

Dear Villagers:

We have all survived the first week of our “social distancing” and hopefully we have kept ourselves healthy and as productive as possible.

Last week we told you that The Clubhouse and Village activities would be closed for two weeks, however, due to the latest updates, we will be closed until further notice. All events listed on our March calendar are cancelled or postponed, and we will keep you updated regarding future events.

Below is an update about the activity that has taken place during our time in self-isolation and all the things you can do at home.

- Village members have stepped up to make sure no one falls between the cracks. The Care Committee members, Captains for the Neighborhood Groups, and members of the Buddy System have called to make sure **everyone** in the village has had a check on health and welfare. We have gotten a lot of feedback.
- We learned that all of us have been busy. Many village members are doing those home chores that we all put off like spring housecleaning. Members who have family in San Diego find them making grocery and medication runs. For our village members who do not have family here, the Buddy System and activities offered in our county may be a method for you to make it through this difficult time.
- Smart and Final, Vons, Amazon and Whole Foods all deliver groceries, however, some of these services may be back-logged for up to a week. **Think ahead for groceries in a week’s time. Also, many items are limited at stores so you may not be able to get the exact products you want. Keep that in mind as you meal plan.**

◦ Vons Tierrasanta - Open to Seniors 7am-9am Monday-Friday.

- Smart & Final Tierrasanta - Open to seniors 7:30-8am.
- Vons Santee is open to seniors 7am-9am. **This Vons is also limiting store occupancy to 25 people in the store at any one time throughout the day.**
- WalMart Murphy Canyon - Open to seniors Tuesdays from 6am-7am.

The following resources should be considered in order to make our time more productive, healthy and happy:

1. If you have a buddy or call village members, try to use Skype or Face time so you can have a virtual conversation in your own home. You can download these as Apps on your phone or computer. Communication is so important to all of us social beings!
2. For those who enjoy reading, download e-books from the San Diego public library. Audiobooks are available too. Anyone always wanted to play a guitar? The library offers online courses as well as universities.
3. Those of you who are gamers, the Internet has lots of free games to challenge you and your brain. If you want to play a group game like Bridge or Mah Jongg, try forming a Skype Group and play?!
4. **Virtual Tours**: We could take a tour of many of the world's best attractions and museums via our computer for free. <https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>
5. Does your FitBit or other activity device keep telling you to stand or move like mine? Well, maybe with no Balance or Yoga classes for now, we need to find a new way to move! We need to

spend sometime everyday in exercise. Here are some ways you can exercise:

- If you belong to the YMCA, there are a lot of classes on demand.
- The County Television Network offers free exercise classes on demand: The Feeling Fit Club, Silver Age Yoga, and Jazzy Cardiac Strength Stretch. These programs are also on our local cable company channels: Cox-19 & 24, Spectrum-24 & 85 and ATT-99.
- If you are an Amazon Prime Member you can use their App on your Smart TV or iPad to find free yoga, Pilates and all kinds of free exercise videos.

If setting up an online account or App on your phone or tablet (like FaceTime, Skype or games like Scrabble and Sudoku) seems daunting, ask a neighbor, niece or nephew for help and a quick tutorial.

As always, feel free to call the Village if you have any questions or concerns during this period of isolation (Monday through Friday, 8:30 am - 12:30 pm).

We want you to stay connected with our members and volunteers and will continue to keep in touch with you as we are informed of additional information regarding COVID-19.

Lastly, and most importantly, enjoy some laughs whenever you can. Enjoy the video clip attached :)