

GOOD LIFE CLUB



NEWSLETTER

Well, It's been an Interesting Year, So Far...

The COVID-19 Pandemic has really taken its toll on our lives, hasn't it? As the numbers rise again, it has created more and more often unpopular decisions that have to be made. Such is the case for our Good Life Club trips and events. All trips and events are suspended through the end of 2020. I know - it's such a bummer!

Limiting exposure to large groups of people, however, is one way to help slow the spread of the virus, and it would be awful if any of my Good Lifers became ill because of contact with COVID while on one of our trips. As of right now, the January rescheduled trip to The Fireside for *Church Basement Ladies: Our Basement is a Mighty Fortress* and February's trip to Drury Lane Theatre for *The King and I* are still on the books. In September, we'll evaluate whether we'll be able to move forward and plan new trips and events.

I do have a plan to help us keep in contact. Those of you who are active on Facebook should look for the new Good Life Club group page that will start up on July 17. It will be a closed group, so you will need to ask permission to join - and, of course, I'll add you!! I'll try to pass along helpful resources and ideas for virtual and real adventures that can be taken on your own. You'll be able to add your ideas, too. The newsletter will still go out four times a year, but some issues may look quite different - like this one. Until we can travel again, I'll try to give some ideas for local places you can visit on your own. Those of you with computers might try a virtual tour!

I miss you all, and hope we'll be able to get together soon. Until that time, stay safe, be healthy, keep in touch, and...

...enjoy your good life!

Where We're Not Going

Please make sure you update your calendars if you signed up for any of the 2020 events or trips listed.

July 29 - Backyard Treasures - Going Underground

August 18 - S.T.O.P. Seminar

August 26 - Come from Away

September 17 - Cruisin' the Fox

November 11 - Real Racine

Take a Virtual Tour

For those of you with access to a computer and the Internet, there are many institutions offering free virtual tours. This is a partial listing of those that can be found on the Taste of Home website.

Don't forget that community libraries are now open, and they have computers with Internet access for public use!

- [British Museum, London](#) - Ancient history exhibits including the Rosetta Stone
- [Detroit Institute of Arts](#) - Exhibits featuring modern art, realism, impressionism, and more including Frida Kahlo exhibit
- [The Louvre](#) - France's most famous museum offers four virtual tours
- [Smithsonian National Museum of Natural History](#) - filled with historical artifacts
- [Monterey Bay Aquarium](#) - 24-hour live cam of aviary, coral reef, and even a shark cam
- [Walt Disney World](#) - 360-degree panorama of the theme park

2020 Annual Party - Cancelled

It was a heartbreaking decision to make, but the Good Life Club Annual Party was also cancelled for this year. It is our hope that we can gather together next year and celebrate Christmas in July then.



Yes, we will have the same theme, so pack up your outfits and save them for next year's Annual Party on July 14, 2021 at The Cotton Exchange in Waterford!

UPCOMING TRIPS/EVENTS

All trips and events are currently suspended through the end of 2020.

There are two still tentatively on the books for 2021.

January 14 - *Church Basement Ladies: Our Basement is a Mighty Fortress* at The Fireside.

This was rescheduled from May and seats are all reserved at this time.

February 11 - *The King and I* at Drury Lane Theatre.

Cost will be \$99, however, reservations are not open yet.

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SHRED EVENTS

9AM TO 11AM - SHRED ONSITE

BIG BEND

W230S9125 CLARK STREET

SAT, SEPT 12, 2020

MUKWONAGO

301 N. ROCHESTER STREET

SAT, OCT 3, 2020

Shred services provided by



Abraham's
On-Site Shredding Service

FDIC

Drive up and drop off
Shredded onsite!

Restrictions and Limitations Apply

- All persons will remain in their vehicles.
- Shred will be accepted from 9AM until 11AM sharp.
- Limit of 2 boxes or bags that can be carried to bins.
- Remove all binder clips, 3-ring notebooks, CDs, ledger books, hard cardboard, plastic, and/or batteries from bags and boxes beforehand.
- Assistance will be available. Please respect weight and box/bag limits as items that are too heavy will not be accepted.

Coping with the COVID-19 Blues

Living in this age of coronavirus can be a struggle. Our daily lives have taken unexpected turns as many of you are going through this long period of lockdown and isolation. Losing outside contact with coworkers, fellow volunteers, workout buddies, and/or social groups while staying safe at home can bring on or exacerbate symptoms of depression. Often, we turn to coping mechanisms that aren't always healthy for us – going deeper into isolation or self-medicating with too much junk food, drink, or drugs in an attempt to ease symptoms. Here are a few ways to cope with the anxiety and stress you may be feeling.

Distract yourself. Learn something – a language, a musical instrument, or a new craft/hobby. Create something – grow a garden, knit hats for charity, cook yourself healthy meals.

Find joy. Make time to play – listen to upbeat music and dance around, watch funny shows and videos, or romp with pets or kids/grandkids. Visit Nature – go for a hike, walk in the park, sit in the sun.

