

THE CORONA CHRONICLES

TIPS AND GIGGLES

JUNE 1, 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.



We encourage you to go outside and enjoy some fresh air.

Wear a mask (available in the office) and keep 2 metres away from others.
Visitors inside the building are still prohibited, but you may visit outside at a distance.
Do not go to the Depanneur. Do not take public transport.

WHAT'S HAPPENING

GROCERIES

Leave your order on your tablet Monday by 1:00pm. Orders will be delivered on Tuesday morning.

Trivia with Alex

Congratulations to Mae, who won last week's True or False Trivia! If you would like last week's answers, please ask Alex.



Library Cart

Sundays 2:00pm
(magazines, books, colouring sheets)

Virtual Bingo!

Wednesday & Friday - 1:00pm
Turn on your TV to CH #940 and call the kitchen if you have a bingo.
(514) 697-0021.



Weekly updates by Mary

Wednesdays right after Bingo,
~2:00pm CH #940.



PLEASE NOTE: VBBC is having technical problems.
The following programing will resume once the issue is resolved.

VBBC Tuesday Broadcast

****BONUS Exercise video 1:00pm****

This week on VBBC:

Our Planet Documentary Series

Tune in (CH #940) Tuesday at 1:30pm

VBBC Movie Showing: Friday

After bingo (roughly 2:00pm)



CHAIR PILATES

Mon./ Thurs./ Sat. - 1:30pm

The classes will be held inside through the VBBC network
(CH #940)



Church Service

Sunday mornings at
10:30am,
CH #940.



Canteen

We're bringing the depanneur to you!
Thursday afternoon with Robin.
You may pay with cash or run a tab.

7 Ways to Keep Your Memory Sharp at Any Age

Most of the fleeting memory problems that we experience with age reflect normal changes in the structure and function of the brain. Granted, these changes may be frustrating and may seem far from benign when we need to learn new skills or juggle numerous responsibilities. Here are 7 strategies you could use to sharpen your mind.

1. **Keep learning** - Challenge your brain. Read; join a book group; play chess or bridge; write your life story; do crossword or jigsaw puzzles; take a class; pursue music or art.
2. **Use all your senses** - For example, try to guess the ingredients of a new dish as you smell and taste.
3. **Believe in yourself** - If you believe you can improve and you translate that belief into practice, you have a better chance of keeping your mind sharp.
4. **Economize your brain use** - Take advantage of calendars and planners, maps, shopping lists, file folders, and address books to keep routine information accessible.
5. **Repeat what you want to know** - When you want to remember something you've just heard, read, or thought, repeat it out loud or write it down. If you place one of your belongings somewhere other than its usual spot, tell yourself out loud what you've done.
6. **Space it out** - Study the essentials after increasingly longer periods of time — once an hour, then every few hours, then every day.
7. **Make a mnemonic** - Mnemonic devices can take the form of acronyms (such as RICE to remember first-aid advice for injured limbs: Rest, Ice, Compression, and Elevation)

What a hot week we had last week!

40° —
30° —
20° —



It's really HOT!

When it's very hot, your health can deteriorate quickly.

Make sure to:

 Drink lots of water before you feel thirsty

 Spend a few hours a day in an air-conditioned or cool location

When it becomes hot again take note...

Watch for signs of dehydration: intense thirst, dry mouth and lips, dark urine, rapid pulse and breathing.

To protect yourself from the effects of heat:



Drink lots of water before you feel thirsty



Spend a few hours a day in an air-conditioned or cool location



Close the curtains or blinds during the day and open the windows, if possible, when it's cool at night



Take a cool shower or bath when needed or cool your skin several times a day with a damp cloth



Avoid alcohol



Wear light-coloured clothing



Keep in touch with family and friends and don't hesitate to ask those around you for help

If you're not feeling well or have health-related questions, call Info-Santé 811 or speak to a nurse or doctor.

In an emergency, call 9-1-1.

