

Monroe Senior Center: Things To Do While Social Distancing

COVID-19 and Social Distancing. What does it mean?

- It is the act to increase physical distancing to prevent the spread of illness.

The World Health Organization (WHO) recommends following these 5 steps:

- Wash your hands often
- Cough into your elbow
- Don't touch your face
- Keep a safe distance
- Stay Home!

For More Information on COVID-19, click on the links below:

<http://www.monroect.org/COVID-19>

<https://portal.ct.gov/Coronavirus>

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

https://www.who.int/health-topics/coronavirus#tab=tab_1

Here are some links of fun activities you can do while staying home!

The Lakewood-Trumbull YMCA is offering a variety of at home exercises that you can try virtually from their website! Click on the picture below for their fitness videos and at home wellness ideas!



Travel the world while staying at home! Museums, Zoos, and Theme Parks are offering virtual tours of their facilities. Click on the picture below and take a look at just some of the many places that are offering these virtual tours around the world!



Want to learn art or start some at home "Do It Yourself" projects? The Edith Wheeler Memorial Library and Creative Bug have partnered to offer online Art and Crafts workshops. Click on the picture below!



Additional Links for some at home activities are below:

• <http://www.ewml.org/>

• <https://games.aarp.org/>

* Please note you must be a member of AARP for access to games.

• <https://www.allaboutbirds.org/news/>