



Contact Us

941-729-5891

Property Manager – Toni Giliberti

agiliberti@castlegroup.com

Administrative Assistant– Marie Sargeant

office@belmarecondos.com

msargeant@castlegroup.com



Bel Mare Condominium Association

April 17th, 2020
Volume 1, Issue 4

INSIDE THIS ISSUE

- Community Update
- Health & Wellness
- Cooks Corner
- In Your Home
- Staying Connected
- Let's Have Some Fun!
- Color a Picture

Community Update

FROM THE MANATEE COUNTY WEBSITE - APRIL 15TH UPDATE

On April 10, Manatee County Commissioners voted to:

Re-open County boat ramps by Monday, April 13 at 3 p.m. All County-owned boat ramps are now opened. Extend the local curfew (11 p.m. - 5 a.m.) another seven days

The Governor's "[Safer at Home](#)" executive order for the state of Florida is in effect until April 30. The order states that "all persons in Florida shall limit their movements and personal interactions outside of their home to only those necessary to obtain or provide [essential services](#) or conduct essential activities." [View FAQs about the executive order.](#)

All Manatee County Government public buildings are closed to the public for walk-in services until April 30. [See list of all closures and cancellations.](#) County staff will continue to work and County services will continue to operate. The public is encouraged to conduct transactions with the County online or over the phone whenever possible. [Call 3-1-1 for more information.](#)

The County's public beaches are closed to the public. [See full list of closures related to our parks and natural resources.](#)

Recovery resources for businesses and employees are available at mymanatee.org/recovermanatee

Health & Wellness

Keep Your Mind Well

Meditation can help improve brain function, reduce stress, lower your blood pressure, and reduce feelings of depression, anger, and anxiety. Below are tips on how you can start meditating today.

Baptist Health is also offering great virtual classes for your mental and emotional wellbeing – [Click Here](#) for their virtual class schedule

HOW TO START MEDITATING



Stay Healthy

How to properly wear your face covering:

- ❖ It should fit snugly but comfortable against the side of the face, the top should cover your nose and the bottom should go below your chin
- ❖ Secure it with ties or ear loops (do not hold against your face with your hand)
- ❖ It should include multiple layers of fabric
- ❖ You should be able to breathe in it without restriction
- ❖ The mask should be routinely cleaned depending on the frequency of use, machine washing is best
- ❖ When removing the face covering do not touch your eyes, nose, or mouth with your hands. Hands should be washed immediately after removing



Cooks Corner

Featured Recipe

15-minute Stovetop Mac & Cheese

Ingredients

- 8 oz elbow macaroni
- 2 tablespoons butter
- 2 tablespoons all-purpose flour
- ½ teaspoon sea salt
- ¼ teaspoon garlic powder (optional)
- 1 cup whole milk
- ¼ cup sour cream or Greek yogurt
- 2 cups shredded cheddar cheese

Directions

1. Cook the elbow macaroni according to the package instructions, drain and set aside.
2. In a small bowl mix together the flour, sea salt, and garlic powder, set aside.
3. In a medium saucepan over medium heat, melt the butter.
4. Add flour mixture and whisk to combine.
5. Cook for 1 minute until mixture is golden brown.

Directions Continued:

6. Add 1 cup of milk and whisk until smooth.
7. Add sour cream (or Greek yogurt) and whisk until smooth.
8. Cook on medium-high heat until the mixture is thickened (3 to 5 minutes), do not let it boil.
9. Once mixture is thick, reduce heat to low and add cheese. Whisk until cheese is melted and mixture is smooth. Taste and add more salt/seasoning if desired.
10. Add cooked pasta to the pot of cheese and stir until sauce is evenly distributed.
11. Let the mac & cheese cool for 3 to 5 minutes, serve warm.



