



## Keep Your Mind and Body Active from the Comfort of Your

## Home

**W**ith businesses closed and jobs transitioned to remote work, most of us have been stuck at home for weeks on end. Worse yet, there's no telling when this pandemic could end, which can add on to feelings of stress and anxiety.

While sitting on the couch and binge-watching movies or your favorite TV shows might have sounded like a dream at first, lounging around probably got old pretty quickly. Now, you might be pacing your living room, itching for something to do.

To relieve some quarantine stress and help you feel productive while stuck inside, it's best to engage your mind and body each day. Here's a helpful list of ideas on how to keep your mind and body active – All from the comfort of your own home.

**START A BLOG:** Do you have a special skill or hobby you're passionate about? Start a blog and share your unique ideas with the world! From cooking to crocheting to lifestyle inspiration, anything is fair game. Or, start a "quarantine blog" where you can share your experiences during social distancing and help others understand they're not alone.

**DO AT-HOME WORKOUTS:** You don't need a full gym to complete a challenging workout! Using only body-weight exercises, small free weights you can store in a closet, or

household items, you can get your blood pumping and stay active inside.

**CLEAN AND DECLUTTER:** Staying inside is one thing, but staying inside a messy house is another. Use your spare time to spruce up your space from top to bottom. Now is the perfect opportunity to clear out that hallway closet you've been avoiding or to reorganize your pantry. Break down areas of your home and try to tackle a little bit each day.

**PRACTICE MINDFULNESS:** The world is a scary place right now, and tensions are high. Instead of scrolling through social media, take a break and focus on mindfulness. Short meditation sessions where you focus on your breathing or an encouraging mantra can help you relieve stress and calm down from feeling overwhelmed.

**MAKE AN INSPIRATIONAL COLLAGE:** Mood boards or inspirational collages are both creative and encouraging. Gather supplies you have around your house and create a collage of things you want to do after the pandemic is over, as well as some of your longer-term goals. Clip pictures from old magazines, dust off your paintbrush and paint sets, pull out that pack of colored pencils from your desk drawer, and get creative!

**CONNECT VIRTUALLY:** You don't have to suffer in boredom alone! Your friends and family are just a video chat away. Host FaceTime or Zoom calls with family and friends, or propose virtual lunch meetings or coffee dates with coworkers. If you can't video chat, find an online community to take part in, such as a virtual book club or hobby group to have discussions with.

**CREATE THE PERFECT PLAYLIST:** Music can be energizing, therapeutic, and cathartic. And nobody knows your music taste better than you! Put together some playlists that will lift your spirits or get you ready for a workout, then host a dance party in your living room with your family!

Don't squander the extra time you've been given! By keeping your mind and body active and engaged, you can help shed the stress of being stuck at home while also improving your skills, your space, and yourself.



**STAY HOME  
SAVE LIVES**

# Dear Editor

**Articles, classified ads and written submissions for the Penncross Knolls Views newsletter are to be submitted to Jan Foster by the 15th day of February, April, June, August, October and December.**

The Penncross Knoll Views newsletter is a bi-monthly publication for the homeowners. Newsletters are mailed to residents in January, March, May, July, September and November.

## EDITOR

**Jan Foster**

**fosterpbs@msn.com**

Classified ads are free to all Penncross Knoll residents. A classified ad is something to sell, looking for something to buy, lost items, found items, or in need of childcare, etc. All other advertising should be addressed to our publisher, Preferred Business Services as identified below.

## COMMERCIAL DISPLAY ADVERTISING DEADLINE 15th of each month



**Preferred Business Services, Inc.**

**Jan Foster**

p. 630-244-4760 • f. 630-585-8232

e. fosterpbs@msn.com

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## Penncross Knoll Homeowners Association

### Contact Address:

Penncross Knoll HOA  
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Naperville, IL 60567-9130

