

OUR VIRTUAL COMMUNITY

February 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	<p>Chair Yoga 11am-12pm</p> <p>Black History Month Pajama Story Time 6pm-7pm</p>	<p>BINGO at SSV Litwin Lane 1-2pm LIVE and VIRTUAL</p> <p>Fight COVID 19 with Food! 4pm to 5pm</p> <p>Virtual Belize : The Southern Wilds 6:30pm-7:30pm</p>	<p>Knitting Group 3pm-5pm</p> <p>Sunshine Village Virtual Pet Party 6pm-7pm</p>	<p>BINGO at SSV Agawam 1pm-2pm LIVE and VIRTUAL</p>	<p>Comedy Crossing: The Animal Crossing Standup Comedy Show 7pm-8:30pm</p> <p>POUND with JESSALYNN 7pm-8pm</p>	<p>Woolly Mammoths: Long-Lost Elephants of New England 11am- 12pm</p> <p>Skills for Calligraphy 2pm to 3:30pm</p> <p>The Beatles: from Liverpool to Abby Road 2pm-3pm</p>
7	8	9	10	11	12	13
<p>Music of the African People 4pm-5pm</p>	<p>Chair Yoga 11am-12pm</p> <p>Black History Month Pajama Story Time 6pm-7pm</p>	<p>BINGO at SSV Litwin Lane 1-2pm LIVE and VIRTUAL</p> <p>Fight COVID 19 with Food! 4pm to 5pm</p>	<p>Knitting Group 3pm-5pm</p> <p>Sunshine Village Virtual Valentine's Cupcake Decorating Workshop 6pm-7pm</p> <p>Journeying with Trees 7-8pm</p>	<p>BINGO at SSV Agawam 1pm-2pm LIVE and VIRTUAL</p> <p>A Traditional Mardi Gras 6:30pm - 7:30pm</p> <p>Global Dance Party 6:30pm-8pm</p>	<p>POUND with JESSALYNN 7pm-8pm</p>	<p>Lunar New Year Celebration: Year of the Ox 10am-1pm</p>

<p>14</p> <p>Music of the African People 4pm-5pm</p>	<p>15</p> <p>Chair Yoga 11am-12pm</p> <p>Intro to Star Gazing 7:30pm-8:30pm</p>	<p>16</p> <p>BINGO at SSV Litwin Lane 1-2pm LIVE and VIRTUAL</p> <p>Fight COVID 19 with Food! 4pm to 5pm</p>	<p>17</p> <p>Knitting Group 3pm-5pm</p> <p>Sunshine Village Fresh Water Fishing Workshop 6pm-7pm</p>	<p>18</p> <p>BINGO at SSV Agawam 1pm-2pm LIVE and VIRTUAL</p>	<p>19</p> <p>POUND with JESSALYNN 7pm-8pm</p>	<p>20</p> <p>Sunshine Village ZOOM Friends and Family Movie Night! 7pm to 9pm</p>
<p>21</p> <p>Music of the African People 4pm-5pm</p>	<p>22</p> <p>Chair Yoga 11am-12pm</p> <p>Black History Month Pajama Story Time 6pm-7pm</p>	<p>23</p> <p>BINGO at SSV Litwin Lane 1-2pm LIVE and VIRTUAL</p> <p>Fight COVID 19 with Food! 4pm to 5pm</p>	<p>24</p> <p>Knitting Group 3pm-5pm</p> <p>Sunshine Village Cookie Club Virtual Cooking Group 6pm-7pm</p>	<p>25</p> <p>Tapas, Mezze, and Little Plates of Spain and Greece Mediterranean Cooking 12:30pm</p> <p>BINGO at SSV Agawam 1pm-2pm LIVE and VIRTUAL</p> <p>MAC Cosmetics Master Class 6pm-7:30pm</p>	<p>26</p> <p>POUND with JESSALYNN 7pm-8pm</p>	<p>27</p>
<p>28</p> <p>Black History Month Dinner Series: Vegetarian Jambalaya and Cornbread 5pm-6pm</p>	<p>Remember, if you recommend a community event by posting it on the Facebook page you will be awarded an extra point in the weekly raffle!</p> <p>A Sunshine village beach towel will be awarded to three individuals with the highest participation points!</p> <ul style="list-style-type: none"> • Yellow events are facilitated by Sunshine Village! They are both virtual and in person! • Green events are virtual community events that Sunshine Village will attend with you! • Black events are facilitated by members of the greater community and Sunshine Village may not attend. 					

