



Making the most of every day

I know these are challenging times, and Mount Kisco Seniors are always up for a challenge! Here are some suggestions to help you thrive and make the most of every day. We are here to help with supplies, patterns and the like. Just give us a call 666-8766 and we'll do our best to get you what you need.

- Drink lots of water: the most important part of staying healthy.
- Get up and walk around every 15 minutes. If you're doing a sitting activity, your joints will thank you if you get up and walk every 15 minutes or so . If you're drinking enough water, you will have an automatic reminder.
- Exercise or Go for a walk outside - If the weather is nice, get outside as much as possible. It's important to move and get that vitamin D.
- Draw, Paint or color: We have supplies ... just ask.
- Knitting: We can get a jump on knitting for our craft fair. I'm always happy to supply Yarn, Needles or patterns. If you need help, I can talk you through it over the phone.
- Sewing or Crafts: Again, I have patterns and fabric
- Take a drive: Unless you are quarantined, take a leisurely drive. Just remember social distance.
- Listen to music:
- Call a friend- It's always great to stay in touch.
- Clean and organize: You know that junk drawer that's been bugging you? It will make your day to finally get it organized
- Read- We have books at the center that we can bring you
- Gardening; We can bring you supplies
- Meditate:
- Do a Jigsaw puzzle: We're happy to share our supply. Just remember to get up and walk around every 15 minutes

These are just a few things to help us thrive. We miss you already, so stay in touch!!

Liz and Joanne