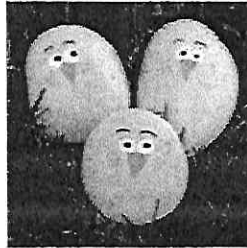


Things to do at home for seniors:

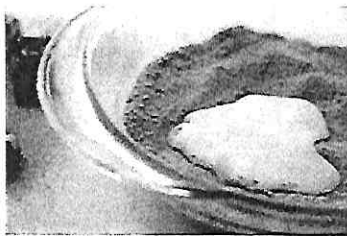
If you're a senior who is at home and is unsure what to do during this time, there are many arts and craft activities you can do! Here are some popular ones we found while surfing the web.

- **Rock Crafts:** There are dozens of crafts that can be done with rocks. Feel free to choose a rock from outside. If you have paint or acrylic paint, feel free to paint a rock. Many people create kindness rocks, and leave them in the public for people to find.



- **Make your own Kinetic Sand! *NOT EDIBLE***

It is so fun to make Kinetic Sand! All you need is 1 cup of play sand/craft sand, ½ cup of school glue, 2 teaspoons of dish soap, and 2 tablespoons of cornstarch. Mix well. Add the glue a little at a time, stir thoroughly each time you add glue.



Knead the mixture with your hands for a few moments. 😊 You are finished!



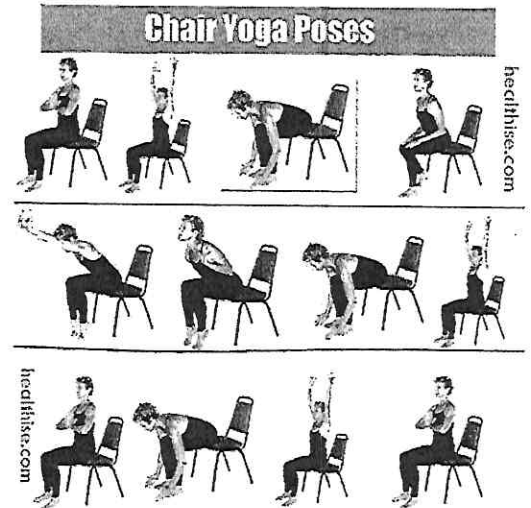
Why is Kinetic Sand important?

Kinetic Sand is extremely helpful for older adults. It can be used to deal with stressors, grief, or trauma. It is known to help individuals with calmness and reduction of anxiety.

- **Practice Chair Yoga, Yoga & Mindfulness**

Be careful with Chair Yoga!! Stick to simple stretches like *raising your hands, sitting up straight, and pushing your chest forward while sitting up straight*. Please consult with your doctor to check-in and make sure that you are OK to do this.

There are some YouTube videos that you can watch regarding deep breathing exercises and yoga. Here is an example of one: <https://www.youtube.com/watch?v=3ZvmKOPoFVo>



- **VIRTUAL YMCA**

The YMCA has videos on YouTube that have exercises geared towards young adults & older adults. If you have computer access, feel free to check out their videos.

https://www.youtube.com/channel/UCOGt_IpceP_xQhhCMCrut_A

Type the link above in your search engine, or find it directly through YouTube called: YouTube YMCA 360: Your Virtual YMCA

- **Exercise with Mary! SCTV**

Check out this YouTube link to Exercise with Mary!

https://www.youtube.com/results?search_query=SCTV+exercise+with+mary

- **Mindfulness & Meditation**

It is a perfect time to get in touch with your body! Here are some free apps that you can download on your phone. You can also search techniques up on YouTube.

- a) Headspace
- b) Calm
- c) Aura
- d) Stop, Breathe & Think

If you don't have a phone or a computer, practice sitting outside. Close your eyes. Breathe in through your nose for 4-8 seconds, and then exhale. Repeat this.

- **Listen to your favorite Tunes or watch funny videos!**

Check out YouTube for free music & fun videos! Learn new DIY (do it yourself) crafts that you can make at home!

- Have a picnic outside! Enjoy the fresh air.

- Read your favorite book.

If you have a *Canton Library* card, head to their website, under **resources** click **Downloadable Materials**, and click **overdrive**. You can download the **Libby app** on your devices. All you need is your Library card number and pin!

Try new recipes! Desserts!!! ☺

- **Banana Split Oatmeal**

Take some oatmeal cereal along with salt in a microwave-safe vessel along with some water and heat it for a minute. Stir it for some time; microwave it again for 1 minute. You can heat an additional 30 seconds to get the thickness you want. After that is done, add banana slices and yogurt.



- **Chocolate-Peanut Butter Shake**

(IDEAL FOR THOSE WHO HAVE A SWEET TOOTH!)

