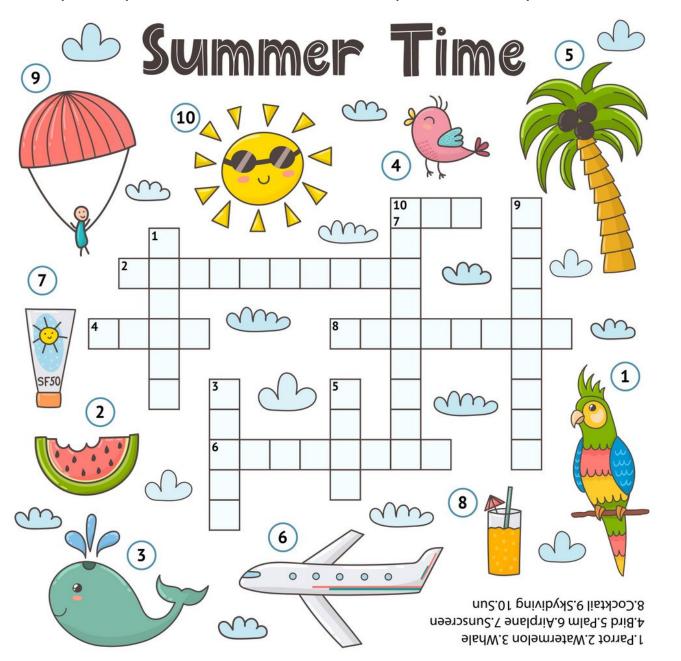
Keep your Mask from Spreading COVID-19

Face masks are the new normal. A simple way to reduce the risk of contaminating your mask is to wash or sanitize your hands before you pick up a mask to put it on.

When taking it off, you want to reduce the risk of transferring the virus to yourself. Do not touch the front of the mask. Consider it contaminated. Be careful not to touch your eyes, nose and mouth when removing a mask. Take hold of the loops or ties and move the mask away from your face. For masks with a pair of ties, untie the bottom one first, then the top one.

As an extra precaution, you can hold the loops/ties with the contaminated side of the mask facing upward. Then bring your hands slowly together and let gravity drop the center of the mask. This puts the contaminated surface on the inside of the fold. Place your used face covering in a closed trash or laundry bin. Then wash or sanitize your hands immediately. Wash your fabric face masks as often as you would wash your underwear!





Happy Hour... from a distance!



The Laurels at Laurelbrooke Activity Calendar - June 2020

O do	Manda Tanaha Mahada										
Sunday	Monday		Tuesday		Wednesday		Thursday		Friday	Saturday	
****	1 2:00 PM Ch : Y : ''I : '		2	3	3		4			6	
**Laurels Residents	3:00 PM	Chair Yoga with Jamie									
will be contacted		Outside the Clubhouse									
if events are		Social Distancing and									
cancelled or postponed	d	Masks Required									
		Weather Permitting									
7	8		9	10		11		12		13	
	3:00 PM	Chair Yoga with Jamie				9:00 AM	Coffee Chats				
		Outside the Clubhouse					Clubhouse				
		Social Distancing and				Re	Residents can stop by				
		Masks Required			Happy Birthday,						
		Weather Permitting			Jack Johnston!						
						g	uidelines enforced				
14	15		16	17		18		19		20	
Flag Day											
21	22 23		23	24		25	25			27	
Father's Day	3:00 PM Chair Yoga with Jamie		-	3:30 PM	Happy Hour			26			
		Outside the Clubhouse			ments delivered						
		Social Distancing and			Feel free to meet using						
		Masks Required			al distancing						
		Weather Permitting			guidelines						
					,						
28	29		30								
	9:15 AM Breakfast Social										
	7.13 AW										
		Clubhouse									
		Residents can stop by									
		For a to-go breakfast									
		Masks and social dis- tancing guidelines en- forced									
	_										
	3:00 PM	Chair Yoga with Jamie									