Learn more at:

Quebec.ca

20-2659-01A

NOTICE



Chairs have been strategically placed on the north terrace **6ft apart**, to allow for visiting outdoors and/or for just soaking up some Vitamin D from the sun. Please use the cleaner left outside to wipe the chairs before and after you use them. See notice on the exterior North Courtyard door. Please wear a mask when with other people outside.

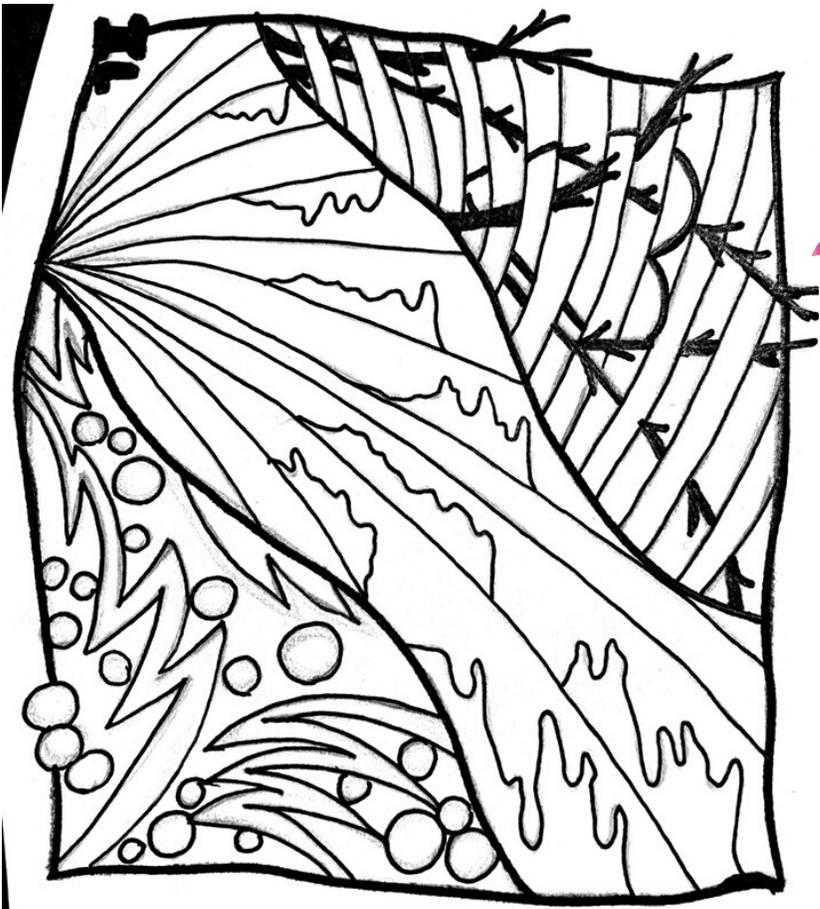


Stay safe!



VILLA BEAUREPAIRE STAFF

Colour in Irene Landry's doodle, illustrated for you.



Giggles

FUN FACTS:

NO BAKE CHOCOLATE HAYSTACK COOKIES

INGREDIENTS

- 1 cup sugar
- 1/4 cup milk
- 1/4 cup butter
- 1 teaspoon vanilla extract
- 2 Tablespoons cocoa powder heaping
- 1 1/2 cups oats
- 1/2 cup shredded coconut sweetened or unsweetened



INSTRUCTIONS

- Add the sugar, milk and butter to a medium pot and bring to a rolling boil over medium heat.
- Add cocoa and and let boil for 1.5 to 2 minutes (don't over boil it).
- Remove from heat and stir in the vanilla extract.
- Add the oats and coconut and stir until completely combined.
- Spoon onto a parchment-lined baking sheet.
- Allow to cool at room temperature for about half an hour or until firm.

About 700 grapes go into one bottle of wine. That's approximately 2.6 pounds, if you're wondering how much "fruit" you get when you uncork your favorite red.



The **Lyrebird** (of Australia) can mimic almost any sounds it hears — including chainsaws, car alarms, camera shutters and other birds and animals.

Playing hide-and-seek?

