



Dear Resident of Lago Vista,

Persuant to Governor Pritzker's orders, Club Lago is following the shelter in place practice and will remain closed through April 30th.

We are very lucky, as a community, to have the support of our friends and our advertisers. It is because of them that we are able to put together this newsletter each month. Neither the Master Board, nor the Clubhouse endorses any specific business, however, if you have a need for services, the companies who advertise with us sure would appreciate a chance to help you with your projects.

The activities for the month of May are sort of up in the air right now. At least until we hear from the Governor on how long the shelter in place will be in effect. Therefore, this newsletter is just going to be a shorter version, with crafts, exercise ideas, recipes and jokes.

Check your email often as all updates will come through email. If you know of a friend or neighbor who does not have email or does not have access to it, please give them a call to pass along information.

It is our sincere hope that you are finding ways to keep both your mind and body active during this time.

Clubhouse Info.

Ph: 815-838-1062

Fax: 815-838-1546

**Email: Receptiondesk
@lagovistaclubhouse.com
Gatehouse 815-552-2294**

Clubhouse Hours

CLOSED

Mon - Fri 8am - 9pm

Saturday 9am - 5pm

Sunday 9am - 4pm

Children's Swim Hours

M-W-F: 3:30pm - 5:30pm

Sat. & Sun: 12pm - 2pm

Clubhouse Manager

Cheryl Zacharias

Front Desk

Eleanor Cochonour

Lynn Lenzi

Diane McCullough

Pat House

Peggy Zan, Asst. Mngr.

(Newsletter Editor)

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Fax: 630-305-7804

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life turn you upside down,
so you can learn how to live,
right side up.



Property Management News



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Lago Vista Gate Hours

(Unless otherwise noted)

Division Street Gate
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Briggs Street Gate is open
Monday-Saturday 5:30am-5:30pm
Closed on Sunday
Gatehouse attendant on duty
from 6am-10pm
Gatehouse # is 815-552-2294

Holiday Garbage Pick Up

Garbage/recycling will **not** be picked up on **New Year's Day, Memorial Day, 4th of July, Labor Day, Thanksgiving, or Christmas Day.** It will be collected 1 day after your normal pick up.



Minister of Care

If you are sick, injured or unable to make it to mass and would like to receive communion, several residents are Eucharistic Ministers from St. Dennis. If interested please contact: Kathy Becker 815-838-0931



Many people are out walking.

Please remember:



- The yellow marks on the street are pedestrian cross walks. Please be considerate of walkers when approaching these markings.



- **The Speed Limit is 25 In Lago Vista**



- Please remember to pick-up after your **pets**.

Thanks for your cooperation!

During social distancing, don't forget to check on your neighbors

Check in on your neighbors. Develop a support system within the community.

Reach out but do it safely.

And always remember, we will get through this.

TOGETHER . . . from a distance.

Can you read this quote?

hTe trageest veycdiors fo lal ietm
is ahtt a spnore nca geacnh shi
efuutr by rymele hgacignn ish
taetutdi.

Answer on page 7



Slow down. Calm down. Don't hurry.
Trust the process



Exercise at Home

For those who are interested in low impact movement while at home, these are accessible exercise options that can improve strength, cardiovascular health, mobility, and balance, all from the comfort of a sturdy chair. Here are some to get you started from the website <https://www.verywellfit.com/chair-exercises-for-seniors-4161267>. As always, consult with your physician before beginning an exercise program.

Single-Leg Calf Raises

Calf raises can increase strength and mobility through the lower leg, and can be done sitting down.

- Sitting tall in a chair with feet planted flat on the floor about hip-distance apart, engage your core and look straight ahead.
- Start with the right foot and lift your heel from the ground as high as you can, trying to raise up as high as you can on your toes, engaging the calf as you perform the exercise. Lower the heel back to the floor and repeat to complete a set of 10 repetitions.
- Repeat the movement with the left leg.
- Perform three sets of 10 reps per leg.
- After performing the initial sets, add two more sets of 10 repetitions, this time lifting both heels simultaneously. At the end of the last set, hold the heels lifted from the floor for 20 seconds.

