

Quarterly Companion

AROUND THE TABLE

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Create a Staycation

Many people travel away from their home to explore new places; however, a staycation focuses on getting to know the area you live in better. Travel doesn't need to be expensive or overwhelming for you to benefit from new perspectives and energy revitalization.

Things you can do on a staycation:

- See a movie or special show
- Participate in a new activity at your residence
- Explore movies, music, and other entertainment available at your local library

- Take a cruise in a car around town
- Register for a local Extension presentation (online or in-person)
- Explore a new trail or park
- See a ball game or other sporting event
- Spend time with children or grandchildren
- Tour a nearby museum
- Shop at a new store

For money-saving travel tips, read our blog post, "After a year of quarantine, how can you save money and travel safely?" at go.illinois.edu/TravelTips.

Question	Notes for yourself
What does a vacation mean to you?	
What's a low cost, fun activity to do within 45 minutes of driving?	
Do you prefer to explore a new spot by yourself or go on a tour? Why?	
Where do you take visitors, but you haven't gone in the last five years?	
What is your favorite seasonal event that happens nearby?	
What is the most unusual museum you have ever visited? Would you recommend it to others?	

Memory Matters

As we age, it can sometimes take longer to retrieve information from long term memory, resulting in that “tip of the tongue” feeling. We say things like: What was the name of that restaurant? I can see her face but can’t think of her name!

Slower recall is a normal, age-related change in memory, and the more stressed we become, the harder it can be to recall. But this doesn’t mean we can’t remember; it just means we can’t always remember when we want to!

Try some fun challenges that support recall ability by exercising long-term memory! How many names can you recall that begin with the letter D?

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

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Name This Kitchen Gadget

Think back to your first kitchen. Did it have any of these kitchen gadgets? Name the ones you can.



A.



B.



C.



D.

A. _____

B. _____

C. _____

D. _____

A. Butter Mold
B. Egg Beater / Hand Whisk
C. Gelatin Mold
D. Egg Separator

Answer Key:



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