FEBRUARY FREE VIRTUAL COMMUNITY EVENT MENU

INSTRUCTION: To register or join events; hover your mouse over the highlighted [blue hyperlink](#).
Hold Ctrl + Click the mouse to launch...

...Or simply copy and paste the highlighted link into a new browser window!

Sign up early before virtual events "sell out"!

CHAIR YOGA

Chair Yoga is one of the gentlest forms of yoga available, a unique style that adapts yoga positions and poses through creative use of a chair. Poses are done seated on the chair or the chair is used for support during standing and balance poses. The chair allows for greater stability to help you feel supported and safe. Emphasis will be on breathing, balance, and taking things at your own pace. Chair Yoga is suitable for all ages, fitness levels and physical conditions, beginners are welcome.

Registration required. This class will take place via Zoom.

<https://www.eventbrite.com/e/chair-yoga-with-toni-russo-registration-116886323139?aff=ebdssbonlinesearch>

BLACK HISTORY MONTH: PAJAMA STORY TIME

Families and children are invited to join us on Mondays at 6PM in your jammies as we explore Black culture through story. Stories may be interactive and include light movement. Each story will be read by Ledisi Love Johnson from Muddcloth Cultural Arts Movement (bio below).

Feb 1: Radiant Child: the story of young artist Jean-Michael Basquiat by Jakave Steptoe

Feb 8: The Proudest Blue: A story of Hijab and Family by Ibtihaj Muhammad

Feb 22: Preaching to the Chickens: the story of young John Lewis by Jabari Asim March 1: Mumbet's Declaration of Independence by Gretchen Woelfle

Registration required. Please register for each session separately to receive Zoom link. Link will be emailed at 10AM on the morning of the event. <https://www.windsorlibrary.com/wilson-events/sign-up-for-a-wilson-program/>

SKILLS FOR CALLIGRAPHY

Calligrapher Debby Reelitz is back by popular demand! Come to the Skills for Modern Calligraphy on Saturday, February 6 from 2:00 to 3:30 PM. No previous experience required. We will go through a new set of exercises that enable us to create fun and funky letters with the calligraphy tool.

Registration required. This class will take place via Zoom. The Zoom link will be sent out to registered parties the day of the program.

<https://www.windsorlibrary.com/adult/sign-up-for-a-program/>

LIBRARY KNITTING GROUP

Join our virtual knitting club at the Granby Free Public Library.

No Registration Required <https://us02web.zoom.us/j/8649079854?pwd=OGdjOGpxRDlRSStabEdKYNj5eCtQZz09>

Meeting ID: 864 907 9854

Passcode: library

VITUAL BELIZE: THE SOUTHERN WILDS

Join Naturalist and Educator Joy Marzolf for Storrs Library's Around the World Nature Series for Belize: The Southern Wilds. Located in Eastern Central America, Belize shares borders with Guatemala and Mexico. From the crystal blue ocean waters and inland to the nearby mountains, it is amazingly diverse. Wildlife along the Southern coast, and nearby rivers, includes magnificent tiger herons, fast flyers like the cinnamon hummingbird and the peregrine falcon, and large swimmers like manatees and crocodiles. Traveling inland to the rainforest brings sightings of spectacular butterflies, birds, like the black headed trogon, but also mammals like the elusive jaguar and bands of Coatimundi.

Registration required. This class will take place via Zoom.

<https://www.eventkeeper.com/mars/xpages/S/STORRS/EKP.cfm?curOrg=STORRS&curMonth=2&curYear=2021&SelectedDate=2%2F2%2F2021&fbclid=IwAR2MytGvFYcc5jBglvDR675qVTnK-NKcbak9PAMwwQKvNKRdrRENmnbZBsU#2/2/2021>

A TRADITIONAL MARDI GRAS- NEW ENGLAND STYLE

When February rolls around in Longmeadow people are still thinking about snow but folks in New Orleans know February means Mardi Gras season. And in Louisiana that means food—loads of delicious Creole and Cajun favorites. Join Storrs Library and Julia Mitchell as she shares with you the many unique traditions of the holiday and shows you all her secrets to making some of New Orleans most classic dishes. She'll even throw in a couple of recipes that are new twists on classic New Orleans favorites—so if you don't want to cook an entire Mardi Gras feast you can enjoy the rich flavors of the this festive city!