Sit-and-Stands

For older adults who may struggle to stand up from low chairs or from soft couches. Sit-and-stands—a precursor to squats—can help seniors gain or maintain the ability to get in and out of chairs independently, improving leg strength, functional balance, and control, according to Jill McKay, the founder of [Narrow Road Fitness](#).

- Start seated in a sturdy chair, feet planted on the floor about hip-distance apart.
- Using as little assistance from hands or arms as possible, engage your core, and tip forward from the hips.
- Press your weight through all four corners of your feet and push yourself to stand, extending your knees and hips fully.
- Reverse the movement, pressing your hips back and bending your knees to carefully lower yourself to the seated position.
- **Modification** - If you can't press all the way to a standing position, simply shift your weight forward and lift your glutes an inch or two from the chair seat and hold for a second before lowering back down. Over time, work on developing the strength and balance necessary to come to a standing position.

Seated Hip Marches

For those who need to improve flexibility and mobility through the hips, or who need a modified option for performing cardiovascular exercise, seated hip marches are a good choice. Monica Lam-Feist, an ACE-certified personal trainer and the fitness lead at [AlgaeCal](#), offers the following tips for performing the exercise.

- Sit tall on a sturdy chair, your feet flat on the floor, hip-distance apart.
- Grasp the edges or armrests of the chair with both hands and engage your abdominal muscles to help keep your torso tall.
- Lift your right leg with your knee bent as high as you comfortably can, as though doing a high-knee march.
- Lower your right foot to the floor with control.
- Repeat to the opposite side. Perform at least 20 alternating marches in succession. Take a break, then repeat two to three more times. This exercise can be continued for a more cardiovascular effect, or it can be incorporated into a warm-up to help raise the heart rate and get the blood flowing before performing more strength-focused movements.

Remember, only do what you can!

Heel Slides

Heel slides are a type of modified hamstring curl designed to help strengthen the large muscles spanning the back of the thigh between the glutes and the knees. Because core engagement is required, the exercise can also develop abdominal strength.

- Sit tall in a sturdy chair, with knees bent and feet flat on the floor about hip-distance apart.
- Extend the right leg and flex the right foot, so the heel remains in contact with the ground, but the toes are pointing up toward the ceiling.
- Engage your glutes and hamstrings, using these muscle groups to drag your right heel back toward the chair while it remains in contact with the floor.
- Reverse the movement and slide your heel away from you, extending your right knee. Perform 10 to 12 repetitions on one side before switching legs.
- Complete two to three sets per leg.
- While this exercise can be done without any special equipment, if you are wearing shoes, you may want to use a paper plate or a small towel to make it easier for the heel to slide across the floor.

Seated Shoulder Press

Use lightweight [dumbbells](#), water bottles, canned goods, or resistance bands to perform this exercise. If you're using a resistance band, select a long, flat band and secure it in place by sitting on top of the center of the band before grasping each end to perform the exercise.

- Sit tall in a sturdy chair, your feet flat on the ground about shoulder-distance apart.
- Hold a light dumbbell or similar weighted object in each hand at your shoulders, your elbows bent and your palms facing away from you.
- Press your arms straight up overhead, extending your elbows.
- Carefully lower your hands back to the starting position.
- Complete two to three sets of 10 to 12 repetitions.

Seated Torso Twists

According to Caleb Backe, a certified personal trainer at [Maple Holistics](#), the seated torso twist engages the core, particularly the obliques, while also encouraging spinal mobility.

- Sit tall, your feet flat on the ground about hip-distance apart. Make sure you don't lean back in the chair.
- Place your hands lightly behind your head, your elbows bent and pointing out toward the sides of the room.
- Keeping your pelvis steady, exhale and twist your torso to the right as far as you comfortably can.
- Inhale and return to the center, keeping your hips stable.
- Exhale and twist your torso to the left as far as you comfortably can.
- Inhale and return to the center.
- Continue until you've twisted to each side between six and eight times. Rest, then perform a second set.

Modified Leg Lifts

A chair-based modified leg lift can help you improve core strength. While it's best to use a sturdy chair with armrests for this move, you can also perform the exercise while gripping the edges of the chair beside your hips.

