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# Bel Mare Condominium Association

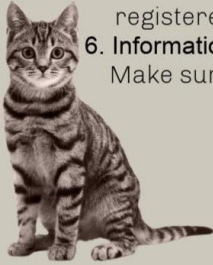
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## Be sure to include your pet in your Covid-19 preparedness plan

1. **Care Plan**  
Confirm a trusted, local family member or friend who can care for your pets if needed due to illness or hospitalization. Write their contact information down.
2. **Boarding Facilities**  
Research boarding facilities in advance in case their services are needed.
3. **Vaccines**  
Keep all pet vaccines up to date in case boarding at a facility is necessary. Have a copy of this information readily available.
4. **Pet medications & Food**  
List current pet medications, dosages & instructions along with Vet Clinic information.  
List current feeding times & amounts for each pet.
5. **Identification**  
Pets should have a collar with current identification, rabies tag & ensure your microchip registered!
6. **Information Storage**  
Make sure your pet plan is easy for friends and family to locate inside your home.



## Health & Wellness

### Stay Fit & Active

Peloton App – [Click Here](#)  
Start your free 90 day trial now, they offer thousands of live and on-demand classes that you can take anywhere, anytime.

Centr – [Click Here](#)  
Work out at home, stay healthy & seek calm together with Chirs Hemsworth’s team, with a free 6 week trial.

Popsugar Fitness, Dance FitSugar- [Click Here](#)  
Dance FitSugar offers a variety of dancing cardio classes on YouTube to help you stay fit & have fun!

Baptist Health Virtual Fitness Classes – [Click Here](#)  
[Week of April 6<sup>th</sup>-11<sup>th</sup> Fitness Calendar](#)  
These complimentary programs are available on zoom (<https://zoom.us/>.) Use the webinar ID for your desired class when logging in.

### Stay Healthy



**THE BEST WAY TO BOOST YOUR IMMUNITY TO CORONAVIRUS AND OTHER ILLNESSES IS GETTING MORE SLEEP**

**CLICK HERE TO READ MORE!**



## Cooks Corner Featured Recipe

### Immunity-Boosting Smoothie

#### Ingredients

- 4 clementines, peeled
- 1 ripe banana, sliced
- 1 skinny carrot, 6 inch peeled and shaved
- 1 1 inch piece of fresh ginger, peeled and minced
- ¼ cup plain yogurt
- 1 tablespoon honey
- 1 ½ cups ice

#### Directions

- 1) Add all of the ingredients to your blender of choice and blend until smooth.
- 2) Serve in a glass or make a smoothie bowl by serving it in a bowl and topping with your favorite fruit.
- 3) Enjoy!



## In Your Home

### Home Organization & Cleaning Tips

- 1) Have you washed your pillows in a while? Most down and fiberfill pillows can be washed in your washing machine. Be sure to wash two pillows at a time to keep your washing machine balanced.
- 2) Does your glassware look cloudy? Remove built-up film from hard-water minerals by soaking glassware in white vinegar for 5 minutes. Then rinse by hand and dry with a microfiber cloth.
- 3) Is it time to de-grime your patio furniture? Add a squirt of dish detergent to a bowl of warm water, and use it to wipe down your outdoor tables & chairs. Then rinse clean with the garden hose.

### DIY – How to Make a Cloth Face Mask

#### Supplies:

- Woven cotton fabric 8x8” for front
- Woven cotton fabric 8x8” for back
- Interfacing 8x8” fabric (for added filtration)
- Woven Cotton Fabric 2x4 ½” x 2
- ¼” Bias Strips 30” x 2
- Pipe cleaners of wire x 2
- Thread
- Scissors

For full instructions with picture tutorial – [Click Here](#)

\*Please note that these masks do not replace and do not have the same effectiveness as N95 masks

## Staying Connected

Don't let social distancing keep you from connecting with your neighbors, friends, and family. I will continue to share different ways to stay connected while still practicing social distancing.

### Games & Apps to Stay Connected

#### **Marco Polo** – [Click Here](#)

This app allows you to send video messages to individuals or groups that they can watch and respond to at their leisure. If you want to video chat with someone but can't do it in real time because of their work schedule or location, Marco Polo is the app for you.

#### **Countries of the World**– [Click Here](#)

Test your knowledge and see if you can name the countries of the world.

#### **Trivia Bingo** – [Click Here](#)

Play random opponents or create a private room and invite your neighbors, friends, and/or family to play.

#### **One Minute Crossword**– [Click Here](#)

### Virtual Tours

Below is a list of a few virtual tours so that you can enjoy them from the comfort of your own home. New tours will be included each week.

#### **Yellowstone National Park** – [Click Here](#)

#### **The London National Gallery** – [Click Here](#)

#### **The Nature Conservancy Australia Reef Cam** - [Click Here](#)



## Let's Have Some Fun!

Here are a few fun activities to help pass the time and keep you entertained.

### Sudoku

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 1 |   |   |   |   |   |   |   | 3 |
|   |   | 7 | 2 | 6 |   | 4 | 8 |   |
| 4 |   |   | 9 | 3 | 5 |   |   | 6 |
|   | 3 |   | 4 | 8 |   | 2 |   |   |
|   | 4 | 1 | 6 |   | 9 | 3 |   |   |
|   |   | 6 |   |   |   | 8 | 9 |   |
| 5 | 7 | 8 |   | 4 |   |   |   | 2 |
|   |   |   | 3 |   |   |   | 7 |   |
| 2 |   |   |   |   |   |   |   | 5 |

### Kids Corner

Here are some ideas to help keep the kids entertained and/or help them with their online school work.

#### Khan Academy – [Click Here](#)

They provide remote learning resources for kids from 2 to 18 years old. They also offer college test prep and tips to help with the college admissions process.

#### DIY Slime Recipes – [Click Here](#)

#### Harry Potter at Home – [Click Here](#)

Helps bring the magic closer to you. Find crafts, reading, puzzles and more, to enjoy with your kids at home.

#### Homemade Pizza Party – [Click Here](#)

Have fun with your kids at home and let them help make dinner. Let everyone choose their favorite toppings and make their own personal pizza.

### Books & Movies

#### Suggested Read:

[Little Fires Everywhere](#) by Celeste Ng  
#1 on the NY Times Best Seller List.

It explores the weight of secrets, the nature of art and identity, and the ferocious pull of motherhood – and the danger of believing that following the rules can avert disaster.

#### Must See Movie for Adults:

[The Way Back](#)

Jack Cunningham was an HS basketball phenom who walked away from the game, forfeiting his future. Years later, when he reluctantly accepts a coaching job at his alma mater, he may get one last shot at redemption.

#### Must See Movie for Kids:

[Onward](#)

In Disney and Pixar's ONWARD, two teenage elf brothers, Ian and Barley Lightfoot, get an unexpected opportunity to spend one more day with their late dad and embark on an extraordinary quest aboard Barley's epic van Guinevere. Like any good quest, their journey is filled with magic spells, cryptic maps, impossible obstacles, and unimaginable discoveries. But when the boys' fearless mom Laurel realizes that her sons are missing, she teams up with a part-lion, part-bat, part-scorpion, former warrior – aka The Manticore – and heads off to find them. Perilous curses aside, this one magical day could mean more than any of them ever dreamed.



# Color Us a Picture

