

Your Health During the Holidays is Important to Us!



The safest way to celebrate the holidays this year is to celebrate with people in your household.

Please consider the following [CDC.gov](https://www.cdc.gov) guidelines as you plan your holidays:

- The safest way to celebrate the holidays this year is to celebrate with people in your household.
- Always wear a snug fitting mask over your nose and mouth in the company of other people.
- Stay 6 feet apart from people who do not live in your household.
- Remember that some people without symptoms may be able to spread COVID-19 or flu.
- Wash hands often with soap and water for at least 20 seconds.
- Keep hand sanitizer with you and use it when you are unable to wash your hands.

Be Safe When Attending A Gathering

- Bring your own food, drinks, plates, cups, and utensils.
- Wear a mask, and safely store your mask while eating and drinking.
- Avoid going in and out of the areas where food is being prepared or handled, such as in the kitchen.
- Use single-use options, like salad dressing and condiment packets, and disposable items like food containers, plates, and utensils.

Be Safe When Hosting a Gathering

- Have a small outdoor meal with family and friends who live in your community.
- Limit the number of guests.
- Have conversations with guests ahead of time to set expectations for celebrating together.
- Clean and disinfect frequently touched surfaces and items between use.
- If celebrating indoors, make sure to open windows.
- Limit the number of people in food preparation areas.
- Have guests bring their own food and drink.
- If sharing food, have one person serve food and use single-use options, like plastic utensils.

Travel increases your chance of getting and spreading COVID-19. Staying home is the best way to protect yourself and others.

Be Safe When Travelling

- Check travel restrictions before you go.
- Get your flu shot before you travel.
- Always wear a mask in public settings and on public transportation.
- Stay at least 6 feet apart from anyone who is not in your household.
- Wash your hands often or use hand sanitizer.
- Avoid touching your mask, eyes, nose, and mouth.
- Bring extra supplies, such as masks and hand sanitizer.

We can't stress enough that avoiding contact with anyone who has had a positive COVID test is very important. If you find out that someone you were with has tested positive, please quarantine for 14 days to avoid exposing others.



Be Creative! Plan Activities for Holiday Fun and Fulfillment

Play Online games with friends and family.

- Go to [youtube.com](https://www.youtube.com) and search for how to play “trivia games on zoom” and “scattergories on zoom”

Participate as a family in gratitude activities, volunteer for those less fortunate.

- Visit a senior who is isolated. Stay outside, deliver cookies or other treats

Call people you haven’t spoken to in a while.

Create a mental health playlist for music to soothe your soul during the holidays!

- Try [iTunes](https://www.apple.com/itunes/), [Apple Music](https://www.apple.com/apple-music/), [Amazon music](https://www.amazon.com/music/), [Pandora](https://www.pandora.com/), [Spotify](https://www.spotify.com/)

Watch traditional movies.

- Try *It’s a Wonderful Life*, *Miracle on 34th Street*, *Scrooge*, *A Christmas Story*, *A Christmas Carol*, *How the Grinch Stole Christmas*, *Home Alone*, *White Christmas*, *Polar Express*, *Elf*

Make a digital photo album with your cell phone pics. Ask others to send pics.

- Try spark.adobe.com/make/photo-book/

Start some new holiday traditions!

* Please do not engage in any activities that involve prolonged close contact with others such as cards or board games unless it is with persons you live with.

Join us for a free event 😊 Visit www.bridgewayrehab.org/events.html for all the details

Family Yoga

“Join us for this four-part series as we practice yoga, stretching, and breathing as a family to enjoy one another during the upcoming holiday season.”
Instructor, Amy Spagnolo, Chairperson, Bridgeway Board of Trustees

Classes are free.
 If you and your family enjoy our time together, please donate to Bridgeway.
 No experience or yoga props are necessary.
 Kids, fur babies, and those with limited mobility are all welcome!

Session 1: Thursday, November 19 @ 7:00pm November Gratitude Yoga
“Gratitude is the single most important ingredient to living a successful and fulfilled life.” - Jack Canfield

Session 2: Thursday, December 17 @ 7:00pm December Kindness Yoga
“Kindness in words creates confidence. Kindness in thinking creates profoundness. Kindness in giving creates love.” - Lao Tzu

Session 3: Thursday, January 14 @ 7:00pm January Warmth Yoga
“What good is the warmth of summer, without the cold of winter to give it sweetness.” - John Steinbeck

Session 4: Thursday, February 11 @ 7:00pm February Loving Yoga
“You, yourself, as much as anybody in the entire universe, deserve your love and affection.” - Buddha

Singles Welcome!

THE BEATLES VIRTUAL HOLIDAY PARTY

**SUNDAY
 DECEMBER 6TH
 7:00PM**

Come Join Us on a Magistical Mystery Tour of Holiday Fun
 with Beatles Expert and Historian Tom Frangione

On December 6th, Tom will be regaling us with Beatles holiday stories, and of course some Fab Four music that is sure to add to the spirit of the season!

Stick Around for the Beatles Sing-a-Long Finale!

Tom Frangione has been covering the Beatles on radio and in print for over thirty years. Known to many as the long-time master of ceremonies at the annual NY/NJ Fest For Beatles Fans, these days he can be heard on Sirius XM’s Beatles Channel, where he serves as the Resident Beatles Expert on the weekly Fab Forum program, airing live every Wednesday evening at 9PM ET with encores on Saturday mornings at 7AM and Sunday afternoons at 6PM. The show is also now available On Demand! Tom’s work can also be found in *Beatlefan Magazine*, and on *Joe Johnson’s Beatle Brunch Radio*.