Menu: Gumbo with baguette, Spicy Shrimp Creole, Beignets, King Cake

Registration required. You will receive an email invitation to join shortly before the program begins.

<https://www.eventkeeper.com/code/ekform.cfm?curOrg=STORRS&curID=487327>

GLOBAL DANCE PARTY

Come connect with us through music and movement. Whether you like Dancing in the Dark or with Blinding Lights, Pop your Hip-hop with Bollywood or K-Pop along with Latin Salsa! Here's an evening you can Shake It Off with loved ones or with your community on our virtual dance floor.

6:30-7PM: Learn the moves (with trainers)

7-8PM: Show-off those moves!

Presented by Mosaic Silicon Valley in partnership with Silicon Valley Reads and the Santa Clara Public Library

Registration required. <https://www.eventbrite.com/e/global-dance-party-tickets-134702347347?aff=ebdssbonlinesearch>

ANIMAL CROSSING STANDUP COMEDY SHOW

It's the world's first-ever Animal Crossing standup comedy show.

And yes, ANYONE can watch this show online (in the world's CUTEST ZOOM MEETING) even if you do NOT play Animal Crossing. (I mean...anyone means anyone **over 18 years old**. This is STILL a grownup's comedy show)

#ComedyCrossing is a free online standup comedy show held inside Animal Crossing, the world's cutest and most gentle video game. As featured in The New York Times, New York Magazine's Vulture, Harper's Bazaar Magazine, Now This News, and Vulture's Good One podcast with Jesse Fox. Hosted by Jenny Yang, one of Variety's "10 Comics to Watch" for 2020, one of Vulture's "Comedians You Should and Will Know" in 2020, writer for Fox's hit sitcom Last Man Standing, and former writer and performer for E!'s late-night talk show Busy Tonight.

Registration required. RSVPs will receive the link for the show on the day of the show. <https://www.eventbrite.com/e/comedy-crossing-the-animal-crossing-standup-comedy-show-tickets-108658227684?aff=ebdssbonlinesearch>

POUND WITH JESSALYN

Pound, an exercise class with rock-star flair, is quickly gaining fans. The class consists of drumming, cardio and strength training. The instructors don't just play music while people workout. Rather, participants – who call themselves the Pound Posse – help create the tunes with weighted drumsticks called Ripstix. Grab your wooden spoons, hairbrushes, or any other object around your house that you can use like drumsticks. Rock out!

Join virtually on ZOOM! <https://us02web.zoom.us/j/905312460?pwd=Y2N4dG9rTWtpWnNSNTViUlZPMVvadz09>

Meeting ID: 905 312 460

Passcode: POUND

THE BEATLES FROM LIVERPOOL TO ABBY ROAD

This lecture will follow in the footsteps of The Beatles as they embark on their historic journey starting from their early days as a cover band in Liverpool and Hamburg, into the excitement of Beatle mania, including concert performances, and films, thru their creative ground breaking studio albums (Rubber Soul, Revolver, Sgt. Peppers) to the formation of Apple Corps and finally to their remarkable final recordings at Abbey Road Studios. Coming full circle, we will explore the highlights of each individual's post Beatles work.

Registration required <https://www.eventbrite.com/e/the-beatles-from-liverpool-to-abbey-road-tickets-128567331349?aff=ebdssbonlinesearch>

JOURNEYING WITH TREES

We start the workshop by accessing our 'TOTEM TREE', you are guided how to do this.

Each time you connect, the friendship will grow, you will become amazed at how this tree will keep popping up in your life after you have made your connection with it. It will be quite amazing. It will be with you always, everywhere, you may see its image in a picture on a wall looking down on you or its image or text will pop up out of a book or the newspaper or a friends photo and you will spot it out of a car window and then. Just wait till you see it in real life! It will be like meeting up with a friend you have already got to know so well.

As you get to know your 'familiar' Trees, you will become more grounded (like a tree) and you will discover more about yourself and gain a better understanding of the world around you as your tree guides will be answering your questions and giving you invaluable guidance rooted in harmony and acceptance.

Registration required https://www.eventbrite.com/e/journeying-with-trees-registration-112405552032?aff=ebdssbonlinesearch&keep_tld=1

LUNAR NEW YEAR CELEBRATION

Ring in the Year of the Ox! Celebrate the Lunar New Year online with the Smithsonian American Art Museum, the Chinese Cultural Institute, and the Embassy of the People's Republic of China in the United States of America. Enjoy streamed video performances and demonstrations of traditional Chinese crafts and Lunar New Year traditions.

