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# Bel Mare Condominium Association

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JUNE 10 UPDATE

Governor Ron DeSantis announced Florida will begin [Phase 2 of reopening](#) on Friday, June 5.

View [Manatee County's plan for phased re-opening](#) of public facilities and spaces.

The week of June 8, many County-owned buildings will be reopening, including libraries (with limitations). Face coverings are required indoors. The public is encouraged to continue to conduct transactions with the County online or over the phone whenever possible. [Call 3-1-1 for more information.](#)

**6/10 Testing Update:** There is now walk-up COVID-19 testing available at Home Depot (2350 Cortez Rd, parking lot). The state drive-thru COVID-19 testing site near the Mall at University Town Center and the walk-up testing site at Lincoln Park are also open seven days a week. MCR Health also has testing at some locations in Manatee County. [Read more about COVID-19 testing options.](#)

Florida is currently under the Governor's order for "Phase 1: Safe. Smart. Step-by-Step. Plan for Florida's Recovery." [View FAQs about the executive order.](#)

- Restaurants and retail businesses can open at 50% capacity
- Barbershops and cosmetology salons may open with social distancing and precautionary measures.
- Gyms and fitness centers may reopen at 50% occupancy with social distancing measures in effect for classes and sufficient sanitation supplies provided for a patron's self-cleaning of surfaces and machines following each use.
- Stand alone massage therapists are not included in the Full Phase 1 of the Governor's Reopening Plan. The Governor's most recent order opens cosmetology establishments so that a massage therapist can proceed if it operates within a licensed cosmetology establishment.

Receive local updates to your phone. Text **ManateeReady** (one word) to **888-777**.

## Health & Wellness

### The Benefits of Stretching

- ❖ Increase your flexibility
- ❖ Increase blood flow to your muscles
- ❖ Improves posture
- ❖ Helps to heal and prevent back pain
- ❖ Calms the mind
- ❖ Can decrease tension headaches

Below are great stretching resources:

**Baptist Health Virtual Classes – [Click Here](#)**

**Beginner Flexibility Routine – [Click Here](#)**

**15 Minute Full Body Stretch & Cool Down – [Click Here](#)**



### CHART

# Stretching Exercises

by DAREBEE © [darebee.com](#)

	shoulders	lower back	hamstrings	quads	inner thighs	hips
1						
2						
3						
4						
5						
6						

## Apple-Ginger-Turmeric Immunity Boosting Popsicles

### Ingredients

- 2 cups apple juice (real apple juice recommended)
- 2 tablespoons raw honey
- 2 lemons, juiced
- 2 tablespoons ginger root, chopped
- 1 tablespoon turmeric root, chopped

### Directions:

1. Peel or cut off the skin of your ginger and turmeric, then chop into small pieces
2. Add all ingredients into a blender and blend on high, until smooth and a little frothy
3. Pour the juice into popsicle molds
4. Freezer overnight
5. Eat up to help boost your immunity!

Here is a fun trick on how to juice a lemon without cutting it open – [Click Here](#)



## In Your Home

### DIY Wine Cork Magnet Succulent Planters

Spruce up any space in your home with these DIY Wooden Centerpiece Boxes. They can be used for succulents, flowers, or in your office to hold your supplies, the options are endless.

[Click Here](#)



### DIY Father's Day "Dad's Stache"

Dad's Stache is a super thoughtful gift that you can make together with the kids. Take a photo of the kids with a mustache for a personal fun touch and glue them inside a jar filled with treats. Your Father's Day Gift is now all set! [Click Here](#)



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.

## Support Local Businesses



**Owned and operated by Bel Mare Resident  
Steve Valley!**

We are Manatee Fit Body Boot Camp: the popular, international personal training center franchise. We specialize in 30-minute weight loss boot camps that challenge the body and deliver results in a positive, supportive atmosphere. Our sessions combine high intensity interval training (HIIT) and active rest, and we guarantee our clients results by adding nutritional guidance and personal accountability.

Manatee Fit Body Boot Camp is located at 5917 Manatee Ave. West in Bradenton and can be reached at 941-545-4007 or via email at [info@manateefbbc.com](mailto:info@manateefbbc.com)

