

THE CORONA CHRONICLES

TIPS AND GIGGLES

MARCH 31ST, 2020

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



TIP

Keep Moving – Take a stable chair with arms.
Stand up and sit down 10 times at your own pace.
If you can you do more, go ahead!
Grab the chair arms to keep your balance



WHAT'S HAPPENING

Les Amis de Beaurepaire Community Match-Up with VB Residents

Dominique Godin, one of your board members, has matched up members of the Beaurepaire community with each resident. If you haven't received a personalized letter or package yet, you will soon. Be prepared for cards, artwork, paper airplanes, paintings, crafts, surveys to name a few. 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 Domniquette.



Corridor Chair Pilates

New to VB!

With Laura Coulter-Low

Starting **Tuesday**, March 31

1st FLOOR: 1:15PM

2nd FLOOR: 2PM

Saturday:

2nd FLOOR: 12PM

1st FLOOR: 12:45PM

Clear your tablet outside your door. We are disinfecting daily and we need the space to serve your lunch and tea/coffee.

ALLOW US TO DO YOUR GROCERIES

Leave your order on your tablet by Wednesday at 11:00am. Your order will be delivered on Thursday.

Please don't go to depanneur or pharmacy.

Allow us to go there for you.

GIGGLES



TIPS

Ran out of toilet paper and now using lettuce leaves.

Today was just the tip of the iceberg, tomorrow remains to be seen.

- Go for a walk outside daily, weather permitting, or in the corridor. If you go with a neighbour or family member, keep your 6 ft distance.
- Wash your hands every time you come in from a walk.
- Open your window and let in some fresh air.
- Limit the amount of news you watch as it can become too much and we don't want your spirits to suffer.



Stay safe!



VILLA BEAUREPAIRE STAFF