Community Senior Center

Activity Kit

jaba

Live better. Longer.
A Letter from a Volunteer

Dear Friend,

You are on the mind of many who care deeply about individuals in the community. I live in Florida and visited with the JABA family last year. The hearts of the staff are full of love and compassion. You are remembered.

It can be difficult if services or schedules change, when life is in flux, and when we like to know what is going to happen when. 😊 But I imagine you have been through challenging times before and have learned some skills that you can draw upon now. You have resilience.

I’d like to encourage you to reach out to your family, friends, neighbors, acquaintances, and church family. Let them know you care, and if they are interested, share some of your tips for patience and resilience with them. You are valued and needed.

If you have an interest or a hobby that could make someone's day a bit brighter (for example, send a card, make a gift, draw a picture, or simply wave to a neighbor) every little bit helps. You can make a difference.

You are remembered.
You have resilience.
You are valued and needed.
You are loved.
You can make a difference.

With love and hope,
Suzanne—JABA Volunteer
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# Community Center Challenge

<table>
<thead>
<tr>
<th>The Challenge</th>
<th>In Progress/Notes</th>
<th>Done</th>
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<tbody>
<tr>
<td><em>Example: Walk 500 Steps</em></td>
<td>Example: 100 done. 200 done. 500!</td>
<td>5/2/2020</td>
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<tr>
<td>Walk 500 Steps or do 100 Arm Raises</td>
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<tr>
<td>Cook a New Recipe (Bring it to share when we return!)</td>
<td>What you made:</td>
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<td>Read a New Book</td>
<td>What you read:</td>
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<tr>
<td>Learn Something New (Tell us About it when we return!)</td>
<td>What you learned:</td>
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<td>Write 10 Letters to an Elder or Soldier</td>
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<td>Color 3 Adult Coloring Pages</td>
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<td>Call a friend and check on them</td>
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<td>Make a mini poster with an uplifting message on it.</td>
<td>Bring it when you return!</td>
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<tr>
<td>Write a letter to a younger person with wisdom you knew growing up.</td>
<td>Bring it to the Community Center for a student volunteer!</td>
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</table>
What do I say in my Letters?

Use this list to get inspired and write letters to soldiers or elders!

Letter Ideas:

- Write an encouraging note. Include an inspirational quote.
- Describe what your view looks like.
- Talk about your perfect day.
- Write about your day. What did you do? What do you hope to do for the rest of the day?
- Share something you learned or a new thing you tried.
- Thank them for something that they’ve done that is meaningful to you.
- Get creative: send artwork, doodles, poems, or stories.

Letters for a Solider Information:

- Be kind, positive, thankful, and respectful.
- Don’t include your last name, email address, or mailing address.
- Don’t include the date.
- You can ship several letters in one envelop.

Support Our Troops
13791 N. Nebraska Avenue
Tampa, FL 33613

Letters for an Elder Information:

- Be creative, thoughtful, and encouraging
- Do not write about religion or politics.
- Don’t include the date.
- Try to write in large print

Love For The Elderly
P. O. Box 24248
Cleveland, OH 44124

NOTE: If you don’t have a stamp, feel free to bring the completed letters in unsealed envelopes to the Community Senior Center and we will ship them.
Use this wellness checklist to help become and stay healthy. Take it slow – gradually add healthy habits and food to your existing regime. Always consult with your doctor before making any radical health changes.

### Daily wellness checklist

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<tr>
<th>DID YOU...</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
<th>Sun</th>
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<tbody>
<tr>
<td>Eat breakfast</td>
<td>☐</td>
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<td>Drink 7–8 glasses of water</td>
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<td>Avoid skipping meals</td>
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<td>Get at least 6–8 hours of sleep</td>
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<td>Do something (anything) active</td>
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<td>Did you talk to someone today?</td>
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<td>Stretch for a minimum of 5 minutes</td>
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<td>Write in your journal</td>
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<td>Write down your high of the day. Write your low of the day.</td>
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### Other wellness tips

Pay attention to your emotions and feelings before going to sleep each night. Keep a diary. Research and take up daily stress-busting daily practices such as meditation, mindfulness, and affirmations. If you’re emotionally in trouble or feel lost or helpless, seek help.
My Thoughts:

Journal Pages for the Season

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Adult Coloring Pages!

Don’t have colored markers or pencils? No problem! Try out the art style of Zentangle! Doodle patterns inside the lines of your coloring pages for a fun art piece. You can do dots, lines, swirls, and shapes. Any pattern will work! You can use a regular pen or pencil for this style.

Look at the examples below to get inspired:
Do more of what makes you happy
Taking Photographs

The words listed below can be found vertically, horizontally, diagonally, forward, and backward.

ARTISTIC
DEVELOP
DIGITAL
FILM
FOCUSED
FRAME
GLOSS
IMAGE

LANDSCAPE
LIGHTING
MATTE
NIKON
POLAROID
PORTRAIT
SHUTTER
SPEED

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Concentration Puzzles

Use the visual clues in the puzzle to figure out what it says.

Puzzle #1

Puzzle #2

Puzzle #3

Puzzle #4

Answers provided when you return!
Sudoku

Fill in the grid so that all nine columns down, all nine rows across, and all nine 3-by-3 boxes contain the numbers 1 through 9. A number appears in each column, row, or box only once.
Ekphrastic Poems

To write an ekphrastic poems, you will look at a piece of art and react to it. How does the art make you feel? What does it make you think of? If you were inside the art, what would your five sense pick up? What would the scene taste, small, sound, feel like?

Try writing poems based on the artwork below. Then find your own piece of art and write an ekphrastic poem based on that! If you don’t want to write poems, try writing a short story or a play script.

Van Goth, “Wheat Field with Cypresses”

Yinan Chen, “Chinese Style Tiger”