Take some milk and peanut butter and mix it in a blender. You can add ice cubes and chocolate ice-cream to it and blend again till the desired consistency is achieved. The shake is ready in no time!!!



- **Watergate Salad**
(Caution: VERY DELICIOUS)

In a large bowl, mix together pistachio Jello instant pudding mix (there are options for sugar free), pineapples **with the juice** OR mixed fruit cocktail. You can add your favorite chopped nuts (pecan or pistachios), and most importantly a whole container of Cool Whip!! (can be cool whip lite).

Cool for 5-10 minutes if you prefer it cold. Then, Enjoy!!!



- **Oreo Balls!!!**

All you need are:

38 Oreo Cookies

8 oz Cream Cheese Room Temperature

1 cup chocolate melting wafers

For decorating: crushed peppermint, chopped nuts, sprinkles.



1. Crush up your Oreo cookies in a food processor until they are crumbs.
2. Use your hands, or a mixer, and beat the cream cheese until it is smooth (in a bowl).
3. Add Oreo cookie crumbs and mix well.
4. Roll the Oreo mixture into small balls and place on baking sheet or tray with parchment paper, or wax paper. Freeze the Oreo balls for 15 minutes.
5. Heat up your chocolate (if desired) in a microwave safe bowl.
6. Remove balls from freezer and dip the balls into melted chocolate. (You do not HAVE to dip them in melted chocolate if you are having difficulty) You can sprinkle powdered sugar if you'd like.
7. Place them in the refrigerator and chill for an hour.
8. ENJOY!



Easter Egg Hunt

How many Easter eggs can you find?



MAD LIBS

THE DOG ATE IT!

As a teacher, I hear a lot of _____ excuses about why my _____ don't turn in their homework. Here are the top five most _____ ones of all time...

5. An alien from Planet _____ landed in my backyard, and when my _____ asked me to take out the garbage, I got sucked up into the _____-ship!

4. My pet _____ ate it... then _____ it up... then ate it again!

3. I'm running for _____ of the United States, and I had to work on my _____ campaign speech.

2. On the way home from school, a band of _____ pirates looking for gold _____ insisted I turn over my backpack—or walk the _____!

1. I was too busy breaking the world record for most _____ eaten in _____ minutes while balancing on one _____.

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KITE MAZE

START

FINISH

M.H. @ KS

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More fun stuff at www.MARKIX.net/fun



DIY Printable Funny Bunny Mad Lib

Dear _____
person's name

I am writing this email to inform you that something funny happened at _____ today. When I was _____ the trash out, I _____

stumbled upon a _____ doing push-ups and _____

This _____ was dressed in a bunny costume. It had a large _____

_____ and a cute _____ tail. I asked this _____

_____ head what it was doing by the trash cans? He replied, "I _____

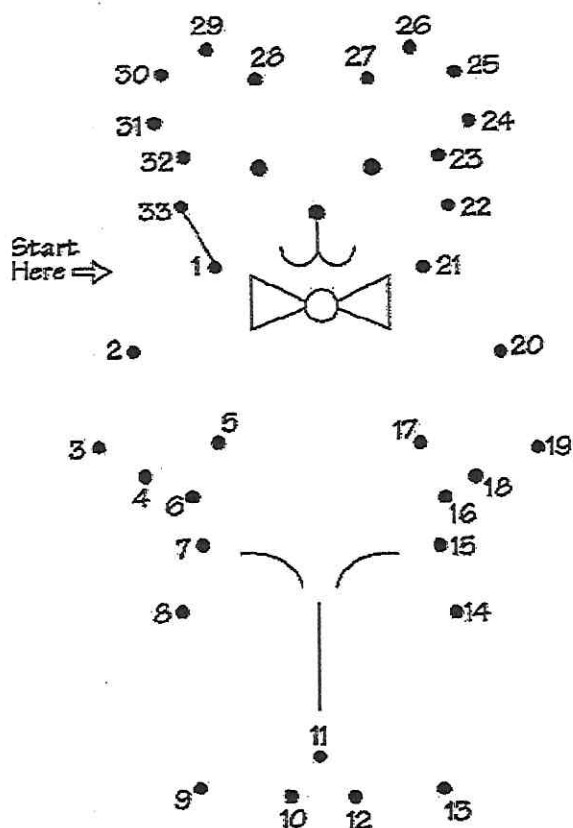
am training for the Easter Day _____.

Rabbits always win, so I thought I would _____ like one and maybe finally win!"