**Click here for Current Promotion:** <http://fbbcmanatee.com/go>

## Virtual Tours and Shows

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

**Detroit Institute of Arts** – [Click Here](#)

**Virtual Car Shows** – [Click Here](#)

**Bronx Zoo** - [Click Here](#)



## Community Connection

WE'RE IN THIS TOGETHER

**Let's physically  
distance and  
socially connect**

PLEASE JOIN THE NEW FACEBOOK GROUP  
THE COMMUNITIES OF RIVIERA DUNES

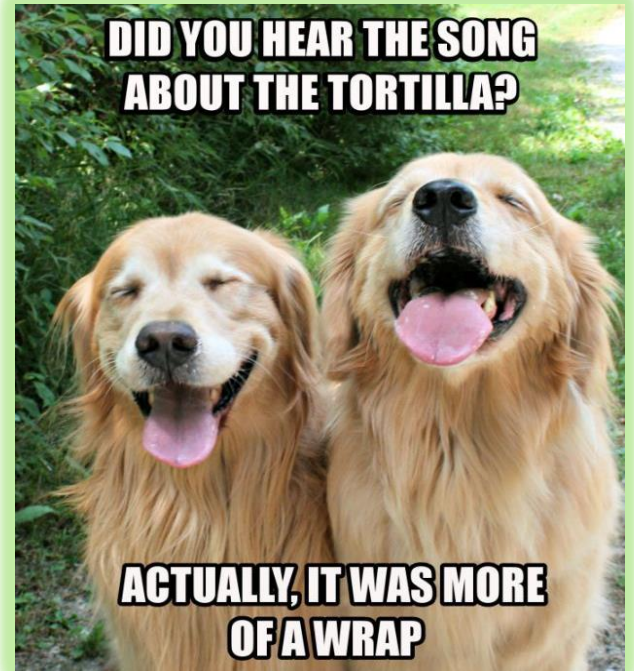
1. LOGIN TO FACEBOOK
2. SEARCH "COMMUNITIES OF RIVIERA DUNES"
3. REQUEST TO JOIN

Need help? Email Michelle at [4mpratt@gmail.com](mailto:4mpratt@gmail.com)

The purpose of this group is to be a resource to our neighbors of Riviera Dunes.

### Jokes to Make you Laugh

- ❖ Why couldn't the pony sing?  
    ❖ She was a little horse
- ❖ What do you give a sick lemon?  
    ❖ Lemon-aid
- ❖ What kind of tree fits in your hand?  
    ❖ A palm tree
- ❖ Why did the orange lose the race?  
    ❖ It ran out of juice



### Sudoku Puzzle

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

### Kids Corner

Make a DIY Giant Jenga – [Click Here](#)

16 Creative Drawing Hacks for Kids – [Click Here](#)

Host the Water Balloon Olympics in Your Backyard– [Click Here](#)

Try this Walking Water Science Experiment – [Click Here](#)

Make a Stegosaurus Breakfast – [Click Here](#)