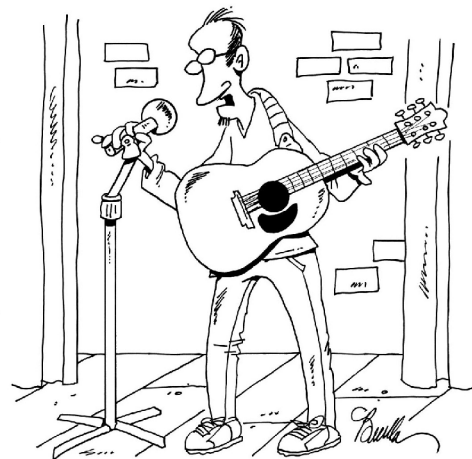
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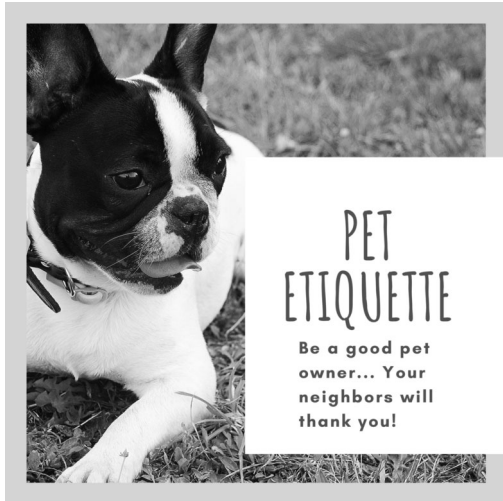
630-922-0233

Please support the advertisers in your newsletter. They make this publication possible free of charge to the association and homeowners!  
Thank you!



"Here's a blues number written about my inability to remember computer passwords."

*"The appearance of an advertisement in this newsletter should not be interpreted as an endorsement of the product, service or provider in the advertisement. The Association is not responsible nor liable for the content of any advertisement published, herein."*



**1. Dogs must be on a leash.** Pets are to be controlled and held securely on a leash at all times.

**2. Pick up your pet's waste.** People have reported seeing pet waste left on lawns around the park. Please be courteous and pick up after your pet even though you don't think anyone's watching!

**3. Dispose pet waste in YOUR trash bin or a PUBLIC bin.** Please be respectful to your neighbors and dispose your pets waste in your own trash can or public bins at the park. No one wants someone else's dog poop in their trash bin.

**4. Excessive barking.** Please be mindful if your dog is barking outside as it is considered a violation for an owned animal to be making excessive noise. Naperville municipal codes state that an owned animal cannot make excessive noise outside for more than ten (10) consecutive minutes between 7 am -10 pm and for no more than two (2) consecutive minutes between 10:01 pm -

6:59 am.

A complaint under this Section must meet one of the following criteria:

- A complaint made by one person, which is accompanied by audio or video recordings depicting excessive noise in excess of the time limit; or
- Complaints made by two (2) or more persons, residing in different households, regarding the same animal during the same time frame; or
- Compliant made by one person, but corroborated by animal control or law enforcement officer who heard the excessive noise during the time limits herein.

**If you have a violation to report, please call Naperville Animal Control at 630-420-6178.**

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## RED-LIGHT CAMERA BUSINESS SUFFERS IN VIRUS CRISIS

Here's a story that will bring a tear to the eye of every commuter.

The guys that operate the red light cameras are suffering big time in the Covid-19 crisis.

Redflex Holdings, an Australian company, operates red-light cameras ("traffic safety programs") in 100 U.S. and Canadian cities.

Seems that when people run that red light or speed, Redflex Holdings gets a slice of the fine.

Problem is, according to the Wall Street Journal, people aren't out driving. That means fewer tickets and less money to Redflex Holdings.

So they evidently have a liquidity problem. And the stock is down up to 46%.





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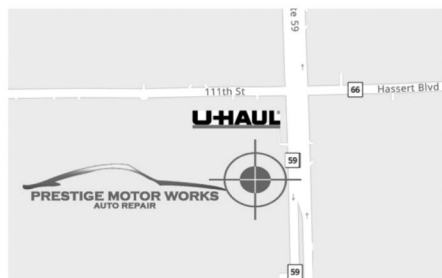


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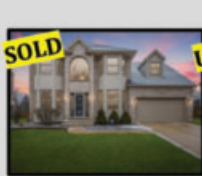
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## Real Estate is Still Happening!

Real Estate was deemed an Essential Business. Buyers need to buy & Sellers need to sell. Closings are happening as scheduled with only principle parties attending. Movers, Inspectors, Appraisers and Realtors are finding their new normal.

Spring 2020 started as a crazy busy season. Low inventory was the catalyst for quick sales & multiple offers. While the market has slowed down, there is still a pent up demand. An updated home, priced right can still sell quickly under shelter in place!



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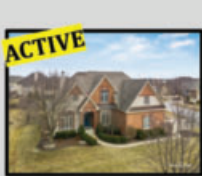
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**Penny O'Brien | 630.207.7001 | [penny.obrien@bairdwarner.com](mailto:penny.obrien@bairdwarner.com)**



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