San Antonio Dance Newsletter, Issue Forty-Six, 04/01/2020

UPCOMING EVENTS:

Tuesday Apr 7th, 7:00 PM, SAFD via Zoom. Contact Denes for info. dennproxy@gmail.com. If you have never used ZOOM before, take a moment to watch this brief tutorial. https://www.youtube.com/watch?time_continue=1&v=hlkCmbvAHQQ&feature=emb_logo

CANCELED EVENTS:

Tues SAFD at Village of Incarnate Word Retirement Center
Thurs World Dance because Community Center.
Fri folk dance at Episcopal Church of Reconciliation
Mon JCC folk dance

No April Fool joke, but here are some THINGS TO DO online:

1. You Tube: Georgian Students in Italy Sing About Coronavirus 03/13/2020
2. video about Germs, immunity, and hand-washing to bring a little levity to the situation. WARNING: IF YOU ARE AT ALL OFFENDED BY FOUL LANGUAGE, DO NOT CLICK ON THE LINK. THIS IS A COMEDY ROUTINE BY GEORGE CARLIN WHOSE LANGUAGE IS QUITE VULGAR. THUS, YOU OPEN AT YOUR OWN RISK. HOWEVER, IF YOU DO, YOU PROBABLY WILL LAUGH. https://www.youtube.com/watch?time_continue=1&v=X29lF43mUlo&feature=emb_logo
4. Interesting article offering a bit of hope https://www.hoover.org/research/coronavirus-isnt-pandemic

5. Opinion of Terri: San Antonio is doing a great job about the COVID 19, but not the Governor and State of Texas. If you agree, please send Governor Abbot a message that you want him to order that all non-essential businesses in the state shut down. www.gov.texas.gov.

6. YouTube Dunava Wash Your Hands, Balkan singing group in Seattle.

7. www.folkcloud.org, an archive of traditional world music.

8. Try some of what Dorothy does. She exercises daily using exercise videos and YouTube videos. She does cardio, strength training, light belly dancing and hip hop.

Personal words from Terri: I am quite self-isolating and hope you all are too. Here’s what I’m doing to stay safe. 1. Leaving my condo to walk 30 min. in neighborhood almost daily and keeping 6’ from others. 2. Doing curbside pick-up groceries at HEB and daughter brings me some groceries too. 3. Wiping everything others touch with Clorox wipes. 4. Keeping to a routine of meals and sleep, housework and play (reading, video games, sewing, etc.). 5. Driving my car once a week for 20 minutes

Please email all of us what you are doing during this stressful pandemic or funny things to keep our spirits up.

Terri

AND

Please view this video for good COVID 19 safety ideas although I’m sorry I can’t tell you the definite source. It’s from a neighbor of my sister in Scottsdale, AZ. The neighbor is a nurse. And my daughter saw it on FaceBook.

Terri

chadwickterri@gmail.com

Attachments area

Preview YouTube video George Carlin - Germs, Immune System

George Carlin - Germs, Immune System