

April 2020 Solos Newsletter

The phase “Spring Fever / Disease” first appeared in U.S. newspapers during the 1850s. Symptoms of this disease were restlessness, listlessness, moodiness, with “fainting” spells which occurred during the hotter days of the Spring Season. It was believed that this disease was due to an Iron Deficiency. Many families formulated their own Iron Tonic recipes to combat this condition.

Now, we know that as daylight increase, the production of melatonin decreases and other hormones start to surge. All of this leading to heart palpitations and high energy states of emotions. TSK ! TSK!

BUT never fear!...Uncle Sam is here! Mercifully, Uncle Sam has taken it upon himself to create the cure (???) for this yearly malady. It's called the 1040 Form. Some would say that “the cure is worse than the original condition”. Just write those checks! You'll feel much better soon...or so Uncle Sam claims. (Get those smelling salts out.)

Per Gov. Abbott's Executive Order of March 31, 2020, the Solos Board has cancelled all Solos events through April 30th including Thirsty Thursday and the April 30th Event. In addition, the May 17th Event has been cancelled (too little time to plan even if things get back to normal by the end of April).

Excerpts from Gov Abbott's Executive Order:

*"NOW, THEREFORE, I, Greg Abbott, Governor of Texas, by virtue of the power and authority vested in me by the Constitution and laws of the State of Texas, do hereby order the following on a statewide basis **effective 12:01 a.m. on April 2, 2020, and continuing through April 30, 2020**, subject to extension based on the status of COVLD-19 in Texas and the recommendations of the CDC and the White House Coronavirus Task Force:*

In accordance with guidance from DSHS Commissioner Dr. Hellerstedt, and to achieve the goals established by the President to reduce the spread of COVID-19, every person in Texas shall, except where necessary to provide or obtain essential services, minimize social gatherings and minimize in-person contact with people who are not in the same household."

"In providing or obtaining essential services, people and businesses should follow the Guidelines from the President and the CDC by practicing good hygiene, environmental cleanliness, and sanitation, implementing social distancing, and working from home if possible."

Also, the CA has now announced that CA facilities closures have been extended until May 4th.

Kudos to Phillip Pensabene for continuing Line Dance via his YouTube channel (see below).

The Solos Club Board wishes everyone to stay safe and healthy during the COVID-19 pandemic. Take Care!

******* Line Dance *******

As you all know, there are no dates on the reopening of our facilities. So there will not be any group Line Dance sessions until further notice. Once we are given the green light to resume, I will let you know the dates, times and locations

To receive our weekly Line Dance newsletter

- Login to Sun City website
- Select 'My Memberships' in the Resident Home sidebar
- Put a check mark in 'Line Dance' in the Solos Club

To help productively occupy our time, I will be conducting live stream YouTube Line Dance sessions once or twice a week. This is also a method for me to have something to do.

This is not a Solos Club or Sun City event, as anyone can join in.

I will post the links to the events on the Sun City 1 Facebook page a day or two before the live stream. All you have to do is click the link a minute or two before the session starts and you can dance along right from your home.

In the meantime, be careful and wash your hands!

For more info contact: Phillip Pensabene, cueballtwo@icloud.com
or 202-412-2393