

Outlook-May/June 2020

Coronavirus Information

In January 2020, the Washington State Department of Health announced the first case of 2019 Novel Coronavirus (COVID 19) in Washington State. On February 29, 2020 Governor Inslee issued a COVID-19 Emergency Proclamation; on March 10, 2020 he announced new rules for nursing homes and assisted living facilities for protection; and on March 11, 2020 he further amended the proclamation to limit large events to minimize public health risk related to COVID-19. There are certain things you can do to reduce your risk of acquiring and spreading the virus including:

- Wash hands often with soap and water for at least 20 seconds. If not available, use hand sanitizer.***
- Avoid touching your eyes, nose, or mouth with unwashed hands.***
- Avoid close contact with people who are sick.***
- Stay home and away from others if you are sick.***
- Cover your mouth/nose with a tissue or sleeve when coughing or sneezing.***
- Stay at least 6 feet away from others while in public- for example the grocery store, post office, offices.***

If you have questions about coronavirus, call the Department of Health coronavirus call center at 1-800-525-0127 and press #.

May 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 Savor Seabrook Festival 12:00 PM to 7:00 PM
3	4	5 Cinco De Mayo	6	7	8 OCHO DE MAYO TACO/BINGO Social Rec 1:15-3:30	9 Urban Unglued- Ocean Shores Convention Center 10 AM-5PM
10 Happy Mothers Day	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25 Memorial Day	26	27	28	29	30
31						

JUNE 2020

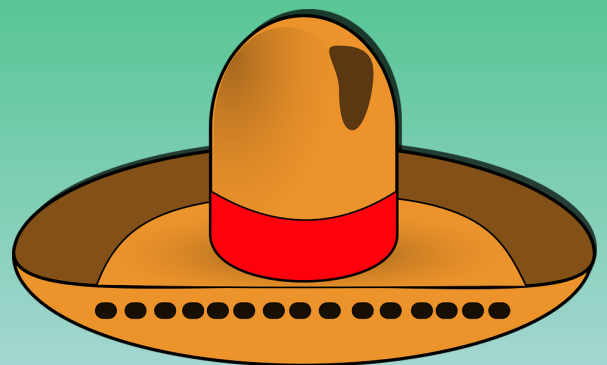
SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5 Grays Harbor Festival of Colors—Ocean Shores	6 Grays Harbor Festival of Colors—Ocean Shores
7 Grays Harbor Festival of Colors—Ocean Shores	8	9	10	11	12	13
14	15	16	17	18	19	20
21 Father's Day	22	23	24	25	26 Sand/Sawdust Festival Ocean Shores	27 Sand/Sawdust Festival Ocean Shores
28 Sand/Sawdust Festival Ocean Shores	29	30				

OCHO DE MAYO TACO BAR/BINGO

On Friday May 8, We Will be having a Taco Bar at Raymond Senior Center from 1: 15 to 3:30. Tortillas, Beef/Chicken, cheese, lettuce, and Tomatoes will be provided. Please feel free to bring any additional items of your choosing (Salsa, onions, Tortilla Chips, Guacamole, etc.) We will also be playing bingo with some prizes.

Please have transportation to and from Raymond Senior Center set up. Also, Please RSVP by Calling Josh at 360-875-9343.

P.S. Due to Coronavirus Concerns, This Event may be rescheduled to a later date. Please call Josh at 360-875-9343 for further updates.



Beginning of Summer Subway Walk

On Friday June 19, We will meet up at the Walking Path near the RV Park in Raymond at 11:30. We will begin our journey to Subway in Thriftway from there. Once we have had our sandwiches, we will begin the walk back to where we first gathered near the RV park. Please bring enough money for lunch, weather appropriate clothing, and good walking shoes.

Please have transportation to and from the walking path set up and Please call Josh at **360-875-9343** to **RSVP**. Also, Please be aware that this event might be re-scheduled to a later date or canceled.



Fruit Smoothies Recipes

- **1 Apple**
- **1 Banana**
- **1 Cup of Water**

Peel the Banana, cut the apple into several pieces, remove the core. Put everything in a blender, add a cup of water and blend together for 1-2 minutes

- **1 Cup Liquid base (orange juice, apple juice, soy milk, or any you like)**
- **2 cups fruit or berries(take any you prefer: Strawberries, bananas, peaches, pineapples, etc.**

Blend the ingredients together until you get a smooth consistency, then enjoy your smoothie!

Egg Fried Rice with Veggies

- **1 Cup uncooked long-Grain Rice**
- **1 Can Mixed veggies**
- **2 Eggs**
- **1-2 TBSP Oil (Canola or Olive oil) Plus Additional to taste**

Put rice and two cups of water in sauce pan over medium heat. Open can of mixed veggies, drain and lightly rinse. Place veggies in with the rice. Turn heat to low, simmer with the cover on. Meanwhile heat one TBSP oil in large frying pan, add eggs, scramble. Add additional TBSP of oil and heat for a minute, and then add cooked rice and veggie mix to pan. Stir everything up to mix in cooked egg. Fry, Stirring occasionally, for seven minutes. Serve Hot.