OUR VIRTUAL COMMUNITY

March 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Virtual Coffee Talk 1Dam-11am Live streaming and collaboration in contemporary music 1Pm-2Pm	Rebel Women – Female Pirates - Women's History Month 1PM-2PM	The History of Paper City Sunshine Village 6pm-7pm Livestream Zumba with MJ! 8pm-9pm	Kickass Women Slay Together 12:30PM	Livestream Zumba with MJ! 12pm-1pm POUND with JESSALYNN! 7pm-8pm	International Women's Day - 2021 4PM-GPM Dolly Pardons 75 th Birthday musical event 8PM
International Women's Day - 2021 4PM-6PM	Virtual Coffee Talk 1Dam-11am International Women's Day - 2021 GPM-8PM	Rebel Women – Female Pirates - Women's History Month 1pm-2pm Behind the scenes of film-editing 1:30pm	Pickle Soup Workshop Sunshine Village GPM-7PM Livestream Zumba with MJ! 8PM-9PM	Ideas to Start a Fashion Business Online 10am-11am BYOBeads Online 7pm-9pm	Livestream Zumba with MJ! 12pm-1pm Armchair Travelers: Ireland 2:30pm POUND with JESSALYNNI 7pm-8pm	Anne Frank's Europe: Before, During & After Her Diary- Livestream Tour 3pm-4:30pm "In the Kitchen" with Bricoleur - Bubble and Squeak 8pm

Waupaca Sidewalk Poetry Contest Gam-11am	Virtual Coffee Talk 10am-11am Rebel Women – Female Pirates - Women's History Month 12pm-1pm	Ocean Optimism: Is there really hope for the oceans? 1:30pm	St. Patrick's Day Cupcake decorating and fondant workshop Sunshine Village Gpm-7pm Livestream Zumba with MJ! 8pm-9pm	MACFEST2021: Persian Cuisine and Culture 1:30pm-3pm	Livestream Zumba with MJ! 12pm-1pm POUND with JESSALYNN! 7pm-8pm	Tour of Underfall Yard 9am-1Dam Diana Ross & The Motown Sound 11am-12Pm
The Cloud Forest: Film Screening + Discussion (Spanish Film with English Subtitles) 3pm-5:15pm	Virtual Coffee Talk 10am-11am Virtual Steel Pan 6:30pm-7:30pm	UBS - Virtual Cooking Class: Lemon Poppy Seed Muffins 2pm-2:30pm Cooking Class- Meal Planning 4pm-5:30pm	Exploring Celtic Wisdom: Ostara 1Pm-2Pm Livestream Zumba with MJ! 8Pm-9Pm	The Sofa Symphony Listening Party 2:30pm-3:30pm BYOBeads Online 7pm-9pm	Livestream Zumba with MJ! 12pm-1pm POUND with JESSALYNNI 7pm-8pm	Sunshine Village ZOOM Friends and Family Movie Night! 7pm to 9pm
Internal Martial Arts - Free Trial Class 10am-11:30am	Virtual Coffee Talk 10am-11am Chair Cardio Fitness Class 1Pm-2Pm	Artful Doodles Drawing Class 7PM-8PM	Sunshine Village Thank you for Participating- virtual goodbye celebration! 6-7PM Livestream Zumba with MJ! 8PM-9PM	on the Facebook page you will be awarded an extra point in the weekly raffle!		

MARCH 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"!

LIVE STREAMING AND COLLABORATION IN CONTEMPORARY MUSIC

Live streaming and collaboration in contemporary music by Dr Dave Payling, Associate Professor in Electronic Music and Dr Marc Estibeiro, Associate Professor of Music Associate Professors Dave Payling and Marc Estebeiro reflect on a turbulent 12 months in music and how artists, musicians and DJ's have adapted their performance to audiences online and a socially-distanced dance floor. **Registration required.** This event will take place via Zoom

https://www.eventbrite.com/e/live-streaming-and-collaboration-in-contemporary-music-tickets-136805495921?aff=ebdssbonlinesearch&keep_tld=1

DOLLY PARTON'S 75TH BIRTHDAY - LIVESTREAM MUSIC HISTORY PROGRAM

Dolly Parton's 75th Birthday - Livestream Music History Program

This is a musical history program where we will provide the historical context of various topics with an emphasis on pop culture (as opposed to music theory) including selected video recordings and biographical from various artists.

