

The Brunswick Center at Supply

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Supply, NC 28462
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JUNE 2020

INTERACTIVE CALENDAR

Melissa Starr, Director
Jillian Hardin, Assistant Director

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>Balance and Breathing Click above to learn!</p> 	<p>2</p> <p>Tai Chi For Beginners</p> 	<p>3</p> <p>Sing Along!</p> 	<p>4</p> <p>Today in History!</p> 	<p>5</p> <p>National Donut Day!</p> 
<p>8</p> <p>Chair Yoga!</p> 	<p>9</p> <p>Have a Laugh!</p> 	<p>10</p> <p>Nutrition with Mallory Click below Get Creative with Non-Perishables</p> 	<p>11</p> <p>Daily Qi Gong</p> 	<p>12</p> <p>A Little Inspiration!</p> 
<p>15</p> <p>World Elder Abuse Awareness Day</p> 	<p>16</p> <p>What's Happening! At Supply Center Join the Meeting! Meeting ID: 969 4724 7945 Password: 5jQQXW</p>	<p>17</p> <p>Seated Tabata</p> 	<p>18</p> <p>Caregiver's Support Group</p> 	<p>19</p> <p>SUMMER SOLSTICE</p> 
<p>22</p> <p>Jigsaw Puzzle! Click above and connect the puzzle of "Boat Builder"</p> 	<p>23</p> <p>Garden Club Be inspired! Click below to tour Chicago Botanic Garden</p> 	<p>24</p> <p>Virtual Day Drip! Let's go to New York! Guggenheim Museum, Click above to tour the museum!</p>	<p>25</p> <p>Blood Pressure Checks Click  and learn to check your blood pressure at home!</p> 	<p>26</p> <p>Virtual Book Club</p> <p>Email Jillian if you want to join! jhardin@bsrinc.org</p> 
<p>29</p> <p>Line Dancing Practice makes perfect! Click above and follow the YouTube video!</p> 	<p>30</p> <p>June BIRTHDAY Celebration!</p> 			

Volunteers Needed!



We need your help to make the garden grow! Volunteers interested in helping us grow and care for our new Center Community Garden, please call Melissa!



Getting Creative During the Pandemic!

We hope you enjoyed the Hired Hands Band Zoom concert on May 13! Did you miss it? We recorded the band and will send the link via YouTube! Stay Tuned!



Socially Distanced Physical Activity!

Remember when you attended Angela's Seated Tabata with friends? You can again! Be sure to check out and check in to Zoom exercise classes. Check the BSRI website under the Supply page for updated Zoom exercise classes.

Also, stay fit while at home with the linked exercise activities on the June calendar!



Happy 97th Birthday to Alex Moskowitz!!



Alex Moskowitz's motto is "one day at a time," and he believes he's lived so long because "only the good die young!" Easy enough right? Alex has lived with good purpose every moment of his life. Born and raised in New York City, Alex worked five jobs and served in the Army during World War II and has traveled around the world. He served in the Pacific and served during the invasion of Okinawa, Japan. His favorite place is Fukui, Japan.

Alex and his wife have been participants at BSRI for several years and settled at Holden Beach nearly 30 years ago. Say's Alex, "I have more friends here than ever and they're all trying to make me Baptist!" Alex has lived such an interesting life that he has a book written after him called "A Jewish Boy in America" the interview is housed in the Library of Congress in Washington DC. When I asked about his favorite meal he quickly proclaimed Pastrami Sandwich and anything from a Jewish Delicatessens!

Alex is a former volunteer at the Brunswick County Sheriff's Department in which he added that the Deputies couldn't understand his thick New York accent! He also volunteer for several year at the old Brunswick Hospital. Alex's favorite pastime was swimming and body surfing at Coney Island.

HOW I LOOK



TAKING A SELFIE

June 21 is National Selfie Day!

A "selfie" is a form of self-portrait that couldn't exist without our smart phones and social media! To observe this day we encourage you to take your most creative "shelter in place" selfies and share them with the Senior Center in Supply!

You can email your selfies to Jillian at jhardin@bsrinc.org or text them to 910-880-3077. We will combine the photos for a fun presentation.

Use a selfie stick and multi-functional camera phones for your shot. You can even share and post to your own social media platform by using #NationalSelfieDay. National Selfie Day was founded by DJ Rick McNeely in 2014.

NATIONAL BEST FRIENDS DAY

June 8 is National Best Friends Day! Who is your best friend? On this day we encourage you to honor that one special person you call your "best friend".

Send us your special pictures and a kind note of you and your best friend. Email them to Jillian at jhardin@bsrinc.org or text to 910-880-3077. We will make a sweet presentation using your pictures.

National Best Friend Day is a time to show your friend how much you appreciate them, how special and important they are to you and how you cherish their friendship.