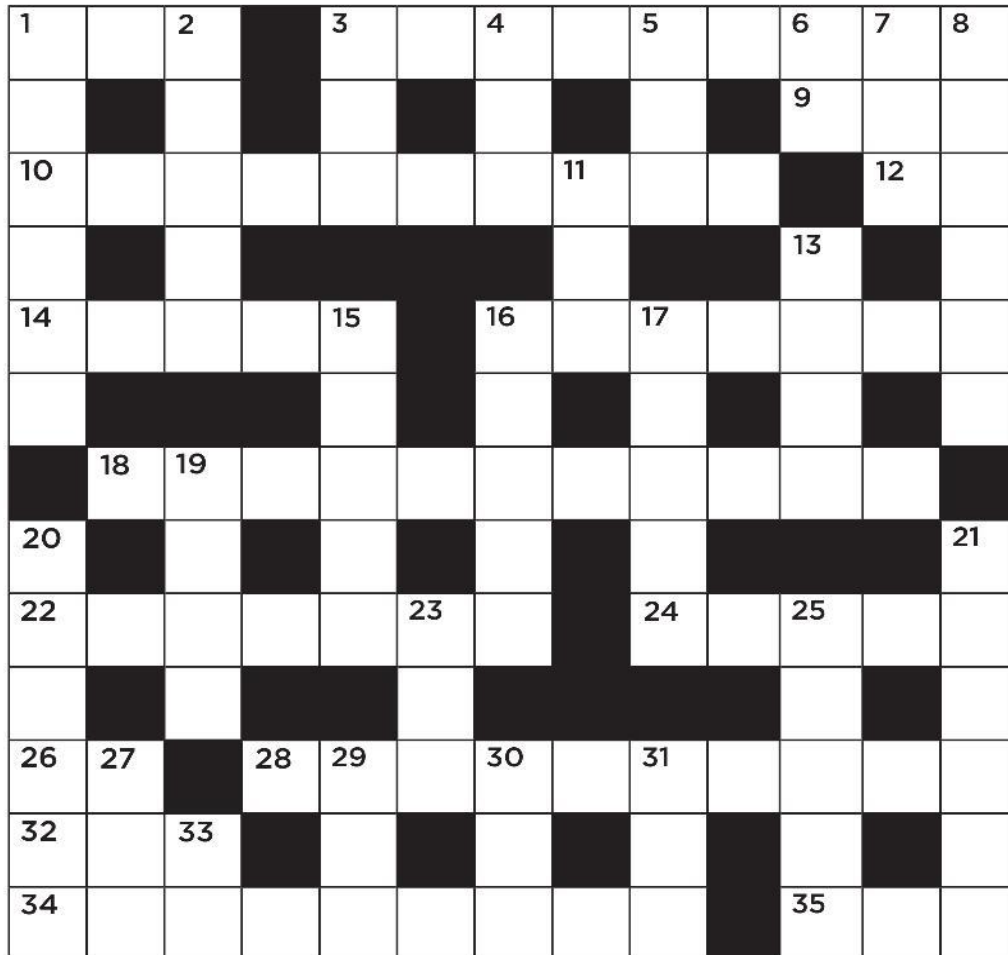


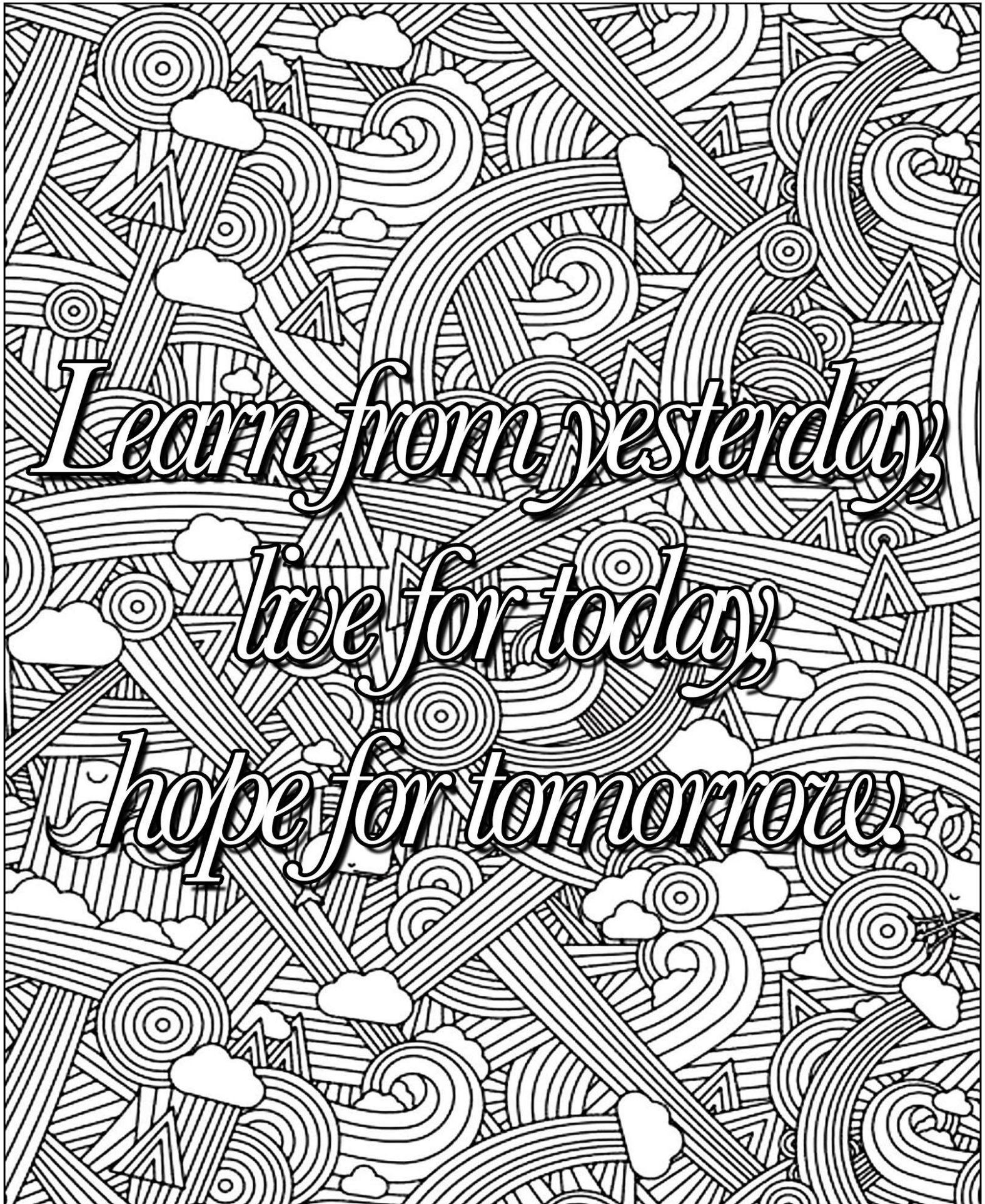
## ACROSS

- 1. Half-pint
- 3. Sleepy
- 9. Sean Lennon's mom
- 10. Sneezing (phrase)
- 12. "\_\_\_ apple a day ..."
- 14. Bloom of the Netherlands
- 16. Dopey
- 18. Grumpy
- 22. Happy
- 24. Cheap and showy
- 26. Physician's request
- 28. Doc
- 32. \_\_\_ Mahal
- 34. Bashful
- 35. Suitable

## DOWN

- 1. Unsullied
- 2. Flower part
- 3. August baby, probably
- 4. Tic-\_\_\_-toe
- 5. Hubbub
- 6. Monopoly starting space
- 7. Barefoot Food Network star
- 8. Communicate
- 11. Santa syllables
- 13. Clean with a cloth
- 15. Concise
- 16. Don Draper, for example
- 17. Unfit
- 19. Compatriot
- 20. What a swindler does
- 21. Young swan
- 23. Unusual
- 25. Pause mark
- 27. "So there!"
- 29. Forever and a day
- 30. Shakespeare classic: Richard \_\_\_
- 31. *Life of Pi* director Lee
- 33. *Dallas* villain





*Learn from yesterday,  
live for today,  
hope for tomorrow.*