Registration required. This event will take place via Zoom

https://www.eventbrite.com/e/dolly-partons-75th-birthday-livestream-music-history-program-tickets-138496762545?aff=ebdssbonlinesearch

DIANA ROSS & THE MOTOWN SOUND - LIVESTREAM MUSIC HISTORY PROGRAM

This is a musical history program where we will provide the historical context of various topics with an emphasis on pop culture (as opposed to music theory) including selected video recordings and biographical from various artists.

Registration required. This event will take place via Zoom

<u>https://www.eventbrite.com/e/diana-ross-and-the-motown-sound-music-history-program-now-march-20-tickets-141024826051?aff=ebdssbonlinesearch</u>

ANNE FRANK'S EUROPE: BEFORE, DURING & AFTER HER DIARY - LIVESTREAM TOUR

Join us for an online/virtual tour of the places throughout Europe associated with **Anne Frank**. While the basics of Anne's life as depicted in her diary are known to many, some of the most noteworthy aspects of this time are not well known. In addition, the period of her life before and after the 26 months covered in her diary are not nearly as familiar as they should be. We'll review Anne's tragic and inspiring life (before, during and after the diary) through the places in Germany, the Netherlands and Poland connected to her.

Registration required. This event will take place via Zoom

https://www.eventbrite.com/e/anne-franks-europe-before-during-after-her-diary-livestream-tour-tickets-141997318803?aff=ebdssbonlinesearch

BEHIND THE SCENES OF FILM-EDITING

Join Joe Walker, celebrated film-editor and Academy Award, Bafta and ACE Eddie Award nominee, to discover his extraordinary career and experience in the world of film-making. From graduating with a degree in classical composing from the University, to winning an Oscar for his film-editing of 12 Years a Slave, explore Joe's fascinating career path to his current role, and discover the exciting world of film-editing.

Registration required. This event will take place via Zoom

https://www.eventbrite.com/e/behind-the-scenes-of-film-editing-tickets-140286040323?aff=ebdssbonlinesearch&keep tld=1

KICKASS WOMEN SLAY TOGETHER

Join us for an evening of good conversation as we feature Seedrs incredible Female Founders doing incredible things in the tech, creative and startup scene. This event is an opportunity to learn from the best - serious wisdom, from seriously cool women, all designed to supercharge you and your organization's success.

This event is of course open to all genders — anyone who supports the careers of women in business and tech is welcome to attend. **Registration required.** This event will take place via Zoom

https://www.eventbrite.com/e/kickass-women-slay-together-tickets-132912361451?aff=ebdssbonlinesearch&keep_tld=1

EXPLORING CELTIC WISDOM: OSTARA

Celtic Tradition is deeply rooted in the rhythms of the earth, sun, moon and seasons. The Spring Equinox in March starts the season of Ostara. Celtic Wisdom honors this as a time of birthing and flowering. Discover the Celtic Wisdom practices to honor the seasons and harness their power to manifest our dreams according to the rhythms of life.

Registration required. This event will take place via Zoom

https://www.eventbrite.com/e/exploring-celtic-wisdom-ostara-tickets-139810485927?aff=ebdssbonlinesearch

ARMCHAIR TRAVELERS: IRELAND

Join a Bristol reference librarian for a virtual tour of Irish history, sights, culture, and more - right on time for St. Patrick's Day! Our A to Z World Travel and Mango Languages databases will provide the background for this presentation, which will be presented online via Zoom and followed by a list of relevant books sent to participants

Registration required. This event will take place via Zoom

https://www.eventbrite.com/e/armchair-travelers-ireland-tickets-140331279635?aff=ebdssbonlinesearch

BYOREADS ONLINE

Led by Queer Metis bead-artist, novelist, & film-maker, Adam Garnet Jones and hosted by East End Arts, BYOBeads is an intimate opportunity for traditional bead artists, hobby-beaders just learning their craft, experts, elders, and enthusiasts to gather and work together on current project(s), share skills, and show off the beautiful things they've been working on!