Visit our SAAM Family Zone online for crafts, coloring pages, videos and other activities.

Registration required <https://www.eventbrite.com/e/lunar-new-year-virtual-celebration-tickets-131604824573?aff=ebdssbonlinesearch>

MUSIC OF THE AFRICAN PEOPLE

Hosted by musician / composer Tyrone Jefferson and vocalist / lyricist Toni Tupponce with occasional special guests, the virtual "Live" weekly programs focuses on West African Music and its influence on the world - especially the music from South, Central and North America.

Registration required <https://www.eventbrite.com/e/music-of-the-african-people-tickets-128349634211?aff=ebdssbonlinesearch>

TAPAS, MEZZE, AND LITTLE PLATES OF SPAIN AND GREECE MEDITERRANEAN COOKING

All countries of the Mediterranean have the tradition of eating small plates of delicious appetizers. These foods are often the best and healthiest dishes of the Mediterranean Diet. Bill Bradley, Registered Dietitian and Cookbook Author will cook a number of these dishes while talking about the history and health benefits of the Mediterranean way of eating.

Registration required <https://forms.gle/QyGocP7hpadf7v1FG>

BINGO AT SUNSHINE VILLAGE - LIVE AND VIRTUAL SOCIAL EVENT

Join us at Sunshine Village Every Tuesday and Thursday at 1pm for Great Outdoors drive in BINGO! Win some awesome prizes while participating in a socially distant and fun activity! All are welcome!

No Registration Required.

Tuesday location: 75 Litwin Lane, Chicopee

Thursday location: 588 Silver Street, Agawam

Join Virtually on ZOOM! <https://zoom.us/j/99946349113?pwd=dEhTSUxBc3RDTUuzdTdJRGnVskFhQT09>

Meeting ID: 999 4634 9113

Passcode: BINGO

SUNSHINE VILLAGE VIRTUAL PET PARTY

Calling all pet parents. Bring your pets to introduce at the pet party! Learn about animal care.

Don't have a pet? Don't worry! Party open to all!

Join virtually on ZOOM! <https://zoom.us/j/91726463778?pwd=b0IOYmhpQUprYkFCVFTUm5rRkcxZz09>

Meeting ID: 917 2646 3778

Passcode: Sunshine

SUNSHINE VILLAGE VIRTUAL VALENTINE'S CUPCAKE DECORATING WORKSHOP

Join us for a fun night of festive Valentine's Day cupcake decorating!

Join virtually on ZOOM! <https://zoom.us/j/91726463778?pwd=b0IOYmhpQUprYkFCVFTUm5rRkcxZz09>

Meeting ID: 917 2646 3778

Passcode: Sunshine

SUNSHINE VILLAGE VIRTUAL FRESH WATER FISHING WORKSHOP

Come learn the ins and outs of competitive Bass fishing from a championship Angler!

Learn about the different kinds of fishing poles, lures, knots, and equipment used to catch the biggest Bass in the lake!

Join virtually on ZOOM! <https://zoom.us/j/91726463778?pwd=b0IOYmhpQUprYkFCVFTUm5rRkcxZz09>

Meeting ID: 917 2646 3778

Passcode: Sunshine

SUNSHINE VILLAGE VIRTUAL COOKIE CLUB

Join us for a night of baking! Learn to make several different varieties of yummy cookies to share!

Join virtually on ZOOM! <https://zoom.us/j/91726463778?pwd=b0IOYmhpQUprYkFCVFTUm5rRkcxZz09>

Meeting ID: 917 2646 3778

Passcode: Sunshine

SUNSHINE VILLAGE FRIENDS AND FAMILY ZOOM MOVIE NIGHT!

Grab some snacks and snuggle up on the couch. Chat in the chat room as we all watch a movie together!

Join virtually on ZOOM! <https://zoom.us/j/99547374365?pwd=ZjU1eU5ZK3NDMUNiRFNBYmNXMkxkdz09>

Meeting ID: 995 4737 4365

Passcode: Movie

*Please reach out to Kelly Chmura **413-592-6142 EXT. 1301** or email KCHMURA@SUNSHINE.US regarding any tech support or connectivity concerns.

