

Staying Nourished – Grocery & Food Delivery Options

Grocery Delivery/Pickup Options

- Safeway – <https://www.safeway.com/>
- Harris Teeter – <https://www.harristeeter.com/order-online/groceries>
- Peapod by Giant – <https://www.peapod.com/>
- Instacart – <https://www.instacart.com/>
- Shipt – <https://www.shipt.com/>
- Walmart – <https://grocery.walmart.com>
- [Amazon Fresh/Whole Foods delivery](https://www.amazon.com) – www.amazon.com

Restaurant Delivery – Website or App

- Grub Hub - www.grubhub.com
- Uber Eats - <https://www.ubereats.com>
- Door Dash - www.doordash.com

Cooked Meal Delivery

- [Cookology](#) - Cooked prepared meal for Pick up Ballston or Dulles locations.
- [Freshly](#) – Meals delivered to your home.
- [Territory Foods](#) – Cooked, prepared meal delivered to your home.
- [Hello Fresh](#) – Ingredients delivered to your home and you prepare the meal.

We are committed to keeping everyone healthy. Thank you for joining us in our efforts to keep our community infection-free.



Keeping Current with Prescriptions - Medication Delivery

Medication Delivery Options

- [CVS](#) – Free delivery of prescriptions and select everyday essentials.
- [Walgreens](#) – Delivery and Drive thru pick up options.
- [Neighborhood Pharmacy](#) – Alexandria area
 - P. 703-836-1700 F.703-836-1701
- [The Medicine Chest Pharmacy](#) – McLean area
 - P. 703-827-0990 F. 703-827-2227
- [Preston’s Care Pharmacy](#) – Arlington area
 - P. 703-522-3412 F. 703-522-3414
- [Vienna Rexall Drug Pharmacy](#) – Vienna and Oakton area
 - P. 703-938-7111 F. 703-938-5242

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Keeping Physically Active – Home-Based, No Equipment Standing Workout

Except for the Squat, all exercises may be done seated. If standing, please be sure to have a chair or counter nearby to help with balance.

Go through each exercise one time, 10-15 repetitions on each exercise. Rest and then repeat the sequence a second time.

Sit to Stand

Start by scooting close to the front of the chair. Then lean forward and place your hands on your thighs. Rise up to standing using your hands for support and pushing your feet into the ground. Sit back down with control (no plopping!). For more challenge, keep your arms crossed on your chest.

You may do Squats in lieu of Sit to Stands depending upon your capability.



Squat

Stand with feet shoulder width apart and toes pointed forward. Start by pushing your hips back (imagine trying to touch a wall behind you), bend knees and lower buttock toward the floor keeping your back straight and bending at your hips. Allow your arms to raise up forward as you lower down and then return arms to side as you stand back up.

Your buttocks should lower behind your feet as if you are going to sit on a chair. Emphasize your weight going through your heels.

For good knee alignment, do not let your knees pass in front of your toes and keep your knee in line with your 2nd toe (next to the big toe) as it bends.



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Pec Stretch/Chest Opener

Place arms in front of your face at a 90 degree angle. Open the chest by pulling your arms back and hold 3 seconds.



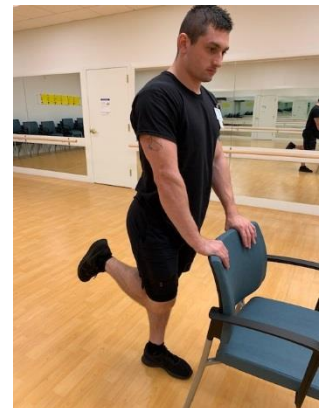
Alternating Knee Lifts

From a standing or seated position, lift your knee towards your chest, trying to get to 90 degrees then slowly lower back down. For more balance challenge, keep your foot from completely touching the ground.



Standing Hamstring Curls

While standing, bend your knee so that your heel moves towards your buttocks. Lower back down until first contact with floor and repeat. Keep knees in-line with one another.



Standing Oblique Crunch

Stand and bring your opposite knee to elbow using the abdominal muscles. Alternate sides. Complete 10 - 15 reps on each side, for a total of 20 - 30.