Limit News. Stick to reputable sources and limit how often you check the news or social media.

Maintain routines. It's easy to fall into bad habits of sleeping too much or too little, skipping meal or exercise, and neglecting personal care which only makes symptoms worse. Establish and maintain a routine. Try to include exercise, spending time outside, and communicating with friends.

Express gratitude. Be thankful for even the smallest gifts – a phone call from a friend or flowers blooming in the garden. Make it a regular practice to boost your mood with positive actions and thoughts and decrease negative thinking.

Finally, speak up. This is an unprecedented time in our lives where the uncertainty can be daunting. Ask for help, and don't go it alone!

Source: <https://www.helpguide.org>

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This Issue's Puzzle Challenge

Congratulations to Jim H. for winning the drawing for our last Puzzle Challenge! The solution: *Courage and perseverance have a magical talisman, before which difficulties disappear and obstacles vanish into air.* ~John Quincy Adams

Each letter has a number value. For example G = 18. Determine each letter's value to solve the quote below. Submit your solutions to Cheryl (cchapman@citizenbank.bank) by September 15th to be entered into a drawing for a \$10 Good Life Club gift certificate! (Quote must be correct.)

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	

16 8 24 17 8 7 16 8 6 17 19 3 8 14 17 14 23 17 19 5 14 21 3 17

21 3 19 2 21 11 7 9 5 5 17 23 1 19 10 17 3 25 21 10

8 11 26 17 24 21 23 17 8 11 5 17 16 11 7 19 22 19 10

Bonus Puzzle

This wordsearch is just for fun and is a look back at some of the fantastic destinations we've visited over the past few years. Enjoy!

A	X	L	R	E	T	H	N	I	C	F	O	O	D	I	E	R	J	X	D	E	V	F
M	W	S	R	B	L	A	I	Q	H	B	H	O	E	S	U	O	H	E	D	A	W	H
C	E	A	N	P	H	O	U	S	E	O	N	T	H	E	R	O	C	K	G	K	R	R
H	S	N	R	E	Y	E	A	C	R	O	U	T	E	S	I	X	T	Y	S	I	X	A
I	U	F	O	E	D	N	L	M	Y	A	W	D	G	E	O	M	A	S	F	T	I	U
C	S	I	N	P	G	R	V	Z	L	H	N	F	O	S	R	V	A	I	J	M	B	W
A	J	L	T	B	A	P	A	A	S	U	O	V	O	R	K	T	N	X	A	U	Y	M
G	Z	I	L	C	R	U	D	G	B	T	S	A	D	E	H	L	A	M	D	E	A	U
O	E	P	N	D	B	D	S	V	I	L	I	V	L	T	Y	T	M	B	M	S	C	E
O	M	P	G	A	I	S	B	E	R	R	R	N	I	A	K	A	E	D	K	U	G	S
D	S	O	Y	N	R	X	M	F	T	X	P	O	F	W	M	Z	R	P	M	M	O	U
T	Y	E	R	C	F	V	O	I	H	H	T	Q	E	G	P	T	I	N	O	I	S	M
I	E	S	B	I	S	G	T	D	D	H	E	L	C	N	B	H	C	S	I	N	E	D
M	N	T	L	N	F	K	D	L	A	J	I	M	L	I	A	M	A	M	N	I	N	L
E	M	A	T	G	M	H	N	R	Y	U	L	O	U	H	G	V	N	X	U	D	P	R
S	I	T	Q	H	I	A	A	Y	S	U	O	R	B	S	K	Z	I	I	O	U	R	O
X	H	E	D	O	T	M	S	S	U	B	J	T	W	U	I	E	N	B	L	O	W	W
R	C	K	F	R	K	I	E	U	R	V	D	V	I	R	U	C	P	R	Q	H	U	S
Y	N	R	D	S	R	L	L	H	P	M	L	X	M	A	U	O	A	O	S	Y	W	U
G	E	Y	J	E	A	T	P	E	R	B	O	A	T	T	O	U	R	L	W	R	P	C
L	T	A	M	S	L	O	M	T	I	U	W	L	B	Z	J	D	I	X	J	R	Z	R
X	R	E	R	P	Q	N	E	W	S	T	A	E	D	O	O	G	S	V	H	A	L	I

- Aladdin
- An American in Paris
- Boat Tour
- Cheryl's Birthday Surprise
- Chicago
- Circus World Museum
- Dancing Horses
- Devil in the White City
- Ethnic Foodie
- Gardens
- Hamilton
- Harry Houdini Museum
- House on the Rock
- Mamma Mia
- Menopause the Musical
- Old Joliet Prison
- Route Sixty-Six
- Rushing Waters
- Sanvilippo Estate
- Temples and Tombs
- Ten Chimneys
- Wade House

Extra Challenge:
Find 3 Good Hidden Phrases

HAVE A QUESTION OR SUGGESTION?

Your Good Life Club Team is always looking for ideas and suggestions for trips and activities. Drop us a note, send an email, give a call, or stop in to see us. We love to hear from you!

