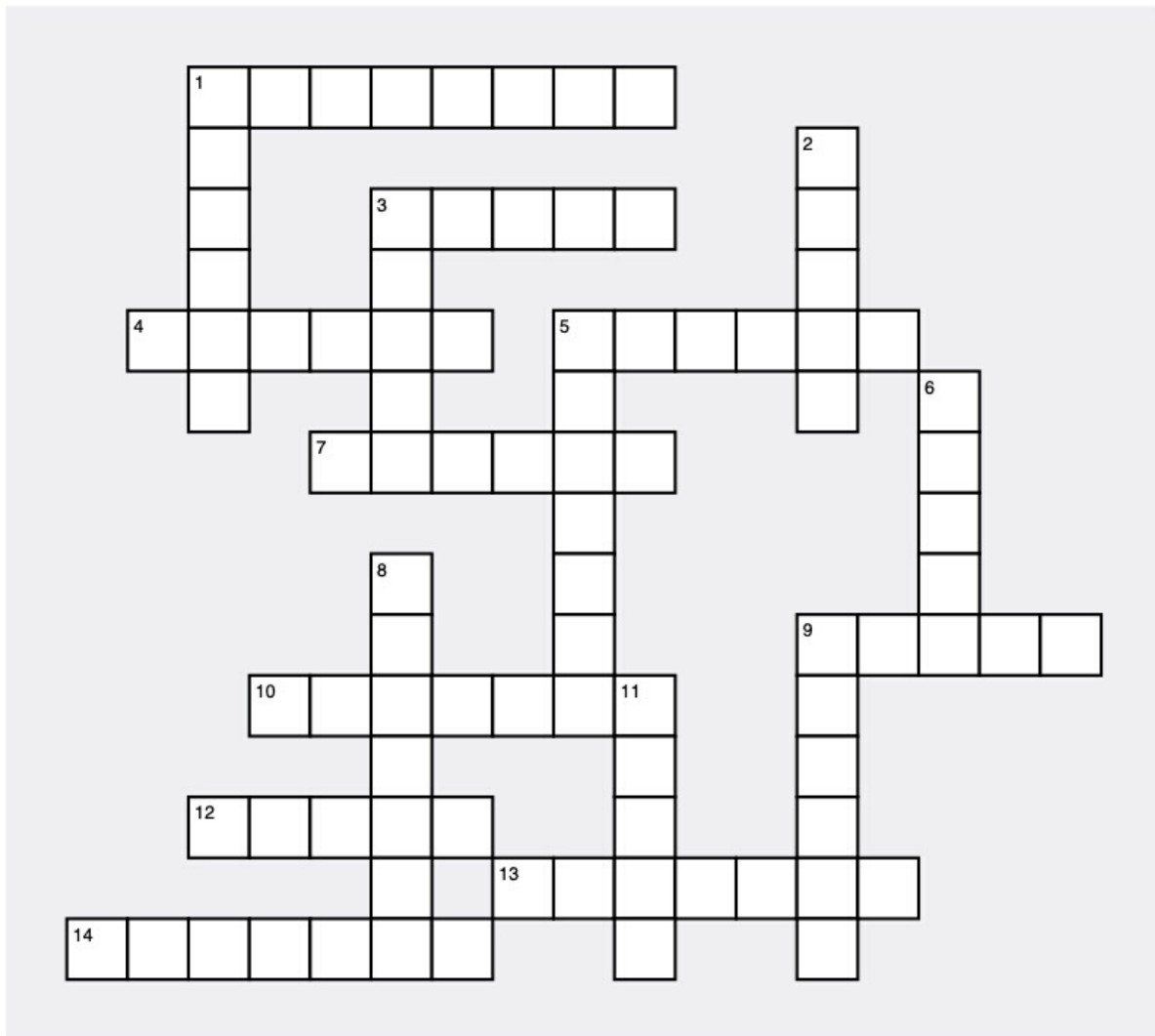
EARTH
FOSSIL FUEL
WILDLIFE
HARMFUL
ACID RAIN

For more free word searches, visit
www.memory-improvement-tips.com/word-search-printables.html

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Golden Age of Hollywood Crossword



