Stay Fit & Connected Via Virtual Activities

During the month of June, the Young at Heart Senior Center began offering virtual activities for members who desire to remain active and connected. Many found that connecting via Zoom, a video conferencing service, is actually easier than they thought. Virtual participation allows you to see and speak with your friends and helps you to continue with your exercising in order to remain healthy and fit. We will include the instructions for the free download again. This month, we will offer opportunities to play virtual Bingo, participate in our Zumba exercise class on Wednesday mornings, and also take part in a “Container Gardening” presentation with Texas A&M. Please see the calendar for specific dates and times.

Here’s how Zoom works for your computer, tablet or mobile device:
1. Open the browser of your choice (Google, Internet Explorer etc.,) on your computer or device. Access the Zoom website (www.zoom.us) to join a meeting or you can create your own account. You may also download the free app on any device.

2. You can schedule, join, or host a meeting at the top of the screen. Click on any of these three options and follow the prompts to set up or join a video call online. To join a call, you'll need the Meeting ID or name and the password which will be provided to you by the meeting host.

3. For all scheduled activities for the Young at Heart Center, please contact Eva for meeting ID numbers and passwords.

**Just for Laughs**

**Q:** What did the colonists wear to the Boston Tea Party?  

**A:** Tea shirts

**Teacher:** More than 200 years ago, our forefathers defeated the British in the Revolutionary War.

**Alvin:** Wow! They must have been pretty strong, four men defeating a whole army!

**Words of the Month**

*Increase your vocabulary and expand your brain power with our words of the month. This month's words are:*

**cartographer** - one who creates maps

**syntax** - rules that dictate how words are used to form phrases and sentences
Did You Know?

1. China is the largest manufacturer and exporter of fireworks in the world. 90% of all fireworks originate from here.

2. The word for firework in Japanese, 'hanabi', which actually means "fire-flower".

3. Fireworks are just chemical reactions.

4. Queen Elizabeth was so fascinated with fireworks that she created an honorary title, "Fire Master of England" for the individual who created the best fireworks.

5. Dreaming about fireworks means that you like to be the center of attention and are showing off to others. It also symbolizes enthusiasm and exhilaration.

A Moment of Inspiration

“What we have once enjoyed we can never lose. All that we love deeply becomes a part of us.”

- Helen Keller

50% OFF one item*

Located behind NAM's main building on the 1st Floor of The Harrell Family Opportunity Center

*Excluding Furniture
Currently the 60+ Café is closed for dine-in privileges until further notice, but if you are interested in receiving delivered meals, please call Eva at 281-885-4601 and let us know. The food will be delivered to your home. If your contact information has changed please provide us with your current address and phone number. Please do not come to the building. We will not be in the office until further notice.

July Birthdays

Idella Ball – 7/23
Gloria Bankston – 7/22
Norma Bellows – 7/10
Lynn Bollwinkel – 7/9
Diane Boundy – 7/18
Ignado Bravo – 7/29
LaDonna Brogan – 7/18
Kathryn Broussard – 7/14
Shirley Carey – 7/19
Juanetta Cathey – 7/29
Mary Helen Chachere – 7/3
Kathy Chang – 7/8
Helen Chen – 7/16
Linda Conard – 7/14
Jerry Dobbs – 7/27
Thomas Epps – 7/18
Isabel Escuriza – 7/8
Francesca Fantini – 7/25
Ruby Fuentes – 7/4
Janet Furca – 7/1
Dora Gardner – 7/19
Paul Gelinas – 7/15
Jean Gilbreath – 7/5
Anita Gradwohl – 7/21
Lucy Guerra – 7/3
Teresa Guerrero – 7/22
Charla Hannibal – 7/21
Connie Hyman – 7/12
Emily Lara – 7/12
Wanda Leverich – 7/10
John J. Lewis – 7/2
Ana Martinez – 7/26
Evelia Martinez – 7/1
Retha Matthews – 7/6
Irma McCall – 7/18
Kay McCarthy – 7/1
Leobardo Moctezuma – 7/19
Pauline Morgan – 7/20
Debbie Murphy – 7/12
Robert Noonan – 7/13
Diane Noskrent – 7/8
Sandra Nungester – 7/19
Sheila Paton – 7/4
Lila Pender – 7/9
Velma Peterson – 7/26
Karen Ramirez – 7/27
Larry Reynolds – 7/25
Debbie Rod – 7/17
Marcia Shults – 7/7
Peggy Seitsinger – 7/23
Yanick Stam – 7/29
Bill Walker – 7/25
Dorothy Williams-Henry – 7/21
Carolyn Wysocki – 7/26
The official stay at home order for Harris County has been relaxed, but COVID 19 is still ravaging our community. That means that as an older adult, you can’t afford to let your guard down. The CDC is still recommending the following precautions:

