



MAY 2020

# GREYNews



## COVID-19 Activities:

### Free Online Crossword Puzzles

<https://www.boatloadpuzzles.com/playcrossword>



### Free Online YOGA

<https://www.doyogawithme.com/>



### Free Mindfulness Videos

<http://www.freemindfulness.org/videos>



### NETFLIX PARTY



Try out Netflix Party, which lets multiple users watch a TV show or movie at the same time.

Netflix Party is a new feature that can be added as a Google Chrome browser extension. Once it's been downloaded, a Netflix user can host a "party" by inviting friends, family members, coworkers, or anyone they'd like to watch a TV show or movie with them at the same time. Members of the virtual party can also talk via chat box as a way of sharing commentary throughout the film or episode.

**Slow the spread of COVID-19, stay home if you can.**

#AloneTogether

**Stay home, if you can.**

#AloneTogether

**"Our human compassion binds us the one to the other – not in pity or patronizingly but as human beings who have learnt how to turn our common suffering into hope for the future."**

– Nelson Mandela

# GREYRecipes

## VIETNAMESE FRESH SPRING ROLLS



### Ingredients

- 2 ounces rice vermicelli
- 8 rice wrappers (8.5 inch diameter)
- 8 large cooked shrimp - peeled, deveined and cut in half
- 1 1/3 tablespoons chopped fresh Thai basil
- 3 tablespoons chopped fresh mint leaves
- 3 tablespoons chopped fresh cilantro
- 2 leaves lettuce, chopped
- 4 teaspoons fish sauce
- 1/4 cup water
  - 2 tablespoons fresh lime juice
- 1 clove garlic, minced
- 2 tablespoons white sugar
- 1/2 teaspoon garlic chili sauce
- 3 tablespoons hoisin sauce
- 1 teaspoon finely chopped peanuts

### Directions

Bring a medium saucepan of water to boil. Boil rice vermicelli 3 to 5 minutes, or until al dente, and drain.

Fill a large bowl with warm water. Dip one wrapper into the hot water for 1 second to soften. Lay wrapper flat. In a row across the center, place 2 shrimp halves, a handful of vermicelli, basil, mint, cilantro and lettuce, leaving about 2 inches uncovered on each side. Fold uncovered sides inward, then tightly roll the wrapper, beginning at the end with the lettuce. Repeat with remaining ingredients.

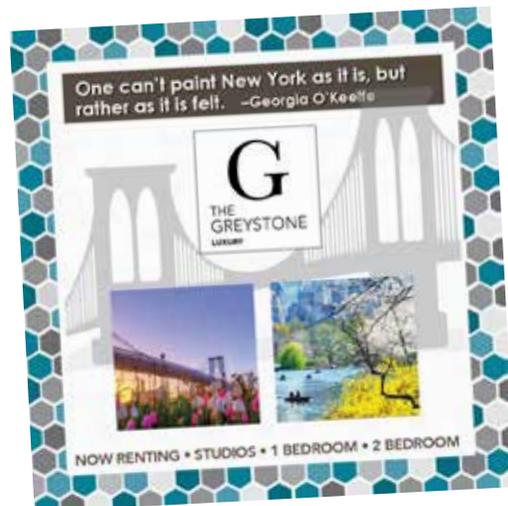
In a small bowl, mix the fish sauce, water, lime juice, garlic, sugar and chili sauce.

In another small bowl, mix the hoisin sauce and peanuts.

Serve rolled spring rolls with the fish sauce and hoisin sauce mixtures.

“To believe in ‘the greater good’ is to operate, necessarily, in a certain ethical suspension.”

--Joan Didion



If you work or own a business that would like to advertise in the monthly Grey News please send a sample ad and copy to [karen@bridgelinepm.com](mailto:karen@bridgelinepm.com) with the request.

## GREYFeedback

Send Karen an e-mail on your suggestions for the Greystone! [karen@bridgelinepm.com](mailto:karen@bridgelinepm.com)

**\$1000 Rent Credit for any referral for new leases starting in June, July & August**



**REFER A FRIEND**

Digital Open Houses available upon request with leasing



**THANK YOU**

**TO ALL OUR HEALTHCARE WORKERS**

“Be a good human being, a warm hearted, affectionate person. That is my fundamental belief.”

-- Dalai Lama

Don't Forget

To Like Us On

and Follow Us On