- Sit tall in a chair, your core engaged, your feet together and flat on the floor. Roll your shoulders back to maintain perfect posture.
- Hold the chair's armrests or grip the chair's seat. Keeping your feet and knees together, lift both legs as high as you can (with knees bent) as you exhale.
- Hold for 5 seconds, then lower your feet back to the floor.
- Perform 10 to 12 repetitions and complete a total of three to five sets.

RECIPES

Banana Split Oatmeal

Ingredients

- 1/3 cup oatmeal (dry, quick-cooking)
- 1/8 teaspoon salt
- 3/4 cup water (very hot)
- 1/2 banana (sliced)
- 1/2 cup frozen yogurt (non-fat)

Directions

1. In a microwave safe cereal bowl, mix together the oatmeal and salt. Stir in water.
2. Microwave on high power for 1 minute. Stir. Microwave on high power for another minute. Stir again.
3. Microwave an additional 30-60 seconds on high power until the cereal reaches the desired thickness. Stir again.
4. Top with banana slices and frozen yogurt.

Stove Top Stuffing Chicken Bake

Ingredients

- 1 - pkg. 6 oz Stove Top Stuffing Mix
- 1.5 lbs boneless, skinless chicken breast cut into bite sized pieces
- 1 - 10.3/4 oz can of condensed Cream of Mushroom soup
- 1/3 cup of sour cream
- 1 pkg. frozen mixed vegetables (or canned)

Directions - heat oven to 400°

1. Cook stuffing as directed - let it sit
2. Cut chicken into bite sized pieces
3. Mix sour cream, soup and vegetables in a bowl
4. Place chicken in a 9x13 sized pan
5. Cover with soup/sour cream/veggie mixture
6. Spread cooked stuffing over the top of the mixture
7. Bake for 30 minutes or until chicken is done.

Slow-Cooker/Crockpot Classic Chicken & Rice

Ingredients

- 3 cans of 10 3/4 oz condensed cream of chicken soup, undiluted
- 2 cups uncooked instant rice
- 1 lb. boneless, skinless chicken breasts or chicken breast tenders
- 1/2 tsp. salt
- 1/4 tsp. paprika
- 1/4 tsp black pepper
- 1/2 cup diced celery

Directions

1. Combine soup, rice and water in slow cooker. Add chicken; sprinkle with salt, paprika and pepper. Sprinkle celery over chicken.
2. Cover; cook on LOW 6 to 8 hours or on HIGH 3 to 4 hours.
3. Makes 4 servings

Slow-Cooker/Crockpot Beef Stew

Ingredients

- 1.5 to 2 lbs beef stew meat
- 4 medium potatoes, cubed
- 4 carrots, cut into 1/4 inch pieces or 4 cups of baby carrots
- 1 medium onion, cut into 8 pieces
- 2 cans (8oz. Each) of tomato sauce
- 1 tsp. salt
- 1/2 tsp. black pepper

Directions -

1. Combine beef, potatoes, carrots, onion, tomato sauce, salt and pepper in slow cooker.
2. Cover; cook on LOW 8 to 10 hours or until vegetables are tender.
3. Makes 6 to 8 servings

Bright Eyes Smoothie

Ingredients:

Generous 1/3 cup boiling water
 1 green tea bag, or 1 tsp green tea
 1 carrot
 1 apple
 Small handful flat-leaf parsley,
 plus extra sprigs to garnish

Directions:

1. Pour the boiling water onto the green tea and let stand for 4 minutes. Strain and cool slightly.
2. Place the carrot, apple, and parsley into a food processor or blender and process. Stir the juice into the tea.
3. Pour into glasses, and serve warm or cold, garnished with parsley sprigs.

DIY Easter Button Egg Craft

Cracker Nut Brittle

Ingredients

- 1 cup butter
- 1/2 cup sugar
- 1/2 cup brown sugar
- 1 cup chopped pecans
- 1/2 cup chopped walnuts
- 1 package club crackers

Directions

1. Lay club crackers in the bottom of a cookie sheet in a single layer.
2. Bring butter and sugar to a boil and continue boiling for 3 minutes, stirring frequently.
3. While sugar is boiling, sprinkle chopped nuts over crackers.
4. Pour butter and sugar mix over crackers and nuts. Bake at 350° for 8 to 10 minutes.
5. Remove from pan, separating crackers at once and place on foil to cool.