Registration required. This event will take place via Zoom

https://www.eventbrite.com/e/byobeads-online-tickets-121752405723?aff=ebdssbonlinesearch&keep tld=1

MACFEST2021: PERSIAN CUISINE AND CULTURE

Join us for an unforgettable, lively evening celebrating Persian Cuisine and Culture with Haleh Moravej, Senior lecturer at Manchester Metropolitan University in Nutritional Sciences. She will talk about some of the favorite Persian dishes, the popular ingredients, spices and herbs used.

Registration required. This event will take place via Zoom

https://www.eventbrite.com/e/macfest2021-persian-cuisine-and-culture-tickets-

122376520467?aff=ebdssbonlinesearch&keep_tld=1

TOUR OF UNDERFALL YARD

A free virtual tour of Underfall Yard on Bristol's historic Harbourside.

A survivor from a time when Bristol was a busy industrial port, Underfall Yard is a working boat yard and docks maintenance facility that has been in continual use since the 1880s. Join us for a free virtual tour of the site to explore the yard's unique collection of Victorian buildings set in a stunning location on Bristol's Harbourside. We will discover the elegant Georgian engineering that created the Floating Harbour and continues to perform an essential (and largely hidden) role in water management and flood prevention. A highlight of the tour is experiencing the yard's Victorian machines in action to see how things were done in the days before computers and 3D printing and experience the heavy engineering that once powered Bristol Docks.

Registration required. This event will take place via Zoom

https://www.eventbrite.com/e/tour-of-underfall-yard-tickets-134646032909?aff=ebdssbonlinesearch&keep_tld=1

INTERNATIONAL WOMEN'S DAY - 2021

Women as Mental Health Warriors: Strong Steps to Better Mental Health

March 6-8, we will celebrate women as mental health warriors and our various activities will equip you with strong steps to better mental health. COVID-19 has impacted us in difficult ways, especially in our mental health. Depression, anxiety, insomnia and eating issues are increasingly challenging our well-being. This 3-day virtual event will offer many different insights, support and new ideas for improving your mental health and lifting your spirits.

Registration required. This event will take place via Zoom

https://www.eventbrite.com/e/international-womens-day-2021-tickets-139573250349?aff=ebdssbonlinesearch&keep tld=1

WAUPACA SIDEWALK POETRY CONTEST

A contest to select 16 original poems to be imprinted in Downtown Waupaca sidewalks as part of the Waupaca Main Street Redevelopment Project

Submit your original poetry to our Sidewalk Poetry Contest, and your poem could be "stamped in concrete," on the sidewalks of Downtown Waupaca! As part of the Waupaca Main Street Redevelopment Project. The Poetry Committee of the Waupaca Community Arts Board, is working with partners from the City of Waupaca, Waupaca Area Public Library, & Waupaca Area Chamber of Commerce, to select 16 original poems to be imprinted in Waupaca's new Downtown sidewalks.

We want the words of poets who love Waupaca to become a concrete stamp that captures the essence of Waupaca. When completed, the Poetry at Your Feet project will beautify Waupaca's Downtown sidewalks and inspire visitors and residents alike.

The deadline for poetry submissions is midnight, Mar. 15, 2021.

Registration required. This event will take place via Zoom

https://www.eventbrite.com/e/waupaca-sidewalk-poetry-contest-tickets-139660986771?aff=ebdssbonlinesearch

REBEL WOMEN - FEMALE PIRATES - WOMEN'S HISTORY MONTH

A season of talks to celebrate Women's History Month

Join us as we celebrate and discover more about the badass women who broke the rules. Drawing on the knowledge of writers, performers and academics involved, we explore female piracy. Is there more to the story than swash'n'buckle? We look at trailblazers who forged their own future and followed their desire for freedom in an incredibly male dominated society. From Grace O'Malley – the 16th century Mistress of the Western Waves, a woman who was truly before her time to Anne Bonny and Mary Read, who pushed gender and sexual boundaries amidst the cutlasses and marauding on the high seas, we take a closer look at what made them tick and how their stories have inspired the writers and artists taking part.

