



April 2020 Event Calendar

Due to the public health concern of COVID-19, all SLI Neuro-Wellness spring classes are cancelled. This month's event calendar features virtual classes for those who would still like to stay active and engage their brains while at home!

Please consider donating cleaning supplies such as Clorox wipes and sprays, hand soap, hand lotion, and face masks to SLI's Douglas House, McLaughlin House, or Warren House during these times. For details contact us at 781-937-3199

Expressive Arts - Just because you're stuck at home doesn't mean you can't get creative!

- 17 Easy Art Projects Anyone Can Make: <https://www.youtube.com/watch?v=CqA7yibAwbc>
- 3 Easy DIY Canvas Art – Home Décor: <https://www.youtube.com/watch?v=JtvRS7-AeyY>
- The Virtual Instructor – Learn to Draw and Paint: <https://thevirtualinstructor.com/>
- The Virtual Instructor YouTube Channel: https://www.youtube.com/channel/UCULpiAa8nll_e68y59VYjHQ



Healthy Cooking - Easy, healthy meals anyone can make in their own kitchen!

- 4 Meals Anyone Can Make: <https://www.youtube.com/watch?v=URdX9rFlbcc>
- One Pot Vegetarian Meals: <https://www.youtube.com/watch?v=v-TtVvilah4>
- 4 Easy Meals to Start Cooking: <https://www.youtube.com/watch?v=WEDndTCyGgU>
- Egg Muffins (3 Ways) - Healthy Breakfast Meal Prep Recipe: <https://www.youtube.com/watch?v=6ZgPCxQ6gC0>
- 3 Delicious Heart Healthy Recipes: <https://www.youtube.com/watch?v=gdlVJOkmJd4>



Chair Yoga - Remember to keep moving, stay engaged, and stay healthy!

- Yoga For Seniors – Chair Stretches for Pain Relief, Relaxation, Joint Health, Flexibility, Stress: <https://www.youtube.com/watch?v=3ZvmKOPoFVo>
- Workout At Home – Chair Yoga: <https://www.youtube.com/watch?v=tOAW2EdGgY8>
- Chair Yoga Total Body Stretch – Happy Yoga: <https://www.youtube.com/watch?v=GVu8h6O5oDo>
- 30 Minute Yoga for Injury (Chair Yoga) – All Levels Non-Impact Yoga Flow: <https://www.youtube.com/watch?v=FRqf2w24cHU>



Just For Laughs - During these times, it's incredibly important to keep laughing 😊

- Best Family Friendly Jokes: <https://www.youtube.com/watch?v=Je0u0gh8z5A>
- Laughter is the Best Medicine – David Cruz TED Talk: <https://www.youtube.com/watch?v=PIMrpfviozk>
- Laughter Yoga: <https://www.youtube.com/watch?v=4p4dZ0afivk>



We thank the following organizations for supporting Neuro-Wellness activities: Advocates, Boston Evening Clinic, Catholic Health Foundation, Cell Signaling Technology, Dana Home Foundation, Hamilton Company Foundation, Massachusetts Rehabilitation Commission (MRC), and the Statewide Head Injury Program (SHIP).