Brain Teaser Answers

1. Lunch and dinner.
2. Short.
3. Incorrectly.
4. Your cellphone.
5. A conversation.
6. She fell off the bottom rung.
7. An envelope
8. She sleeps at night.
9. Everyone on board is married.
10. Add the letter G and it's "gone"!
11. Nothing.
12. Friday was the name of his horse.
13. The letter "w."
14. The doctor was the boy's mom.

Can you read this quote? Answer

The greatest discovery of all time is that a person can change his future by merely changing his attitude.

~ Oprah Winfrey



This craft was found on the following website:

<https://acultivatednest.com/diy-button-craft/>

Other subjects on this site are frugal living, cleaning and organizing (we got plenty of time for that right now), budget decorating, gardening, recipes and other diy crafts. Check it out!

Materials:

- 8.5 x 11" piece of white cardstock paper (or regular paper, we're sheltering in place, use what you've got).
- Printable Egg Pattern (on page 8 of newsletter)
- Various sizes of pink, teal and purple buttons (or whatever you have in your button drawer . . . you know you have one, we all do!)
- Hot glue or gorilla glue or regular glue (it just may take longer to dry)
- Old toothbrush
- An 8 x 10 frame - (if you don't have a new one, just take the picture of your least favorite kid out of the frame on the wall)

Directions:

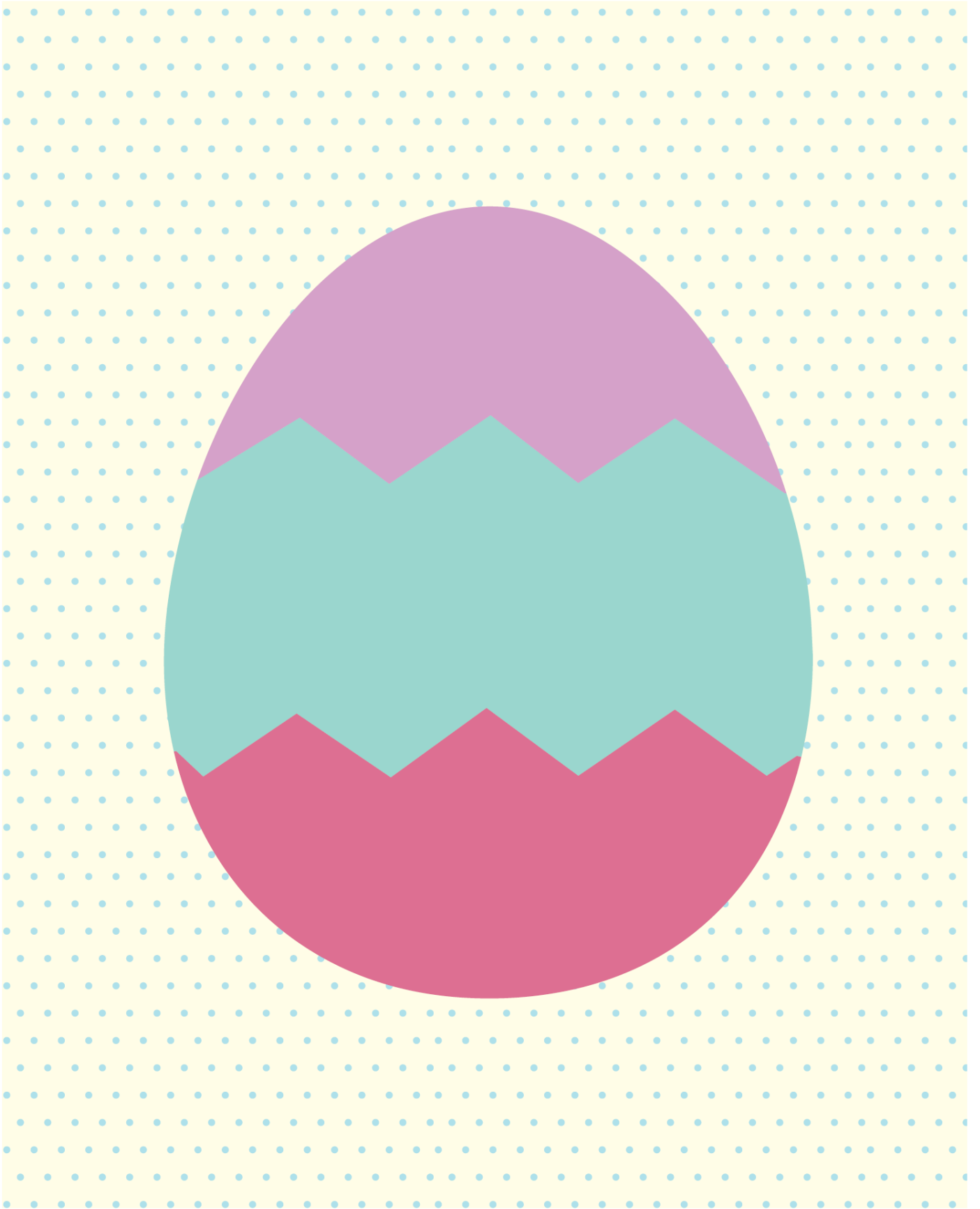
- Print the pattern on the next page onto your white cardstock or whatever paper you have. If you don't have a printer, just draw it. Seriously, it's just an oval, anyone can draw an oval.
- Begin with any color and glue the buttons onto the pattern. Start with the outline of the color block and then fill in the center. Gaps in the center are fine, as long as they are small enough to be covered by the second layer of buttons.
- Once you've completed the first layer of buttons, add the second and if desired, add a third layer. Rub your old toothbrush over the buttons to remove any hot glue threads (if you used hot glue).
- It's time to frame your masterpiece. If you don't have a new frame, now is the time to take a picture out of one on the wall. Earlier, I suggested to remove your least favorite kid, but perhaps an in-law is more appropriate. Face it, your spouse will probably not notice anyway.
- Open the frame and remove the glass (and picture of your choosing), place the egg in the front of the frame, then the glass and backer.
- Close the frame and hang where desired or use it as part of your spring/Easter vignettes!



