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| **June Purposeful Programming** | |
| **Nourish**, a 4-week interactive nutrition experience, connects nutrition to the foundational areas of focus and answers the questions: What are your meals doing for you? Do they support your wellbeing? This course helps participants learn, discuss, and explore new ways to support healthy longevity through good nutrition. Promote this course with Dr. Roger’s short video on [Diet and Healthy Aging](https://mymasterpieceliving.com/resource/diet-and-healthy-aging/). | |
| **DAY** | **CELEBRATION IDEAS AND RESOURCES** |
| **June 5th: National Trails Day** | * Check out the information, opportunities (host an event) and hikes in your area that celebrate National Trails Day on the [American Hiking Society](https://americanhiking.org/national-trails-day/) website. * Programming ideas: Turn a hike into a photography or painting class. * Download [iNaturalist](https://apps.apple.com/us/app/inaturalist/id421397028). Identify and learn about the plants and animals you see on hikes. * Interested in finding hiking trails near you? Download the [All Trails app](https://www.alltrails.com/) to discover hiking trails near you or wherever you travel. * Consider using a mobility aid on the trails:   + Choose a [walking cane](https://www.gearhungry.com/best-walking-canes/) on the Gear Hungry website.   + Chose [trekking poles](https://www.rei.com/c/trekking-poles) at REI * Learn about stepping up your creativity in this article: [Walking, Meditation & the Creative Brain](https://brainworldmagazine.com/stepping-creativity-walking-meditation-creative-brain/) * Try the *Trail-Making Activity* and the few other brain games in the [Brain Packet](https://mymasterpieceliving.com/resource/unit-1-stages-of-memory-brain-packet/) which is part of Unit 1 of **Neurobics**!   + The *Trail-Making Activity* assesses level of attention, concentration, resistance to distraction, and cognitive flexibility.   + To make the “**trail**,” draw lines between the numbers in ascending order. Record the time it takes to complete the trail.   + Try it a few times to see the improvement. |
| **June 17th:**  **Eat Your Vegetables Day** | * **Free Mindful Eating Course:** [Mindful Eating: A Practice](https://mindfulnessexercises.com/free-online-mindfulness-courses/mindfulness-of-eating/?utm_source=ActiveCampaign&utm_medium=email&utm_content=5+Mindful+Musings++-+February+10%2C+2021&utm_campaign=5+Mindful+Musings+-+February+10%2C+2021) * How many servings of fruit and vegetables should you eat each day? Share this [Fruits and Vegetables Serving Size Infographic](https://mymasterpieceliving.com/resource/fruit-and-vegetable-serving-sizes/) from the American Heart Association. * Create an *Eat Your Veggies* Event and make these recipes:   + [Green Smoothies Recipes](https://mymasterpieceliving.com/resource/fruit-and-vegetable-serving-sizes/) from the Blue Zones   + [No-Bake Carrot Cake Bars](https://mymasterpieceliving.com/resource/no-bake-carrot-cake-bars/) * 17 Creative Ways to Eat More Vegetables [Eat\_Your\_Veggies](https://www.healthline.com/nutrition/17-ways-to-eat-more-veggies#4.-Add-veggies-to-sauces) * 5 Veggies You Should Be Eating (but Probably Aren’t) [5\_Nutritious\_Veggies](https://share.upmc.com/2017/05/healthiest-vegetables-for-diet/) * Try a Master-PEACE Beach Visualization and explore the senses (including taste!) [Beach Visualization](https://www.spreaker.com/user/masterpiece_living/beach-visualization-01) * Add these [Vegetable Trivia Questions](https://mymasterpieceliving.com/resource/veggie-trivia/) to your next Trivia Night! |
| **June 21st:**  **World Music Day** | * It is also [Make Music Day](https://www.makemusicday.org/about/). Everyone is invited to join and play music or host performances. The event takes place on the summer solstice, June 21, and is called *Fête De La Musique*. (In French, the name means both “festival of music” and “make music!”) * Discover music therapy as a [healing source](https://youtu.be/eqIijgUmvX8). Explore [resources.](https://musicandmemory.org/) * Try a Master-PEACE Music Meditation (created by a clinical harp musician): [Music Meditation](https://www.spreaker.com/user/masterpiece_living/music-meditation) * Take a FREE Yale Intro to Classical Music Course: [Classical Class](https://www.coursera.org/learn/introclassicalmusic) |
| **June 23rd:**  **National Hydration Day** | * [Research benefits of hydration](https://www.nationaljewish.org/conditions/health-information/healthy-eating/10-benefits-of-staying-hydrated). * Explore creative and refreshing [options](https://www.thedailymeal.com/healthy-eating/9-hydrating-drinks-are-healthier-water-slideshow/slide-2) for nourishment. * 10 Ways to Stay Hydrated (That Aren’t Water): [Staying Hydrated](https://dailyburn.com/life/health/healthy-foods-stay-hydrated-without-water/) * Masterpiece Partner Practices:   + Add “hydration stations” around the community with cucumber or berry water. Try these recipes: [23 of the Best Flavored Water Recipes](https://www.tasteofhome.com/collection/best-flavored-water-recipes/)   + Make water readily available by offering water stations in several areas around the community.   + Cater to resident preferences by offering water and tea at different temperatures. Examples: ice cold water, iced tea, hot tea, water at room temperature, etc. |
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