

JERSEY VILLAGE SENIOR OUTREACH

Monthly Programs Newsletter

JULY 2020

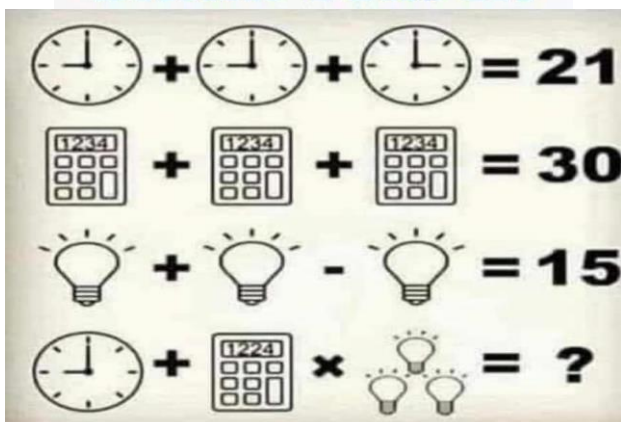


In light of Houston's surge of Covid-19 cases and advisement of state officials to "stay at home and minimize all contacts",

JVSO will continue virtual meetings and limited volunteer services (no contact) through the month of July, 2020. JVSO will discuss reopening of "in person" activities at the next Steering Committee Meeting scheduled for Wednesday, August 5th

Approximately 50% of our members have participated in a zoom at one point or another. If you are ready to jump in, but need help, email our volunteer coordinator at jvsorequest@gmail.com. A volunteer will try to help get you up and running.

Dr. Howard, Primary Care Physician at Memorial Hermann, says it is important to remain hopeful. "Even though our new normal might differ from our pre-COVID normal, we have to remember that we will get through this. If you're feeling anxious, depressed or isolated, reach out to someone—a friend, a family member or your family doctor." ...OR JVSO.



FACE MASK TIPS

Finding and wearing the right mask is a new task for many of us and it's important to find one that fits well while protecting you and others from harmful respiratory particles.

- **Choose your mask material wisely.** Cotton masks are comfortable against your skin and are breathable and effective in creating a barrier for infectious droplets from coughs.
- **Keep your mask dry.** Moisture can cause a mask to be less effective in filtering particles as well as become abrasive to the skin.
- **Carry a spare mask.** If your mask becomes dirty, overly moist, or uncomfortable, keep a spare mask available to swap between washes.

Although people have to "social distance", that does not mean you can't enjoy the outdoors, or enjoy activities in the comfort of your home.



Houston's annual **Independence Day** celebration moves on air and online this year! This year's Shell Freedom Over Texas features the first socially distanced performance from members of the Houston Symphony at Jones Hall! The musical lineup also includes other performers. Tune in for the three-hour event available to watch online or on air via ABC13 Houston.

July

WEBINARS AVAILABLE DURING JULY

Others may be added throughout the month. Watch your weekly emails. Links to the webinars will be in weekly emails.

7-2 3:00 pm Chair Yoga
7-3 8:30-9:30am Coffee and Conversation

7-4 INDEPENDENCE DAY

7-7 4:00 pm Virtual Happy Hour
7-9 3:00 pm Chair Yoga
7-10 8:30am Coffee and Conversation
7-14 1:00 pm Game: Bingo
7-16 3:00 pm Chair Yoga
7-17 8:30am Coffee and Conversation
7-21 11:30am Cooking Class
7-23 3:00 pm Chair Yoga
7-24 8:30am Coffee and Conversation
7-28 1:00 pm Game: Bingo
7-29 3:00pm Book Club
Book: Widows of Malabar Hill by Sujata Massey
7-30 3:00 pm Chair Yoga
7-31 8:30am Coffee and Conversation

If you have a skill, talent, recipe, game, or topic of discussion you would like to present in a Zoom class email Karie Lawrence at jvsoinfo@gmail.com to discuss.

HOME
OF THE
FREE
BECAUSE
OF THE
BRAVE

UPCOMING EVENTS

City of Jersey Village Activities and News

The city of Jersey Village is starting to offer some activities.

- Water Aerobics 9:45 Tuesday-Friday
- Evening Water Aerobics also available on Tuesday, Wednesday, Thursday
- 7-5 12-3 Farmer's Market
- 7-10 7:30 Movie at the pool: Frozen
- 7-20 6:00 City Council Meeting



Jersey Meadow Golf Club and Backyard Grill are open. You can get food take out or eat inside or on the patio.

Target Six Key Cognitive Functions

- LONG-TERM MEMORY
- WORKING MEMORY
- EXECUTIVE FUNCTIONING
- ATTENTION TO DETAIL
- MULTITASKING
- PROCESSING SPEED

Exercising your brain is like exercising your body – you can keep your brain young, agile, strong and adaptable.

Below are the answers to the brain teaser on page one.



$$\begin{array}{l} \text{Clock} + \text{Clock} + \text{Clock} = 21 \\ \text{Calculator} + \text{Calculator} + \text{Calculator} = 30 \\ \text{Lightbulb} + \text{Lightbulb} - \text{Lightbulb} = 15 \\ \text{Clock} + \text{Calculator} \times \text{Lightbulb} = ? \end{array}$$

Answer:
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