

ACADEMY REOPENS WITH PHASE I BEGINNING MAY 18

Beginning May 18, 2020, Academy members will have the option of attending the Academy or continuing with online services. For more information about our Phase I Safety Guidelines on the Academy's website: AcademySRQ.org. These guidelines have been established based on consensus by Academy members, staff and Board of Directors. They are subject to change at the discretion of the Academy community. These guidelines will be reevaluated on an ongoing basis and are subject to future modification.



Jeffrey Jean, Program Coordinator, (left) screens Academy Director, William McKeever, prior to entering the building.

QUARANTINE IS BETTER WITH GUACAMOLE

by Paul Mathisen

Ever since COVID-19 shut down the Academy, the Melissa Wides Foundation has been sponsoring a weekly grocery delivery to members' homes. Their generosity enables members of the Academy to stay safe at home while getting critical supplies. Included in the delivery (by request) is an additional bag of all the fresh ingredients to follow along with chef Ben's culinary workshops. This week's demonstration was guacamole. We all logged in on Zoom, and Ben led us through the steps to make guacamole. Step one: wash hands. Step two: make sure everything is clean and get ready to have fun. Kitchen tools needed were a large mixing bowl, knife, spoon, fork, cutting board, and serrated knife. We learned the different cutting techniques for tomato, cilantro, onion, lime, and jalapeno, and also how to safely cut open the avocado. Then we mixed all of the great flavors together and enjoyed our delicious, healthy guacamole. The lesson was very informative and also very fun.

If you want to learn more about avocados or other foods please send \$19.95 to Glengary Academy. Just Kidding!
 #Iloveguacamole!
 #guacamoleforever!



Paul Mathisen

COLOR THEORY

by Chantel Gingerich

In the Arts team we are learning about the color wheel. We watched a video that showed how the colors that are directly opposite of each other are called complimentary colors. We practiced at home using matching complimentary colors with colored pencils. We are also learning how to shade to create contrast of light and dark.

Next, we all posted about an artist that we like, which started a good conversation about each other's favorite artwork that we may not have otherwise heard of. We are learning about different designs and logos, and the use of color to grab your attention. Joanne is very good at teaching us and showing us how to use the color wheel to pick colors for our projects. I'm grateful for everything that Joanne is teaching us.





Timothy Phillips

EFFECTIVE CLEANING

by Timothy Phillips

Something I learned today is how to clean effectively. I used to clean my coffee table and then five minutes later I'd have to clean it again. I wasn't removing the clutter from the table, I was just moving it from one side to the other. SO what I've learned is to declutter first... if I find a place to put all my papers and drawings then they won't end up back on my table. Another thing I learned, which I should've thought of, is to clean from top to bottom. So now I'm going to dust off my ceiling fan before I clean my table but after I declutter so I don't get the ceiling fan dust on my papers and drawings.

TAKE A CHANCE

by Linda Fridshal

Hello fellow members of the Academy! This is Linda Fridshal. Speaking from experience, life is too short to not take a chance. I took a chance when I walked through the Academy doors. I'm glad I took that chance because the outcome has been nothing but positive. The Academy has shown me not to pay attention to the "can not's" or the "should have's." Instead, focus your energy on the future. My fellow members, if you don't take a chance, you will miss out on opportunities. Take a risk. Open your mind.



Linda Fridshal

Wellness



Chanaka Weerasinghe

by Chanaka Weerasinghe

In a recent culinary Zoom meeting we watched a TED Talk on sugar. It was surprising to see how much sugar we consume and how much there is in common food and drinks. We are supposed to have no more than 7g of sugar and many people consume well over 30g of sugar. A lot of items that say they are healthy or lite have a lot of sugar in them regardless of what is on the label. We should stay away from candy bars, sodas, and other high sugar items as high sugar intake can cause obesity, diabetes, and other health problems.

HYBRID WORK-ORDERED DAY

All events take place on site at the Academy and through the Zoom app. Watch Slack for Meeting ID and Password.

Monday

- Morning Meeting - 9 a.m.
- Business & Tech/Arts Team Meeting - 9:30 a.m.
- Culinary Team Meeting - 9:45 a.m.
- Business & Tech/Arts Team Meeting - 1:30 a.m.
- Culinary Team Meeting - 1:45 p.m.

Tuesday

- Morning Meeting - 9 a.m.
- Business & Tech/Arts Team Meeting - 9:30 a.m.
- Culinary Morning Team Meeting - 9:45 a.m.
- Academy Meeting - 1 p.m.
- Business & Tech/Arts Team Meeting - 1:30 a.m.
- Culinary Afternoon Team Meeting - 1:45 p.m.

Wednesday

- Morning Meeting - 9 a.m.
- Business & Tech/Arts Team Meeting - 9:30 a.m.
- Culinary Morning Team Meeting - 9:45 a.m.
- Business & Tech/Arts Team Meeting - 1:30 a.m.
- Culinary Afternoon Team Meeting - 1:45 p.m.
- Wellness Wednesday - 3 p.m.

Thursday

- Morning Meeting - 9 a.m.
- Business & Tech/Arts Team Meeting - 9:30 a.m.
- Culinary Morning Team Meeting - 9:45 a.m.
- Business & Tech/Arts Team Meeting - 1:30 a.m.
- Culinary Afternoon Team Meeting - 1:45 p.m.

Friday

- Morning Meeting - 9 a.m.
- Business & Tech/Arts Team Meeting - 9:30 a.m.
- Culinary Morning Team Meeting - 9:45 a.m.
- Employment Workshop - 11 a.m.
- Writing Workshop - 1 p.m.
- Business & Tech/Arts Team Meeting - 1:30 a.m.
- Culinary Afternoon Team Meeting - 1:45 p.m.

INSPIRED TO DONATE?

Our mission would not be possible without the generous donations from our community. To make a donation, please visit our website

AcademySRQ.org

and click on the  button

Thank you for transforming lives!

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