Keeping Mentally Fresh – Things to Do

Virtual Books, Audiobooks and Libraries

- [Audible](#) – currently offering hundreds of audio books completely free.
- [Hoopla](#) – offered by your local public library. Allows you to borrow movies, music, audiobooks, ebooks, comics and TV shows for free. Requires a public library card.
- [Open Library](#) – Large section of free online books. If you're searching for a specific book to read, use the search bar. When you get your results, make sure the "Ebooks" box is checked so that the results only show you free books to read.
- [Project Gutenberg](#) – a library of over 60,000 free eBooks, no registration or email address required.

Virtual Fitness & Mindfulness

- [Do Yoga with Me](#) – subscription required, but currently offering 2 months free.
- [Yoga with Adrienne](#) – always free, YouTube channel.
- [Laughter Yoga](#) – 15 minute live classes via Skype.
- [5 Minute Mindfulness Meditation](#) – like a 5 minute vacation.
- [10 Minute Mindfulness Meditation](#)
- [Insight Timer](#) – Insight Timer is a smartphone app and website featuring guided meditations, music and talks.

Virtual Music and the Arts

- [A comprehensive list](#) of virtual concerts, plays and museums.
- List of [Live Streaming Concerts](#)
- [The Metropolitan Opera](#) – a different encore presentation is being made available for free streaming on the Met website, with each performance available for a period of 23 hours, starting at 7:30 p.m. *Many venues are offering live streaming or online access to entertainment. Web search some of your favorite places to go and see what they might be offering online.

Live Zoo Webcams and Aquariums

- [San Diego Zoo Live Webcams](#)
- [Houston Zoo Webcams](#)
- [National Zoo](#)
- [Aquarium of the Pacific](#)
- [Monterey Bay Aquarium](#)

Television and Podcasts

- [Netflix Party](#) – watch Netflix with your friends or family online. Netflix Party synchronizes video playback and adds group chat to your Netflix shows and movies.
- [NPR Podcast Library](#)
- [I Heart Radio](#) – search for podcasts by topic or popularity.

Positive News Stories

- [The Good News Network](#)
- [CNN's The Good Stuff Weekly Newsletter](#)

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Infection Precaution

Virtual Lifelong Learning

- [Babbel](#) – language learning website, currently offering 50% off.
- [Duolingo](#) – free language learning website and smartphone app.
- [Coursera](#) – Many free college level classes.
- [Open Culture](#) – free online college classes movies and more.
- [Custom Guide](#) – Learn Computer Skills, offered through Goodwin House.

Virtual Games

- [Lumosity](#) – games designed to improve memory and increase focus, many free, but subscription also available.
- [American Contract Bridge League](#) –this site lists a few sites where you can play online.
- [Mahjong](#) – offers free Mahjongg and Mahjong Games like Mahjong Fortuna, Mahjong Solitaire, Connect, Mahjongg 3D, Mahjongg Dimensions and Towers. The games are playable on desktop, tablet and mobile.
- [Pogo](#) – offers a variety of free online games, including chess, scrabble, card games, word games and puzzles. Creating an account will allow you to use the site’s social features – you can play against other members, participate in forums and “chat” with friends while you play. Verify your age so that children’s games do not populate.

Virtual Mental Health Resources

Help coping with stress and anxiety in relation to the coronavirus.

- [National Alliance on Mental Illness](#) – good resources even for those without mental illness, lists online support groups and phone numbers.
- [Coronavirus: Mental Health Coping Strategies](#)

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Taking a Digital Break – Things to Do at Home That Do Not Require Internet Access

- Go for a Walk (keep a distance of at least 6ft. from others)
- Listen to music
- Call a friend or family member
- Watch a movie
- Read a book
- Work a jigsaw puzzle
- Declutter or organize a room or area in your home
- Garden
- Cook or bake a new recipe
- Play an instrument
- Sew, knit, cross stich or crochet
- Paint
- Meditate, journal or pray
- Crossword puzzles, Sudoku, word finds
- Write a letter

Beware of Scams

- Be watchful of Coronavirus Scammers
- Don't click on links from sources you don't know
- Ignore online offers for vaccinations
- Do your homework on donations/charities
- For more information visit www.Consumer.ftc.gov

Staying Current on Infection Precaution Guidance – Websites Offering COVID-19 Specific Information

Video of medical professional demonstrating how to sanitize after grocery shopping, receiving deliveries, and getting take-out meals.

<https://www.youtube.com/embed/sjDuwc9KBps?rel=0>

Center for Disease Control:

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Virginia Dept. of Health:

<http://www.vdh.virginia.gov/coronavirus/>

Also visit the website of your local health department.