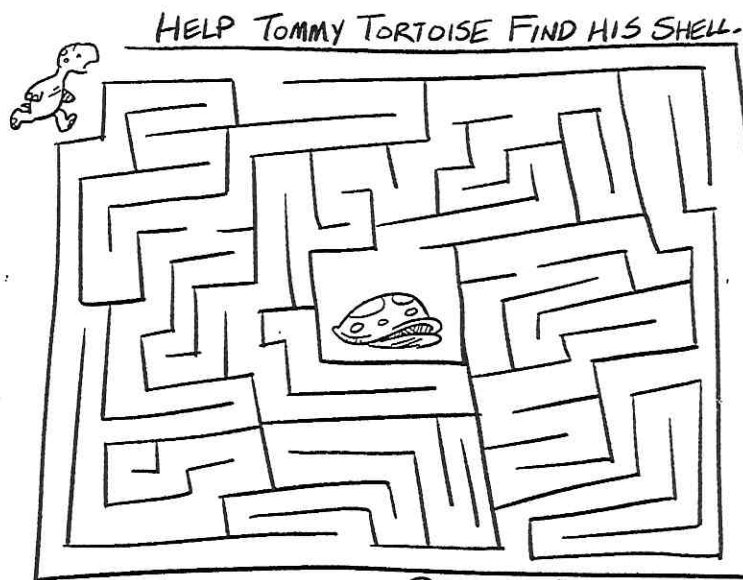
I said, "Well, good luck! I hope you _____ like the _____!"

Your Friend,

celebrity's name



Trees Word Search



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Alder	Cottonwood	Pine
Apple	Cypress	Poplar
Ash	Dogwood	Redwood
Aspen	Elm	Sequoia
Birch	Fir	Spruce
Buckthorn	Hawthorn	Sweetgum
Cedar	Hazel	Sycamore
Cherry	Larch	Walnut
Chestnut	Maple	Willow

Canton Senior Center

We need your input to extend and improve our activities! We would appreciate it if you could take a moment to complete this short, anonymous survey. Feel free to add your own suggestions 😊

Thank you for your cooperation!

Activities I would like to see more of at the Center / May be interested

Organized Activities

- | | | |
|--|---|---|
| <input type="checkbox"/> Nutritional Classes | <input type="checkbox"/> Senior Dance / Senior Prom | <input type="checkbox"/> Movie Marathons |
| <input type="checkbox"/> Walking Club | <input type="checkbox"/> Crafts | <input type="checkbox"/> Technology Classes |
| <input type="checkbox"/> Playing an Instrument | <input type="checkbox"/> Cooking/Baking | <input type="checkbox"/> Guest Speakers |
| <input type="checkbox"/> Fitness Classes | <input type="checkbox"/> Book Club | <input type="checkbox"/> Psychic/Medium |

Other Ideas:

Creative Arts

- | | | | |
|---|---|---|--|
| <input type="checkbox"/> Painting | <input type="checkbox"/> Adult Coloring | <input type="checkbox"/> Live Music | <input type="checkbox"/> Scrapbooking |
| <input type="checkbox"/> Creative Writing | <input type="checkbox"/> Poetry | <input type="checkbox"/> Pastels | <input type="checkbox"/> Knitting/Crocheting |
| <input type="checkbox"/> Dancing | <input type="checkbox"/> Karaoke | <input type="checkbox"/> Photography Club | |

Other _____

Bus Trips

- | | | |
|---------------------------------------|---|--|
| <input type="checkbox"/> Casino | <input type="checkbox"/> Murder Mystery Dinners | <input type="checkbox"/> Boat Tours |
| <input type="checkbox"/> Museum Trips | <input type="checkbox"/> Art Galleries | <input type="checkbox"/> Broadway / Musicals |

Other Ideas:



CANTON
Senior Center



Older Americans Month is sponsored each May by the U.S. Administration for Community Living (ACL). This year, we are emphasizing the importance of connecting with and contributing to community, with the theme: **MAKE YOUR MARK!**

The Town of Canton is seeking nominations for the 5th annual OAM Award, which will be presented to a Canton resident in the month of May 2020.

The Canton Senior & Social Services Department is currently accepting nominations through Friday, May 8th (deadline) for a Canton resident who exemplifies those ideals illustrated by the National Council on Aging's annual theme for **the Older Americans Act Month**.

Please nominate someone who exemplifies this every day!
Criteria for Nomination for the Award are as follows:

- Canton Resident
- Age 55 years or older
- Embraces Aging
- Connects with friends, family, and services that support participation
- Creates community by engaging in activities that promote learning, health & personal enrichment
- Contributes their time, talent & life experience to benefit the community

Help us honor and recognize that one distinguished individual for being an outstanding example to all.

- Mail or drop off a letter of nomination describing how the nominee meets the criteria for the Older American Month Award to: 40 Dyer Ave, Canton CT 06019
- Or Email the letter to jtessman@TownofCantonCT.org

Nominations will be evaluated and the award will be presented at
12:45PM on Friday, May 22 at the Canton Community Center.