Registration required. This event will take place via Zoom

https://www.eventbrite.com/e/rebel-women-female-pirates-womens-history-month-tickets-137924695477?aff=ebdssbonlinesearch&keep tld=1

OCEAN OPTIMISM: IS THERE REALLY HOPE FOR THE OCEANS?

The ocean belongs to all of us, so we all have a role to play in helping to ensure it has a sustainable future.

Public awareness of our oceans and the threats they face has probably never been as high as it is today. Blue Planet 2 kept us spellbound by bringing the wonders of deep into people's homes like never before, but then brought us back down to Earth by highlighting the dangers of overfishing, plastic pollution and climate change. News headlines regularly warn about how we will run out of fish by mid-century, if ocean warming doesn't cook them, or ocean acidification doesn't dissolve them, first. While these threats are real, if sometimes exaggerated, there seems to be much less focus on how to tackle them. In this talk, I will present stories from both my own research and experiences about how scientists, conservationists and coastal communities are slowly turning the tide. The ocean belongs to all of us, so we all have a role to play in helping to ensure it has a sustainable future.

Registration required. This event will take place via Zoom

https://www.eventbrite.com/e/ocean-optimism-is-there-really-hope-for-the-oceans-tickets-

141804843103?aff=ebdssbonlinesearch&keep_tld=1

VIRTUAL STEEL PAN

Participants will learn the history of the Steel Pan.

Develop musical skills such as reading notes, playing, improvising and composing music on Steel drums. Students will use virtual steel pan program to learn the various melodies of the instrument(s). All skill levels welcomed!!

Registration required. This event will take place via Zoom

https://www.eventbrite.com/e/virtual-steelpan-tickets-136459697629?aff=ebdssbonlinesearch

THE CLOUD FOREST: FILM SCREENING + DISCUSSION

Can small people, in small places, doing small things, change the world?

Spanish with English subtitles | Ages 10+ | Documentary

Sometimes, ordinary people can make extraordinary change. Join us for a **free** film screening and discussion of as part of **Climate Week North East 2021** (#CWNE21) to explore community resilience and how we can "be the change".

One of Mexico's most remarkable ecosystems, the cloud forest, is under threat as coffee plantations, cattle grazing and an increase in human population all take their toll. In response, the people of a small town in Veracruz take it upon themselves to "be the change" and protect this unique habitat. Building their own homes, schools and farms, they set out to restructure their entire culture, from the food they grow to their children's education, radically redefining their relationship with nature – and each other – along the way. With birdsong, the sound of water flowing and the wind as its only musical soundtrack, this gentle, contemplative documentary offers an intimate and inspiring portrait of community resilience.

Registration required. This event will take place via Zoom

https://www.eventbrite.com/e/the-cloud-forest-film-screening-discussion-tickets-

137407677061?aff=ebdssbonlinesearch&keep_tld=1

VIRTUAL COFFEE TALK

Do you drink coffee? So do we! Join us for a time of drinking our favorite brew and chatting about whatever percolates! Grab a cup of coffee, tea or your favorite beverage and let's get together to just catch up and chat! A perfect way to connect with your friends and find out how everyone is doing.

Registration required. This event will take place via Zoom

https://www.eventbrite.com/e/virtual-coffee-talk-tickets-121546999347?aff=ebdssbonlinesearch&keep_tld=1

UBS - VIRTUAL COOKING CLASS: LEMON POPPY SEED MUFFINS

Lemon poppy seed muffins are tangy and textured with a moist crumb. Cook along from home with the UBS Virtual Cooking School! Join us to make these wonderful classic muffins with lots of baking tips and tricks thrown in along the way. Chef will walk you through the process in this fun free 30 minute class.

