

THE CORONA CHRONICLES

TIPS AND GIGGLES

APRIL 6TH, 2020

Social distancing does not mean social isolation. Now, more than ever, we need to find creative ways to stay connected. We hope to put a smile on your face and keep you up to date on what's happening at Villa Beaurepaire.



ALLOW US TO DO YOUR GROCERIES - *DATE CHANGE*

Leave your order on your tablet by **Monday BY 1PM**. Your order will be delivered on Tuesday. Please do not go to depanneur or pharmacy. Allow us to go there for you.

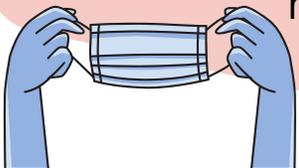
WHAT'S HAPPENING

Les Amis de Beaurepaire Community Match-Up with VB Residents

The community match-up is ongoing. If you want to send back a note, feel free to do so (but you are not obliged) by giving it to one of the staff and they will pass it back via Dominique.

FYI

Masks are being worn by staff during food preparation and food delivery as a precautionary measure.



Please do not invite anyone into your apartment, including your neighbours, at this time.



Isolation is extremely important right now and we thank you for your continued compliance with these difficult policies.

April 12th is Easter Sunday

Did you know?

Old superstition held that if you wore new clothes on Easter, you would have good luck for the rest of the year.

Chair Pilates - OUTSIDE

With Laura

Tuesday April 7th

Group from 1st floor:

1:15PM

Group from 2nd floor:

2PM

*All chairs will be placed 6 feet apart outside. Leave apt 10-15 mins early to go solo on elevator.



Virtual Bingo!

Desperate times call for creative measures. On Friday at 1pm, Alex will be calling bingo from the front entrance. Turn on your TV to the security camera, prop your door open and get ready to yell BINGO. Cards will be sold during lunch time rounds and further instructions provided.



Refrain from touching your face



WASH YOUR HANDS for 20 seconds and wipe your walker handles before and after:

touching your face, handling food, eating, leaving your apartment and generally as often as possible.



TIPS

- Open your window, let in some fresh air!
- **1ST STRETCH:** Reach one arm up to the ceiling and then slowly bend the opposite way. Breathe. Repeat on the other side.
- **2ND STRETCH:** Place your hands either on the seat or the back of a chair to support you, bend forward at the hips with the legs straight, bend one knee at a time.



Stay safe!



GIGGLES

Did you know?

April is National Humor Month!

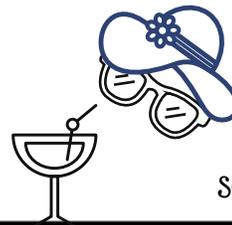
How excited was the gardener about spring?

So excited he wet his plants.

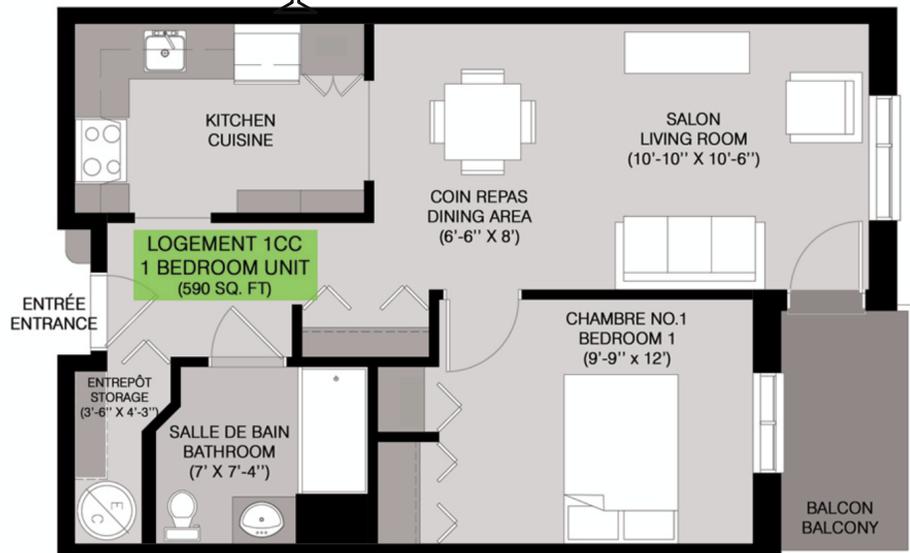
Crazy times we are living in. I used to cough to hide a fart. Now I fart to hide a cough.

I am going crazy from being in lock down! Actually I've just been talking about this with the microwave and toaster while drinking coffee and all of us 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 calmed me down 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 to... yes, you guessed it... pull myself together.

It was a quiet Monday morning in September 2053, when John awoke with a need to go to the bathroom. To John this wasn't just any ordinary day! This was the day he would open the last package of toilet paper his parents bought in the year 2020.



Looking at the map for some weekend travel ideas:



ACTIVITIES

Three truths and a lie! Can you spot the lie?

1. Mary is the 2nd Villa Beaurepaire manager
2. Alan grew up in a 6.5 apartment with three families
3. Margo lived in a commune
4. Andre's first job was at a bank

*All answers will be in next week's newsletter

Word in a Word

Come up with as many words as you can using the letters in **SPRINGTIME**

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