

COVID-19 UPDATE: Beginning May 18, 2020, Academy members 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. We Are Stronger Together.



WE ARE THREE

by Rebecca Wolfson



We celebrated the Academy's 3rd Anniversary by spending time cleaning up the neighborhood. We've made a tradition of helping out our community as part of our anniversary celebrations. In addition to the clean-up, we also kicked off a three-week food drive (one week for every year that we have open) benefiting the Church of the Palms food pantry.

The Culinary Arts Team did an unbelievable job of putting together a picnic lunch for all of us. We sat outside, some on blankets in the grass and some at tables. We also played bocce ball, jenga and cornhole. We even had a virtual Zoom visit with Philip Boyer, a former colleague, as he travels across the country with his dog, Charlotte. A good time was had by all!



Wellness

by Garrett Laue

Hello everyone, my name is Garrett. I am a member at the Academy at Glengary. This Wednesday I participated in a standing meditation called Qigong. I enjoyed it so much I just had to take some time to tell everyone. Qigong consists of meditation, deep breathing, stretch movements and things I just learned about, such as energy movement and channeling "Qi." Qi means energy in Chinese. Last Wellness Wednesday we participated in yoga. Yoga is different from

Qigong. In yoga there are different movements and stances that are harder on your body, at least for me. On the other hand, Qigong is more like a standing meditation. If I had to pick one that I like the most it would have to be Qigong, but both are fun!

I can't wait to see what we'll do next week for Wellness Wednesday!



(left to right) Garrett Laue and Patricia Haltinner participate in Wellness Wednesday's Qigong class. Qigong is a quiet type of standing meditation.

NOW WE'RE COOKING WITH ZOOM

by Candy El-Azzaoui

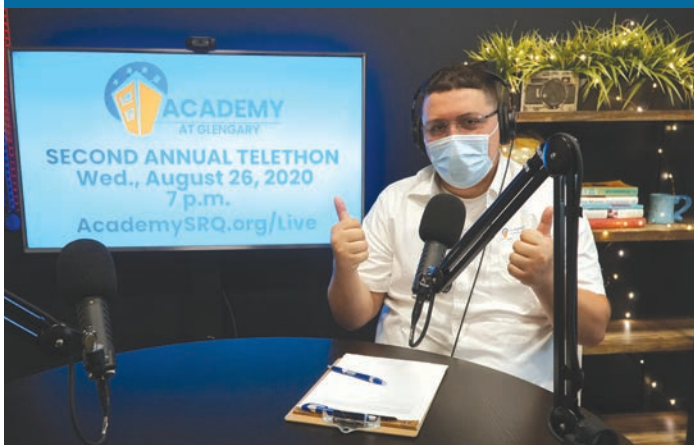
If you didn't see the culinary demo on Wednesday, then you missed an interesting and innovative way to make Eggplant Parmesan. The usual way is almost like lasagna. But no, Ben Burnside and Patty Haltinner, with their usual flair, made the demo quick, simple and easy with the help of the Culinary Arts team of Beth Hoff, Jerry Clancy and Matthew Thomas. Naomi Treece, Tim Phillips and I joined virtually. Culinary Arts provided a list of needed ingredients ahead of time so we could make the meal along with them. I did buy the ingredients, but decided to just watch the demonstration first so I could focus and take notes, if needed. Later, I cooked my meal. Absolutely delicious. Bon Appétit!



(left to right) Ben Burnside and Beth Hoff lead the demonstration as others follow along onsite and on Zoom.



SAVE THE DATE



AUG. 26, 7 P.M.



The Academy at Glengary is accredited by Clubhouse International and is made possible by a Public-Private Partnership. This newsletter is designed and printed on-site by the Arts and Communication team.

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, June 22

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 p.m.

Culinary Team Meeting - 1:45 p.m.

Tuesday, June 23

Morning Meeting - 9 a.m.

Telethon Planning Meeting - 9:30 a.m.

Business & Tech/Arts Team Meeting - 9:30 a.m.

Culinary Team Meeting - 9:45 a.m.

Academy Meeting - 1:45 p.m.

Business & Tech/Arts Team Meeting - 2:15 p.m.

Culinary Team Meeting - 2:15 p.m.

Wednesday, June 24

Morning Meeting - 9 a.m.

Business & Tech/Arts Team Meeting - 9:30 a.m.

Culinary Team Meeting - 9:45 a.m.

Newsroom Meeting - 11 a.m.

Business & Tech/Arts Team Meeting - 1:30 p.m.

Culinary Team Meeting - 1:45 p.m.

Wellness Wednesday - 3 p.m.

Thursday, June 25

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 p.m.

Culinary Team Meeting - 1:45 p.m.

Friday - June 26

Academy Closed

UPCOMING EVENTS

Food Drive through July 9. Bring non-perishable items to the Academy between 8 a.m. and 4 p.m.

Telethon - August 26, 7 p.m.

Watch online at AcademySRQ.org/Live

TO MAKE A DONATION

visit our website

AcademySRQ.org

and click on the  button

Thank you for transforming lives!

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