I didn't know what it was either so I'm going to clue you in.

vi·gnette - /vi'yet/ -Noun

1. a brief evocative description, account
2. A small illustration or portrait photograph which fades into its background without a definite border.



COVID-19 Special Shopping Hours For senior citizens & other vulnerable populations.

The following stores are holding special shopping hours for senior citizens and other vulnerable populations.

- Aldi - 8:30am on Tuesdays and Thursdays. Regular hours are 9am-7pm
- Costco - 8am - 9am on Tuesdays, Wednesdays, and Thursdays
- CVS - operating on normal hours
- Dollar General - first hour of operations each day
- Dollar Tree - first hour of operations each day
- Jewel/Osco - 7am-9am on Tuesdays and Thursdays
- Marianos - 6am-8am daily
- Meijer - 7am-8am on Tuesdays and Thursdays
- Pete's Fresh Market - 7am-8am Monday through Friday
- Target - First hour of shopping each Wednesday
- Tony's - 7am-9am on Tuesdays and Thursdays
- Walgreen's - 8am-9am on Tuesdays
- Walmart - one hour before opening on Tuesdays

Don't quit yet, the worst moments are usually followed by the most beautiful silver linings. You just have to stay strong, remember to keep your head up and remain hopeful.



TheRightMessages.com

Words of Encouragement

"The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy." *MLK. Jr.*

Always remember you are braver than you believe, stronger than you seem, smarter than you think and loved more than you know.



**EVERYTHING
WILL BE OKAY IN THE END.
IF IT'S NOT OKAY, IT'S NOT THE END!**

Jokes so silly, they're funny! from Boredpanda.com

How does Moses make his coffee?
Hebrews it.

I broke my finger last week. On
the other hand, I'm okay.

Working in a mirror factory
is something I can totally
see myself doing.

What did Kermit the Frog say at
Jim Henson's funeral?
Nothing.

**What did the big
flower say to
the little flower?**

Hi, bud!

**WHY COULDN'T THE
PONY SING A LULLABY?**

She was a little horse.

I told my wife she was drawing
her eyebrows too high.
She looked surprised.

Someone stole my mood ring,
I don't know how I feel
about that.

What did the pirate say when he
turned 80?
Aye Matey.

You don't need a parachute to go
skydiving.
You need a parachute to go
skydiving twice.