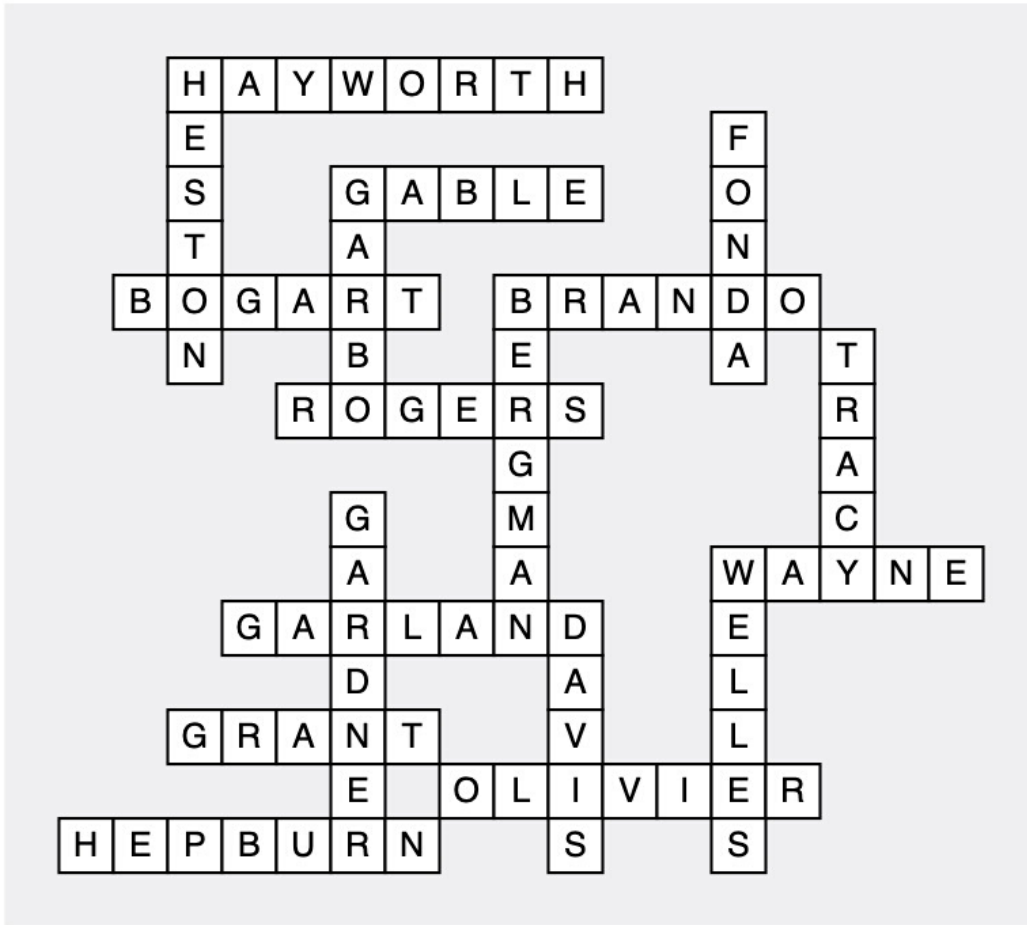
ACROSS

- 1) Gilda Mundson Farrell, 1946
- 3) Rhet Butler, 1939
- 4) Charlie Allnut, 1951
- 5) Stanley Kowalski, 1951
- 7) Kitty Foyle, 1940
- 9) John T. Chance, 1959
- 10) Dorothy Gale, 1939
- 12) Roger Thornhill, 1959
- 13) Heathcliff, 1939
- 14) Holly Golightly, 1961

DOWN

- 1) Judah Ben-Hur, 1959
- 2) Mister Douglas Roberts, 1955
- 3) Felicitas von Rhaden, 1926
- 5) Ilsa Lund, 1942
- 6) Joe Wilson, 1936
- 8) Kitty Collins, 1946
- 9) Charles Foster Kane, 1941
- 11) Margo Channing, 1950

SOLUTION



B	I	N	G	O
<p>List 3 places:</p> <p>You want the senior center to go to when this is all over!</p>	<p>Complete:</p> <p>20 arm curls 20 knee lifts 20 ankle rolls</p>	<p>Take a Walk</p> <p style="text-align: center;">OR</p> <p>Get some Sun!</p>	<p>Take 3 deep breaths!</p> <p>-In through your nose, count 1...2...3 -Hold, count 1...2...3 -Out through your mouth, count 1...2...3</p>	<p>Clean out your junk drawer!</p> <p>Throw away garbage, wash the drawer and share the weird items you find with us!</p>
<p>List 3 things:</p> <p>You are grateful for today!</p>	<p>Call:</p> <p>A senior center friend or a family member !</p>	<p>Clean out your pantry/cupboards.</p> <p>How many expired items do you have?</p>	<p>Share:</p> <p>An easy recipe you love!</p>	<p>Name ALL 50 States!</p> <p>NO CHEATING!</p>
<p>Drink 64 oz. of water in one day!</p> <p>Daily Suggestion Source: Webmd.com</p>	<p>Stimulate your mind!</p> <p>Complete one crossword, word search, Sudoku or other puzzle</p>		<p>Reminisce!</p> <p>Look through old photos !</p>	<p>Listen to music that makes you happy !</p>
<p>Attempt a self portrait!</p> <p>Look in the mirror put your skills to work!</p>	<p>Write about:</p> <p>A positive & memorable time in your life!</p>	<p>How many words can you come up with in two minutes using the letters from: CORONAVIRUS</p>	<p>Mail:</p> <p>A letter to a friend or family member</p>	<p>Play a Card Game</p>
<p>Make something creative</p> <p>(Ex: Cooking, drawing, craft, etc..)</p>	<p>Pay it forward!</p> <p>Give someone a compliment</p>	<p>List 3 things:</p> <p>Of which you are grateful</p>	<p>Write down:</p> <p>A piece of advice you would give to younger generations.</p>	<p>Purge !</p> <p>Go through your phone and clean out apps / pictures that you no longer want or use.</p>

How to Play: Complete a row vertically, horizontally, or diagonally. Let us know when you've gotten **BINGO** and we will enter one ticket into our raffle with your name on it. Contact us via email: tdoyle@town.berlin.ct.us or call us at 860-828-7006.

FIVE BINGO MAXIMUM = FIVE RAFFLE TICKET MAXIMUM

WINNER WILL BE DRAWN Monday, June 22nd.