Can you find these things in the big picture?



funnel



ice-cream cone



candle



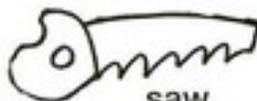
fork



baseball cap



teacup



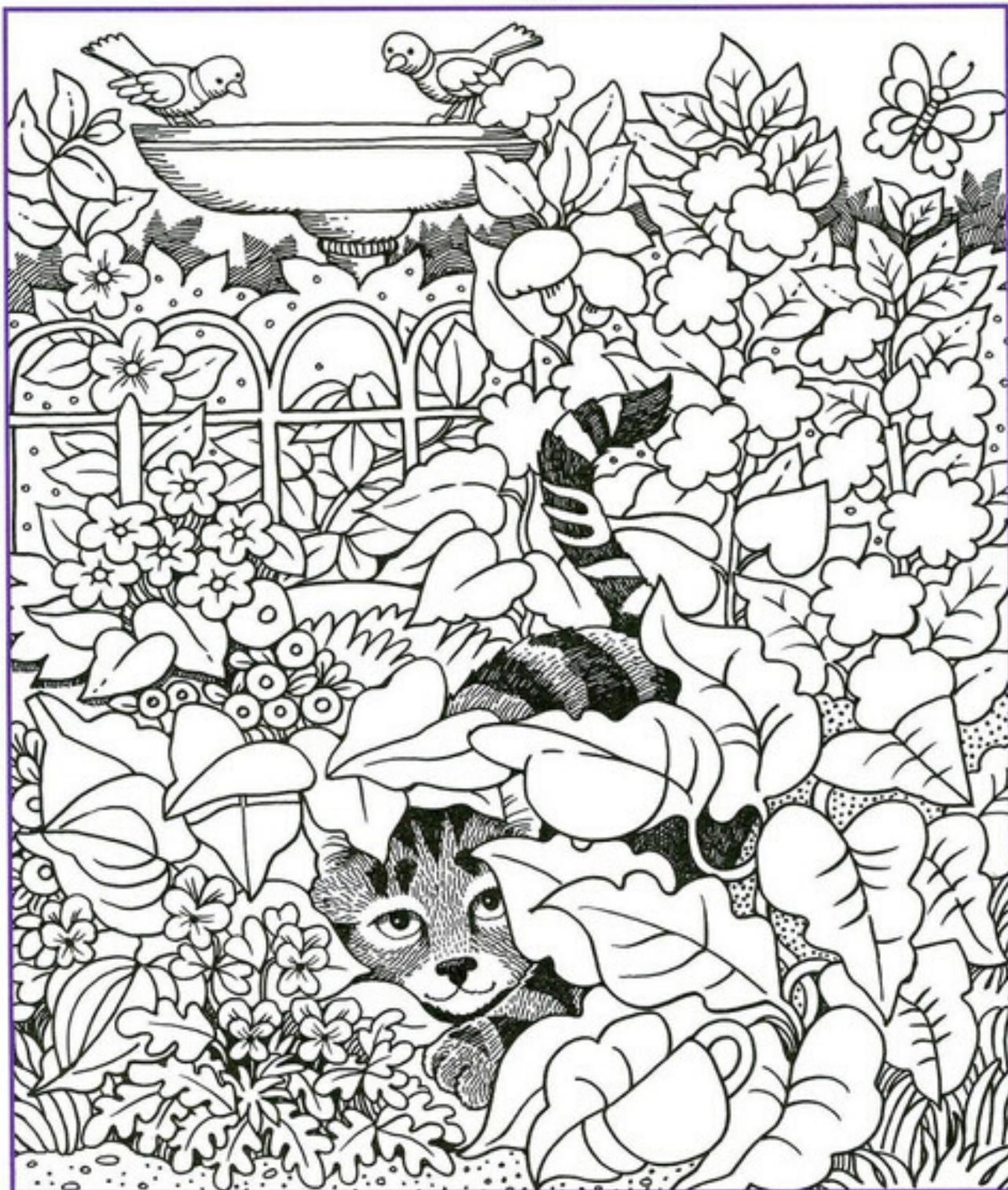
saw



shoe



mushroom



banana



sailing boat



crescent moon



heart



cupcake