**Wash your hands often.**
- Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth with unwashed hands.

**Avoid close contact.**
- Avoid close contact with people who are sick, even inside your home. If possible, maintain 6 feet between the person who is sick and other household members.
- Put distance between yourself and others outside of your home. Remember that some people without symptoms may be able to spread the virus.
- Stay at least 6 feet (about 2 arms’ length) from other people.
- Keeping distance from others is especially important for people who are at higher risk of getting very sick.

**Cover your nose and mouth with a cloth face cover when you are around others.**
- If you are around others and do not have on your cloth face covering, remember to always cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow and do not spit.
- Throw used tissues in the trash.
- Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

**Clean and disinfect.**
- Clean and disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- If surfaces are dirty, clean them. Use detergent or soap and water prior to disinfection.
- Then use a household disinfectant. Most common EPA-registered household disinfectants will work.

**Monitor your health.**
- Be alert for symptoms. Watch for symptoms like fever, cough, shortness of breath, and other symptoms of COVID 19. This is especially important if you are running essential errands, going into the office or workplace, and in settings where it may be difficult to keep a physical distance of 6 feet apart.
- Take your temperature if symptoms develop. Do not take your temperature within 30 minutes of exercising, or after taking medications that could lower your temperature, like acetaminophen.
- Follow CDC guidance if symptoms develop.

*For more information about COVID 19, please visit www.cdc.gov*
Recipe of the Month
Grilled Veggie Skewers

4th of July grilling doesn’t have to always be about hot dogs and burgers. Try a healthier option with this grilled vegetable recipe.

INGREDIENTS:

- 8 wooden or bamboo skewers
- 2 zucchinis, cut into 1-inch slices
- 2 yellow squash, cut into 1-inch slices
- ½ pound whole fresh mushrooms
- 1 red onion, cut into chunks
- 12 cherry tomatoes
- 1 fresh pineapple, cut into chunks
- 1 red bell pepper, cut into chunks
- ⅓ cup olive oil
- 1 ½ teaspoons dried basil
- ¾ teaspoon dried oregano
- ½ teaspoon salt
- ⅛ teaspoon ground black pepper

DIRECTIONS:

1. Soak skewers in water for 10 to 20 minutes.

2. Preheat grill for medium heat and lightly oil the grate. Alternately thread zucchini slices, yellow squash slices, mushrooms, onion, tomatoes, pineapple, and bell pepper onto the skewers.

3. Whisk olive oil, basil, oregano, salt, and black pepper in a bowl; brush mixture over vegetables.

4. Cook skewers on preheated grill until vegetables are tender, turning and basting vegetables with olive oil mixture occasionally, 10 to 15 minutes.

If you would like to share your favorite recipe with our Joy Journal readers, please submit your recipe to Eva at egalloway@namonline.org or drop it off at NAM Young at Heart Center.
Add Potassium

When we think of potassium, we don’t immediately think of sweet potatoes, but did you know that a cup of sweet potatoes contains 448 mg of potassium and 114 calories (minus the butter and sugar)? Sweet potatoes are also high in fiber. Prepare your favorite curry using potatoes, or chop and add them to your evening salad. They’re a super food.

Keep Celery Fresher Longer

Celery is among the healthiest veggies, but sometimes it loses its freshness very quickly. To keep your celery fresher longer, simply snip the ends off, wrap it nice and tight (but not too tight) in aluminum foil. This simple hack can extend the life of your celery by 2 to 3 weeks.

Easy Baseboard Cleaning

Do you avoid cleaning your baseboards because you can’t get down on your hands and knees anymore? Try wrapping a microfiber cloth around your broom and securing it with a rubber band. Spray with a dusting cleaner to easily clean your baseboards and even your walls.
Complete Your 2020 Census Form Today!

Haven’t completed your 2020 Census Form yet? It is not too late! You can complete your form today online, by phone or by mail. The 2020 Census has made operational adjustments due to COVID 19. Some operations have been adapted or delayed to protect the health and safety of census staff and the public. In person activities, including enumeration, office work, and processing activities, will always incorporate the most current guidance from authorities to ensure the health and safety of staff and the public. If you would like to complete the form online, please visit www.my2020census.gov or if you would like to complete the form by phone, please call 1-844-330-2020.

For more information, please visit www.2020census.gov
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