



WISDOM OF THE PINES

by Carolyn Robinson

Today was such an amazing day for me. I returned to the Academy to attend an event with Joanne and the Academy members. It was the "Wit and Wisdom of Aging Luncheon" that was presented by Pines of Sarasota. For months I worked next door to the Pines at Children First in a position that was a part of the Supportive Employment Program at the Academy. I was able to see the finished product of a remarkable transformation that took place at the Pines of Sarasota for our seniors.



Carolyn Robinson

WELCOME Erika Schlunk

Hi, my name is Erika and I'm excited to get to know everyone! I'm from Maryland but my family moved down here a year and a half ago and loved it. It was a nice change for my whole family. I'm still a student at the University of Maryland, but I'm taking a break right now. The current plan is to go back up north next fall and finish up my math and computer science degree before doing some kind of math teaching. I'm hoping the Academy will keep me busy until I'm ready to go back and that I'll be able to pick up a few skills along the way! It's been so great to meet everyone here, as everyone has been so kind and welcoming.



Erika Schlunk



(left to right) Joanne Campbell, Maureen Flaig, Laura Boyke, Chantel Gingerich, Lisa Hillje, Naomi Treece, Stephen Anderson, and Carolyn Robinson

¡HABLAMOS ESPAÑOL!

by Rima Ghalieh

Academy staff Idanes Paredes, Dariel Paredes, and member Ian Churchill do a great job teaching the workshop. I have been participating since it began about a year and a half ago.

I have learned so much in that time period. I have learned how to pronounce the vocabulary, and we covered so many topics. For example, we learned directions, how to order at a restaurant, and numbers. For fun, at the end of each workshop we play a game where we compete with the other members in the workshop.



Rima Ghalieh



Don't forget to vote in the mid-term election on Tuesday, November 8. If you are voting on election day, your polling place can be found at <https://dos.myflorida.com/elections/for-voters/check-your-voter-status-and-polling-place/voter-precinct-lookup/>



Light refreshments will be served.
Additional parking located in the public lot in front of Best Buy.



ACADEMY
AT GLENGARY

1910 Glengary St., Sarasota, FL 34231

Wellness

Wellness activities are held every Wednesday from 3-4 p.m.

GRATITUDE JOURNALING

As Thanksgiving nears, the Wellness Wednesday participants learned about the benefits of gratitude journaling. Gratitude journaling means to keep a diary of things you are grateful for each day. This is a wonderful time of year to begin. Scientific studies are finding that gratitude journaling may lower stress levels, increase a feeling of calm at night, and give a new perspective of what is important to you. It can help one gain clarity on what is of value and what you can cut from your life. Gratitude journaling also helps to focus on what really matters, and gives you a safe zone for your eyes only, so you can write anything you feel without judgment. On days when you feel blue, read back through your gratitude journal to readjust your attitude and remember that you have great people and things in your life.



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 Graphic Design & Multimedia team.

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

Monday, November 7

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

Tuesday, November 8

Morning Meeting - 9 a.m.
Individual Team Meetings - 9:30 a.m.
Academy Meeting - 1:30 p.m.
Individual Team Meetings - 2 p.m.

Wednesday, November 9

Morning Meeting - 9 a.m.
Individual Team Meetings - 9:30 a.m.
Newsroom Meeting - 11 a.m.
Menu Planning Meeting - 11:45 a.m.
Graphic Des/Multimedia Team Meeting - 1:15 p.m.
Bus & Tech/Culinary Team Meetings - 1:30 p.m.
Ambassador Luncheon Planning - 2 p.m.
Wellness Wednesday Workshop - 3 p.m.

Thursday, November 10

Morning Meeting - 9 a.m.
Individual Team Meetings - 9:30 a.m.
Graphic Des/Multimedia Team Meeting - 1:15 p.m.
Bus & Tech/Culinary Team Meetings - 1:30 p.m.
Mission Meeting - 4 p.m.

Friday, November 11

Morning Meeting - 9 a.m.
Individual Team Meetings - 9:30 a.m.
Art Show Planning Meeting - 10:30 a.m.
Writer's Workshop - 11:30 a.m.
Graphic Des/Multimedia Team Meeting - 1:15 p.m.
Bus & Tech/Culinary Team Meetings - 1:30 p.m.
Spanish Workshop - 2 p.m.

Gardening available daily
through Culinary Arts



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AcademySRQ.org

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Thank you for transforming lives!

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