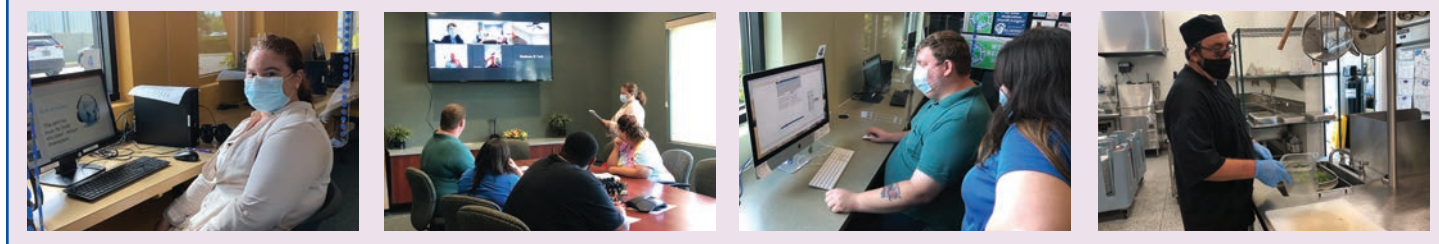


**COVID-19 UPDATE:** Academy members have the option of attending the Academy onsite or continuing with online services. For more information about our Phase I Safety Guidelines on the Academy's website: [AcademySRQ.org](https://AcademySRQ.org). These guidelines have been established based on consensus 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.



## EARTH DAY 2021

by Christian Pisani

As a young adult at the Academy, I was asked to be a part of the planning committee for our Earth Day celebration on April 22. Together, we decided to do some planting in our garden, make smoothies for everyone, and play a fun game that asked trivia questions about the environment. We also encouraged everyone to wear green, blue, or brown to represent the earth's colors.



On Earth Day, I helped plant marigolds in our garden and made smoothies. I also played the trivia game. I wore a blue shirt to honor the ocean. We had a great salad bar at lunch and spent part of the afternoon enjoying the great outdoors. Members and staff enjoyed being in fresh air; some were even doing cartwheels! It was a good Earth Day!



## ESPAÑOL PARA TODOS

by Stephen Anderson

Spanish workshop with Ian and Idanes is such a great addition to the Academy community, capping the week with new insights, and in some cases, proving that you can teach an old dog new tricks. Grounding us in basic Spanish phraseology, we can use our imaginations to travel, order food, have conversations, and teach us how to properly address others with respect and dignity. As we get more comfortable and learn more vocabulary, it raises everyone's game and creates a more inclusive community.



**SAVE THE DATE**  
**JUNE 1, 2021**  
**12 a.m. - 11:59 p.m.**

# GO NOLES!

by Vanessa Alcantara

I recently graduated with my Bachelor's degree from Florida State University, in Family and Child Sciences. As a first-generation college student, and the eldest of seven children, I feel an immense sense of accomplishment and fulfillment. Nothing beats being a role model for my siblings and accomplishing a large milestone in my life.



Vanessa Alcantara showing off her FSU pride

I plan on rediscovering my hobbies and interests, learning more things about myself and the skills I possess to help others. I am excited to focus more attention on my career while having more time for self-care. I look forward to home-cooked meals, spending time with my family, going to the beach and being involved in the community.

I want to thank you all at the Academy for supporting me through my last semester of college. I especially want to thank the members who have taught me about believing in myself and tackling my goals. You all rock, and remember... GO NOLES!

## Wellness

by Andrew Cavazzi

The first step of being Zen is to cultivate an idea and see it through. We had the pleasure of being able to do just that with our Zen Garden during Wellness Wednesday. We started by creating a garden of seashells and sand, gently groomed, super smooth until we gently dragged the tines of a fork through the sand to create subtle patterns. We each chose a scented candle and a succulent bloom. We had a wide variety of gardens; each person had their own style. The result was nothing but Zen.

You can continue your journey by making various other items such as stacking smooth stones or building a fountain in your back yard. I am grateful to Patty for leading this project, teaching us step by step. When you are trying to be Zen, focus on one thing at a time, be deliberate with your actions and see it through.



(left to right) Ben Burnside, Rima Ghali, Carolyn Robinson, Tandi Maxwell, Vanessa Alcantara, Andrew Cavazzi and Joanne Campbell.



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.

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

### Monday, May 3

Morning Meeting - 9 a.m.  
Individual Team Meetings  
Bus & Tech/Arts & Multimedia - 9:30 a.m.  
Culinary - 9:45 a.m.  
PowerPoint Workshop - 1:30 a.m.  
Arts/Multimedia Team Meeting - 1:15 p.m.  
Bus & Tech/Culinary Team Meetings - 1:30 p.m.  
Graphic Design/Multimedia Workshop - 3 p.m.

### Tuesday, May 4

Morning Meeting - 9 a.m.  
Individual Team Meetings  
Bus & Tech/Arts & Multimedia - 9:30 a.m.  
Culinary - 9:45 a.m.  
Academy Meeting - 1:30 p.m.  
Individual Team Meetings - 2 p.m.  
Bus & Tech/Arts & Multimedia/Culinary

### Wednesday, May 5

Morning Meeting - 9 a.m.  
Individual Team Meetings  
Bus & Tech/Arts & Multimedia - 9:30 a.m.  
Culinary - 9:45 a.m.  
Newsroom Meeting - 11 a.m.  
Menu Planning Meeting - 11:45 a.m.  
Arts/Multimedia Team Meeting - 1:15 p.m.  
Bus & Tech/Culinary Team Meetings - 1:30 p.m.  
Wellness Wednesday Workshop - 3 p.m.

### Thursday, May 6

Morning Meeting - 9 a.m.  
Individual Team Meetings  
Bus & Tech/Arts & Multimedia - 9:30 a.m.  
Culinary - 9:45 a.m.  
Arts/Multimedia Team Meeting - 1:15 p.m.  
Bus & Tech/Culinary Team Meetings - 1:30 p.m.

### Friday, May 7

Breakfast Buffet and Morning Meeting - 9 a.m.  
Individual Team Meetings - 10 a.m.  
Bus & Tech/Arts & Multimedia/Culinary  
Super Chill Free Write Writer's Workshop - 11 a.m.  
Arts/Multimedia Team Meeting - 1:15 p.m.  
Bus & Tech/Culinary Team Meetings - 1:30 p.m.  
Spanish Workshop - 3 p.m.

## TO MAKE A DONATION

visit our website

**AcademySRQ.org**

and click on the  button

**Thank you for transforming lives!**

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