Radiant Care Pleasant Manor

Easter Word Scramble

snrgpi_____

teabks_____

andsyu_____

ubnyn_____

ecalohcto_____

abml_____

gesg_____
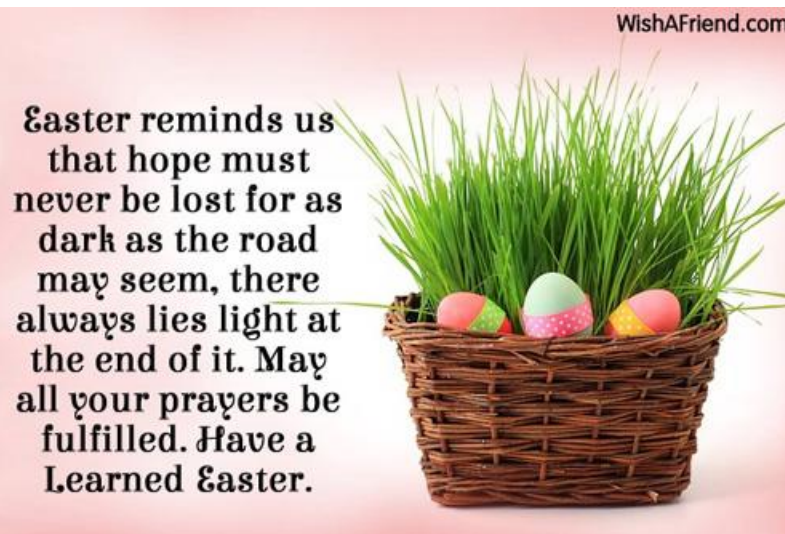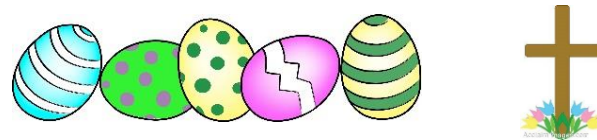
ntnobe_____

kcich_____

jaslenlyeb_____

Social Isolation Activity Ideas!

- Do Crossword Puzzles and Wordsearches- Puzzles have been provided by each area's mail boxes!
- Chair Exercises- Marching, leg lifts, arm raises, punching and more. Look on YouTube for some chair friendly exercises. Exercise to your favorite music.
- Talk to friends and family on the phone- social isolation doesn't mean emotional isolation! If you have a computer, you can talk to your family through Skype and Facetime. If you do not have a computer and wish to do this, please contact Chelsea or have your family email:
chelseab@radiantcare.net
- Read a book, paint a picture, journal, meditate (taking deep breaths and thinking about things that bring you joy)
- Go for a walk outside! Just be mindful to stay at least 6 feet from others.
- Easter Activities- cards, baking, painting, trivia
- United Mennonite Church and Cornerstone Church are broadcasting their church services on YouTube!

WishAFriend.com

Easter reminds us that hope must never be lost for as dark as the road may seem, there always lies light at the end of it. May all your prayers be fulfilled. Have a Learned Easter.

Pleasant Manor Post
April 2020

It's up to all of us to take steps that keep us, our love ones, and our communities safe. We don't yet have a vaccine or cure; what we have is prevention. We can prevent the spread of COVID-19 by washing our hands, avoiding contact with people, and above all, staying in your room.

If you are returning from a vacation, please stay isolated in your room for 14 days.

Cornerstone Community Church volunteers are willing to pick up and deliver groceries to the front door of Pleasant Manor.
Please call them at 905-468-7155 ext. 223

Thank you to Orchard Park Greenhouses, De Groot Laser Grading & Excavating, Anne Litke, NOTL Horticulture Society, The Heinrichs Family and others for all the beautiful flower donations!