July 2022 Resources

resources curated and created by masterpiece

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| 3rd Quarter Suggested Program:**Unearthing Cultural Wellness Through Dance** This program is designed to raise awareness of the impact of cultural practices of humans over time and how the use of similar practices today can support our wellbeing. In these two sessions we explore the roots of dance, identify how dance supports healthy longevity and unearth the contribution and meaning of dances from diverse cultures. | |
| National Days | Curated Resources and Ideas |
| July 3rd:    **National Eat Your Beans Day** | Did you know there are over 400 different types of beans?   * [PBS.org: Beans, Beans - The Magical Legume](https://www.pbs.org/video/beans-beans-the-magical-legume-zggpjw/). The 26-minute episode explores the world of "heirloom beans" that Native Americans and other ancient cultures have grown and eaten for centuries. * Share this blog: [Beans are Ridiculously Healthy](https://drannwellness.com/beans-are-one-of-the-healthiest-foods-on-the-planet/) by Dr. Ann Kulze, M.D., author and nutrition expert. * Schedule a Lunch & Learn and facilitate the 4th course of the Masterpiece Nourish Program - **Nutrient-Rich Foods**:   + [4th Course PowerPoint Presentation](https://mymasterpieceliving.com/resource/nourish-4th-course-presentation/)   + [4th Course Handout Packet](https://mymasterpieceliving.com/resource/nourish-4th-course-nutrition-knowledge-handout/) * Create an opportunity for people to share their favorite plant-based or bean recipes. Here are a few to get started:   + [Dr. Ann's Healthy Bean Salad](https://drannwellness.com/recipes/dr-anns-healthy-bean-salad/)   + [Dr. Ann's Cannellini Beans with Kale](https://drannwellness.com/recipes/cannellini-beans-with-kale/)   + [Black Bean Fudge Brownies](https://www.liveeatlearn.com/black-bean-fudge-brownies/)   + [No-Bake Black Bean Brownies](https://ifoodreal.com/no-bake-black-bean-brownies/#recipe)   + [No-Bake Healthy Cookie Dough Bars](https://greensmoothiegourmet.com/chocolate-frosted-white-bean-blondies-vegan-gluten-free/#recipe)      * Partner with the Dining team and plan a taste-testing party with bean dishes (dips, salsa, spreads, salads and desserts). * Have a chili cook-off and invite everyone in your community to participate in cooking or tasting. * Add dried beans to your next art class, for example: [DIY Black and White Bean Art Work](https://www.youtube.com/watch?v=LwgrhH0YXlA). |
| July 20th:  **International Chess Day** | * Various theories try to point to the origin of modern-day chess. One of the theories suggests that the game evolved from a Chinese variation that began in the 2nd century BC. The most popular theory, however, suggests that the game originated in India in the 6th century in the form of an early Indian game called chaturanga. * Ask a resident/member or team member to lead a class teaching the basics of chess and have a friendly chess tournament. * Promote The Queen’s Gambit, a 1983 American novel by Walter Tevis exploring the fictional life of a female chess prodigy to chess lovers and readers. Or view the 2020 Netflix mini-series ([Limited Series Trailer](https://www.youtube.com/watch?v=oZn3qSgmLqI)) by the same name and adapted from the book. * Pick from these [7 Chess Movies You Don't Want to Miss](https://www.chess.com/article/view/chess-movies). * Plan a chess competition with your neighbors. Play with the traditional board or play on-line. [Chess.com](https://www.chess.com/)is a great place to learn and play chess online.   **TED TALKS**   * [All Roads to Success begins with Chess](https://youtu.be/Eu2iJXmiyGs) (17 minutes)   + **Discussion Questions**     - This is the story of an entrepreneur and a passion. How have you been able to relate to and accept his call to action?     - What are the advantages of teaching chess to young students?     - How do you think this accomplishment at the Championship level will affect these young people going forward?      * [Chess: An Educational Tool for Emotional Intelligence](https://youtu.be/kMTga50-j3g) (7 minutes)   + **Discussion Questions**     - If you’re not proficient, what do you see as the advantages of learning chess?     - How would you explain the discipline of chess as enhancing behavior control?     - In the cell phone age, how does chess open an opportunity to make us more self-aware, able to adapt to adversity, and become more social?      * [Giving Checkmate is Always Fun](https://youtu.be/z-ttu7dyBCU) (14 minutes)   + **Discussion Questions**     - How can the temperament for chess be developed to enjoy all the advantages?     - How has Judit broken the barrier for women players?     - How do you view chess as a parallel for learning life skills? |