

## Upcoming Events

- Chair Exercise Wednesday & Friday mornings at 10am Village II CC. An additional day has been added to accommodate the participation. It will be held inside the Community Center with six participants permitted only each day! Must practice social distancing, chairs need to be 6' apart & attendees must wear a mask. Please work out a schedule between who attends which day. Need to divide up between the two days with 6 tenants per day. If you have any questions or concerns, please contact Becky Park, 849-0814. Thank you!
- Outside Social on Saturday's, weather permitting, at Village I CC at 1pm. It is held outside. Bring your chair or use a folding chair from the community center, wear your mask & enjoy visiting with your friends & neighbor's while practicing social distancing.
- Cupcakes to go on July 13, 2020 at 1pm at Village II CC. Stop in & pick up a cupcake!
- Ice Cream Treat on July 27 at 1pm at Village II CC. Stop in & pick up an Ice Cream treat to enjoy!

## Announcements

### Watch out for Scams

Scams relating to COVID-19 make fraudulent promises ranging from providing test, vaccines or medical equipment, to helping to pay mortgages, or claiming to help you get a federal stimulus payment. **The best defense is to say NO** if anyone contacts you and asks for your Social Security number, bank account number, credit card information, Medicare ID number, driver's license number or any other personally identifiable information by phone, in person, by text message or email. Report scams to [ftc.gov/complaint](https://www.ftc.gov/complaint).

### Property Tax/Rent Rebate Application Deadline Extended

In response to the COVID-19 outbreak, the deadline for older adults and Pennsylvania residents with disabilities to apply for rebates on rent and property taxes paid in 2019 has been extended from June 30 to December 31, 2020.

### Masks

If anyone needs a mask, I have some that were donated to WRC. Dianne & I will have them with us when we are at the Village in July, while supplies last. Stop in if you need/want one.

### Word Find/Cross Word Puzzle

Each month a word find will be enclosed with your calendar & newsletters. Just something fun to do. If you complete the word find/word puzzle, return it to Becky & your name will be entered into a drawing for a free candy bar of your choice.



## Active vs. Inactive

### *Don't Let Covid-19 Crisis Lure You into Being Idle*

Taking it too easy can be risky. The U.S. Surgeon General's office has reported that inactive people are nearly twice as likely to develop heart disease as those who are more active. They also report that a lack of physical activity can lead to more doctor visits, more hospital stays and/or more use of medications.

In addition, a lack of activity can have a negative effect on a person's personal freedom. Being sedentary can speed up the loss of the ability to do for oneself, and lead to person being more dependent on others.

Research has found that being physically active on a regular basis can help to prevent (or delay) many diseases and disabilities, including arthritis, high blood pressure, and diabetes. At the same time, activity can improve a senior's mood and attitude, and help them to decrease and manage their stress.

Yes, being active can be challenging for seniors. It can be hard to motivate yourself when energy is low, you are worried about falling down, or your joints ache. And yes, exercise can be boring. Plus, restrictions due to the Covid-19 crisis are making shared activities more difficult. Here are some suggestions:

- Utilize outdoor walking trails where you can safely social distance from others.
- Use safe exercise machines - treadmills with handrails, stationery bikes, elliptical, etc.
- Exercise using resistance bands.
- Take a lesson or class online - exercise, stretching, yoga, dance.
- Gardening, indoor or outdoor.
- Household chores - vacuuming, dusting, laundry, cooking, etc.
- Any activity you enjoy doing that gets you moving and/or is mentally stimulating.

## Village at Laurelbrooke Activity Calendar - July 2020

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