In Your Home

Tips for Working at Home

- ❖ Create a space dedicated for work only with some privacy
- ❖ Keep a regular work schedule and turn off the computer by a certain time each day
- ❖ Continue to take a lunch break
- ❖ Have frequent check-ins with colleagues.
- ❖ Use internal social sites or group chats like Yammer to stay connected
- ❖ Take breaks throughout the day – 5 minute reminders to reset and clear your mind
- ❖ Maintain a sleep schedule – aim for 7 to 8 hours per night

Meal Kit Delivery Services

If you want to continue to cook fresh meals but do not want to go to the grocery store for fresh ingredients a meal kit delivery service may be a great option, below are a few options.

- **Home Chef** – [Click Here](#)
- **Freshly** – [Click Here](#)
- **Hello Fresh** – [Click Here](#)
- **Blue Apron** – [Click Here](#)
- **Green Chef** – [Click Here](#)
- **Gobble** – [Click Here](#)

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

Houseparty – [Click Here](#)

Houseparty is a video calling app that is a social network in itself. The idea is to start a video call with your friends and leave the room open so your friends or their friends can join in. If you want it to be a private call, you can lock the room too.

Shutdown Trivia Game Show – [Click Here](#)

Click the link above to be added to the list. This is played nightly at 7pm EST, they allow up to 100 teams. It is \$1 per team member to play. Teams have a chance to win \$200.

Steam – [Click Here](#)

Steam is a free digital video game distribution service. They have an extensive list of games that you can purchase and download to your computer to play. We recommend Tabletop Simulator for some traditional board games.

Words with Friends – It's a free, fun social word game where your word building skills are tested (think scrabble on your phone.) The app can be downloaded on your smart phone, iPad, or tablet and you can invite your friends & family to a friendly game.

Interactive Bridge Lessons – [Click Here](#)

Online Mahjong – [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.

Rollercoasters - [Click Here](#)

The Grand Canyon - [Click Here](#)

The San Diego Zoo - [Click Here](#)



Let's Have Some Fun!

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

Sudoku

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

Kids Corner

National Geographic Kids – [Click Here](#)

Watch animal cameras, learn interesting tidbits about animals, see and share photos of nature, learn about different countries and try science experiments.

These activities don't even begin to scratch the surface of the National Geographic Kids website.

There's also a "Little Kids" section for the younger explorers in your home.

Mindful Movement and Crafts for Kids –

[Click Here](#)

On Saturday the 18th, Baptist Health is hosting a virtual class for kids. To attend the class with your kids visit <https://zoom.us> and use the ID: 172 434 843 to log in to the class.

DIY Playdough – [Click Here](#)



Movies & TV Shows

Must See Movie for Adults:

The Last Full Measure

Directed by Todd Robinson. With Sebastian Stan, Alison Sudol, Asher Miles Fallica, Lisa Gay Hamilton. Thirty-four years after his death, Airman William H. Pitsenbarger, Jr. ("Pits") is awarded the nation's highest military honor, for his actions on the battlefield.

Must See Movie for Kids:

Trolls World Tour

Poppy and Branch discover that they are but one of six different Troll tribes scattered over six different lands devoted to six different kinds of music: Funk, Country, Techno, Classical, Pop and Rock. Their world is about to get a lot bigger and a whole lot louder. A member of hard-rock royalty, Queen Barb, aided by her father King Thrash, wants to destroy all other kinds of music to let rock reign supreme. With the fate of the world at stake, Poppy and Branch, along with their friends, set out to visit all the other lands to unify the Trolls in harmony against Barb, who's looking to upstage them all.

Binge Worthy Netflix Series:

Ozark

A new crime drama from Netflix starring Jason Bateman. He plays Marty, a self-employed financial adviser who lives with his family in Chicago. While there, he and his partner begin laundering money for a Mexican drug cartel. Marty is forced to relocate his family to the Missouri Ozarks after one of his money laundering schemes goes south. The show isn't perfect and has drawn its fair share of comparisons to *Breaking Bad*, but with some excellent performances and incredible cinematography, any fans of Bateman, *Breaking Bad*, or crime thrillers won't want to pass up this excellent Netflix original. Three seasons are streaming.

Color a Picture