Registration required. This event will take place via Zoom

https://www.eventbrite.com/e/ubs-virtual-cooking-class-lemon-poppy-seed-muffins-tickets-138624536721?aff=ebdssbonlinesearch

COOKING CLASS- MEAL PLANNING

Participants will learn strategies to make healthy low cost meals for their family. We will make a recipe together as well.

Recipe: Vegetarian Quesadillas

Ingredients to be purchased ahead of time: Whole wheat tortillas, shredded cheese of choice, 1 can black beans, 1 bell pepper, 1/2 onion, cooking oil, salt, garlic powder

Equipment: Stove/oven, skillet, baking sheet, spatula, colander, knife, cutting board, oven mitts, aluminum foil

Registration required. This event will take place via Zoom

https://www.eventbrite.com/e/cooking-class-meal-planning-tickets-141206541567?aff=ebdssbonlinesearch

THE SOFA SYMPHONY LISTENING PARTY

A Classical Music Online Listening Party

For music fans missing the experience of concert music a new project - "The Sofa Symphony Listening Party"- hopes to bring that experience into your home and allow you to connect with other music fans throughout Tipperary. Using any internet-enabled device, fans of all ages can be part of a virtual online audience, learn a little bit about musicians and composers and chat and interact with other music lovers - just like we could in pre-covid days.

Registration required. This event will take place via Zoom

https://www.eventbrite.com/e/the-sofa-symphony-listening-party-tickets-139783400915?aff=ebdssbonlinesearch&keep tld=1

IDEAS TO START A FASHION BUSINESS ONLINE

Learn about ideas to launch a fashion business online such as an online boutique, wholesale fashion products, fashion styling and more!

Thinking about starting your own business? Do you love anything related to fashion? Join this webinar to learn more about various fashion business ideas that you can launch online. Perfect for entrepreneurs who make jewelry, clothing or accessories. Excellent information for participants who want to open an online boutique and purchase brands wholesale to re-sell. - No sewing involved! Social media provides a wealth of small business opportunities in blogging, YouTube channels, podcasts, selling through IG and FB. Maybe you've dreamed about becoming a virtual stylist for people or pets! We will talk about what it takes to launch fashion business online such as an online boutique, wholesale fashion products, fashion styling, YouTube Channel, Etsy store, Podcast, Blogger and more! Dr. Szymanski brings over 15 years of experience as the Lead Fashion Merchandising Professor at the Art Institute of Fort Lauderdale. She also had a brick-and-mortar boutique, e-commerce platform and consulted with a variety of fashion entrepreneurs launch and manage their businesses online.

Registration required. This event will take place via Zoom

https://www.eventbrite.com/e/ideas-to-start-a-fashion-business-online-tickets-135548598507?aff=ebdssbonlinesearch

INTERNAL MARTIAL ARTS

One Free trial class

Our online classes include gigong, internal martial arts, and Neigong designed to develop or enhance your physical strength, internal power, and mind-body connection to a much deeper level. Chi Body practice helps you develop mindful breathing, deep relaxation of the mind and body, and internal power generation from your body's core (dantian). Our live classes on Zoom are conducted 2 times per week with unlimited streaming of class recordings online, so that students can review the materials taught in class at any time. With our live online classes, you will receive personalized attention and corrections by Dr. Mark Li.

Registration required. This event will take place via Zoom

https://www.eventbrite.com/e/internal-martial-arts-free-online-class-tickets-140945855849?aff=ebdssbonlinesearch

CHAIR CARDIO FITNESS CLASS

60 min. Chair Cardio. No experience needed.

This is a fun, all levels, class that combines Aerobics/Dance/Weights/Strength & Balance.

Join us for a 60 minute Chair Cardio Fun & Fit class. (Zoom)

No experience needed. This is a fun, all levels, class that combines Aerobics/Dance, General Calisthenics, Lite Weight Lifting, Resistance band/ball, and Balance/Posture exercises.

No Registration Required

Join Zoom Meeting https://us04web.zoom.us/j/185153134?pwd=RlQ5cEY2UDk5VnY5cUZpR0hsVXNXQT09

Meeting ID: 185 153 134

ARTFUL DOODLES DRAWING CLASS

Guided adventure of step by step drawing building on simple shape and textures to create fantasy lands.

