



## BEING OF SERVICE FOR MARTIN LUTHER KING DAY

By Stephen Anderson

We conducted a service project at Meals on Wheels to commemorate Martin Luther King Jr. Day. Meals on Wheels is well-staffed by a team of volunteers with years of experience, and they like to invite help from the community. We were all in!

When the Academy van arrived, one Academy member was already on the production line, making space for the lunch menu to fit into bag after bag. We packed hot food and a cold dessert, like you might find on an airplane. I found that rather than being laborious, having Academy colleagues made the morning fly by!



It's always such a good feeling to pause after the labor is done and reflect on how life is grand. Martin Luther King Jr.'s famous "I have a dream" speech is 17 minutes long, and it takes my breath away every time I hear it, which we did before having a sandwich together in the garden. I am glad that these days of service are organized for us to support our community. For me and for many of us at the Academy, time spent in service to others feels like no time at all.



(left to right) Vanessa Alcantara, Greg Agnagian, Jose Campos, Michael Silverman, Stephen Anderson and Aaron Collmer

## WELCOME Dalya Aponte-Sotomayor



Dalya Aponte-Sotomayor

Namaste everyone! My name is Dalya Aponte-Sotomayor and it has been a pleasure to recently join the Academy as the Wellness Coordinator. Becoming a part of the Academy has been a lovely and unique experience. I am so grateful that all the members and staff have helped make this transition so smooth and exciting for me. My hopes and dreams are to bring more creative and nourishing ideas to all of us here. As a team I believe that we can support one another on our journey to becoming our best selves. I am so happy to be a part of that process, and I look forward to adding value to the Academy just as it is already adding value and purpose to my own life. A few fun facts about myself would be that I enjoy traveling, yoga and nature. When I'm not at the Academy, I'm a full-time momma to a 4-year-old. Shout out to all the members: I'm looking forward to getting to know all of you so, if you need me you know where to find me...hint hint: Culinary.

## NEXT TO NORMAL

Academy at Bradenton is the Affiliate Partner for the Manatee Performing Arts Center production of **Next to Normal**. Action Through Acting is a series of community-focused, theatrical productions selected to increase awareness of socially relevant issues. The show runs from January 19-29, 2023.



(left to right) Michael Silverman, Jose Campos and Jeffrey Jean

# THIS JUST IN

by Holden Seguso

Want to be a news anchor? Well, this is your chance! The Multimedia Team has implemented an opportunity for members to report on current updates and events that are occurring at the Academy. These video news clips will be aired every Friday as a part of News at Noon after lunch.



(left to right) AJ Ramirez, Laura Boyke and Holden Seguso

Just last week I had the chance to co-host with Laura Boyke. It was an incredible rush! We had three teleprompters that scrolled through the script, so we didn't have to memorize it. Laura reported on her upcoming knitting social that will be held on Saturday, February 18. Meanwhile, I just got my daily dose of fun, laughing, pretending to be serious, and behaving in other goofy ways. If you are a member and feel like getting your 15 minutes of fame, sign up at the front desk and multimedia will recruit you as soon as they have an available spot. You won't regret it! That's all I have to say about that. You stay classy Academy at Glengary!

## Wellness

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

## DANCE LIKE NO ONE IS WATCHING

by Rima Ghalieh

This week for Wellness Wednesday (3-4pm), we danced to 70's disco music and to modern music, and we learned some fun dance moves. The class was full of laughter, and it was a great way to exercise our bodies, be more social, and improve our moods. The Academy always manages to make wellness fun and not a chore. It would be exciting in the future to do more dance classes, but I'm also excited to see what new activities are in store for us next.



(left to right) Nicole Pendleton, Dalysa Aponte-Sotomayor and Rima Ghalieh



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, January 23

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, January 24

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, January 25

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.  
Wellness Wednesday Workshop - 3 p.m.

### Thursday, January 26

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, January 27

Morning Meeting - 9 a.m.  
Individual Team Meetings - 9:30 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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