Someone stole my Microsoft
Office and they're gonna pay.
You have my Word.

**Why did the turkey
cross the road twice?**

To prove he wasn't a chicken!

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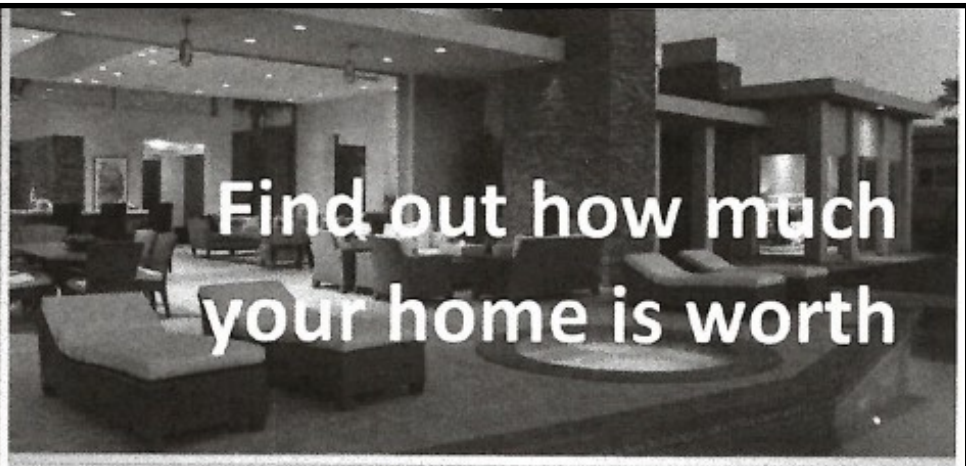


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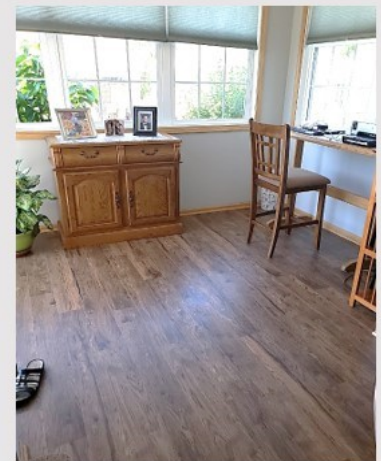
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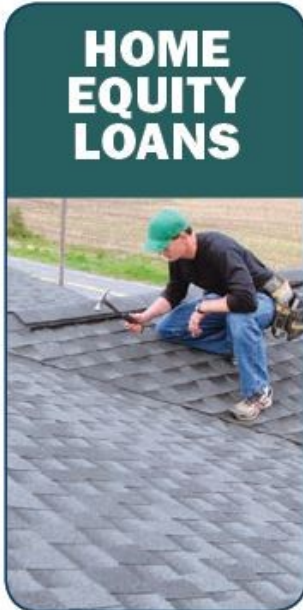
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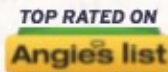
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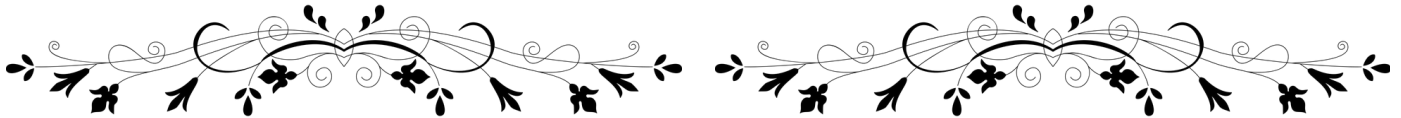
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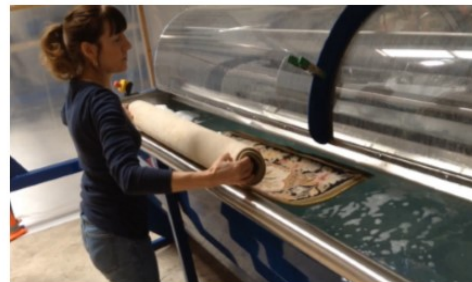
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Maundy Thursday April 9 7:00 PM Service
Annual Community Walk of the Cross on April 10 at
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