

Alternative Activity Ideas in the Midst of COVID-19

The St. John's Meadows and Brickstone by St. John's recreation team put together a list of ideas for residents to remain engaged during this time of social distancing.

1. Call a long time friend to catch up, mail a letter or card to a friend or loved one. Cards for St. John's Home or Hawthorne residents can be provided to Chantel Foster at the Briarwood or Brickstone desk.
2. Call you family and share with the younger generation key details about your family history. This makes a great home-school project as well as creating new memories.
3. There is a new community calendar for the month of March highlighting National Day Observances. If you would like to participate in anything at home feel free to send pictures to Chantel Foster at cfoster@stjohnsliving.org.
4. You can continue to do the Life Fitness Class as these are seated and/or standing chair exercises you can do at home. Please call Chantel at ext: 7009 or Connor at ext: 7012 for more information. The YouTube link is here: <https://www.youtube.com/watch?v=UaLaxRb9LEk&feature=youtu.be>
5. The Chair Exercise audio shortened clip of 24 minutes was emailed to everyone for your own use. If you would like it to be sent again please email Chantel Foster at cfoster@stjohnsliving.org.
6. The Stretch and Strength and the Yoga videos can be purchased at www.strongerseniors.com, the price is \$7.99 per class and you can pay and download yourself.
7. There is a wonderful web site for medication and mindfulness resources to relieve stress with Sabrina Volger, LMSW who has provided mindfulness classes at St. John's in the past. <https://www.heartinthemoment.com/resources>.
8. The 2019 Holiday Specular is available for viewing to look back on all the fun we had! There are hard copies of the DVD at the Briarwood desk, please return after use and they will be sanitized. Contact Chantel at ext: 7009 or Connor at ext: 7012 for a copy. It is also available on YouTube, see the link here: <https://www.youtube.com/watch?v=9PktJtSJ-Uk>
9. If anyone would like to connect with family or friends via Skype or FaceTime please contact Chantel at ext: 7009 or Connor at ext: 7012 and we will do our best to accommodate.
10. Many churches are offering online services, live streaming events, and links on YouTube to watch. Fellowship of Faith Church: <https://www.youtube.com/channel/UCctJ2XBNiJQxuVMrVq97SMg?> (Recorded videos available to watch)
Northridge Church: <https://northridgerochester.com/> (Live Stream on Sundays and Mondays)