Doodling is relaxing no real expectations. Create lines of repeated patterns, simple designs and maybe a little color. Follow along with prompts and a sense of adventure. It's never wrong just relaxing. You just need a writing tool and some paper. You can keep it simple or doodle the universe.

Registration required.

https://www.eventbrite.com/e/artful-doodles-drawing-class-tickets-135587324337?aff=ebdssbonlinesearch

LIVESTREAM ZUMBA WITH MJ!

Join a Zumba class from the comfort of home with Washington, DC-based instructor, Maryjo Mattea!

Zumba is a dance fitness program built on Latin and international rhythms.

Instructors use non-verbal cueing to lead participants through each song.

Registration required.

https://www.eventbrite.com/e/livestream-zumba-with-mi-tickets-101214252554?aff=ebdssbonlinesearch

"IN THE KITCHEN" WITH BRICOLEUR - BUBBLE AND SQUEAK

Join us virtually on Saturday, March 13th for our newest virtual cooking series, "In the Kitchen" with Bricoleur! We will be cooking Bubble and Squeak just in time for St. Patrick's Day. This dish and our 2019 Sauvignon Blanc are the perfect pair! So follow along on Zoom to make a delicious home-cooked meal!

Ingredients:	Brown Sauce:			
1 pound Yukon gold potato, peeled	1/2 onion, diced			
1 yellow onion, diced	1 apple, grated			
2 clove garlic, sliced thin	14 cup dates, pitted			
1 large parsnip, peeled and chopped	14 ounce pureed tomato, canned			
1 large carrot, peeled and chopped	2 tablespoon brown sugar			
12 Brussels sprouts, cut fine	14 cup plus 1 tablespoon malt vinegar			
Juice of 1 lemon	1 tablespoon tamarind paste			
4 tablespoon butter	1 teaspoon Worcestershire			
2 tablespoon white vinegar	1 teaspoon mustard powder			
4 eggs	1/2 teaspoon cinnamon			
Olive oil as needed	1/2 teaspoon paprika			
Salt to taste				

Registration Required: https://www.eventbrite.com/e/in-the-kitchen-with-bricoleur-bubble-and-squeak-tickets

<u>134573211097?aff=ebdssbonlinesearch</u>

Zoom Meeting ID: 830 2740 5697

SUNSHINE VILLAGE THE HISTORY OF PAPER CITY

Learn all about the history of Holyoke from a 50+ year resident!

Join virtually on ZOOM! https://zoom.us/j/91726463778?pwd=b0IOYmhpQUprYkFCVFRTUm5rRkcxZz09

Meeting ID: 917 2646 3778

Passcode: Sunshine

SUNSHINE VILLAGE VIRTUAL ST. PATRICK'S DAY CUPCAKE DECORATING AND FONDANT DECORATING WORKSHOP

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

Join virtually on ZOOM! https://zoom.us/i/91726463778?pwd=b0IDYmhpQUprykFCVFRTUm5rRkcxZzD9

Meeting ID: 917 2646 3778

Passcode: Sunshine

SUNSHINE VILLAGE PICKLE SOUP WORKSHOP

Come learn to make a tasty cold weather dish-Pickle soup!

Join virtually on ZOOM! https://zoom.us/j/91726463778?pwd=b0IOYmhpQUprykFCVFRTUm5rRkcxZz09

Meeting ID: 917 2646 3778

Passcode: Sunshine

SUNSHINE VILLAGE VIRTUAL GOODBYE CELEBRATION!

Come to a friendly zoom session and meet the individuals you have been talking to on Facebook through the Our Community Challenge! Give us your feedback and suggestions for future virtual programs.

Join virtually on ZOOM! https://zoom.us/j/91726463778?pwd=b0IOYmhpQUprykFCVFRTUm5rRkcxZz09

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/98681290376?pwd=Y2dXwHV5OUtPVDV6MVJhVE15Q3B5dz09

Meeting ID: 986 8129 0376

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.