

CONNECTIONS

Community Homes & Services
837 Sweetser Ave. Novato CA 94945
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SUMMERTIME IS ALMOST HERE!



(R) Carolyn spreads the love, as usual, in Freestyle Art class!



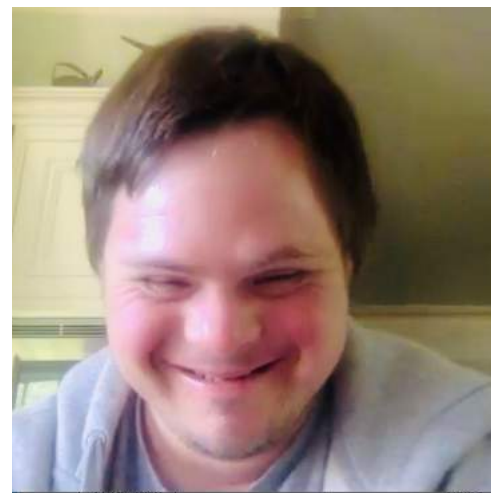
(L) Shirley celebrates summer and the 49ers, what could be better than that?



What sign language (food) word is Matthew signing?
(Answer on bottom right of this page)



American Eagle Day and the first day of summer are June 20th!



Answer to Matthew's sign: hamburger

JUNE HOLIDAYS AND NATIONAL DAYS

June 1 - National Say Something Nice Day

June 4 - National Cheese Day

June 5 - **National Doughnut Day**

June 6 - National Black Bear Day – First Saturday in June

June 9 - National Donald Duck Day

June 14 - National Flag Day and National New Mexico Day

June 20 - **American Eagle Day and Summer Begins**

Longest Day of the Year

June 21 - Father's Day – Third Sunday in June

June 23 - National Pink Day

June 27 - Summersgiving – Saturday after Summer Solstice

June 28 - **National Paul Bunyan Day**

June 30 - National Meteor Watch Day



ALPHABETICAL FOOD

Fill in the blanks. Name foods that begin with...

A

Asparagus

Anchovy

C

Crepe

Chowder

B

Breadsticks

Barley

D

Duck

Dressing



CHECK US OUT!



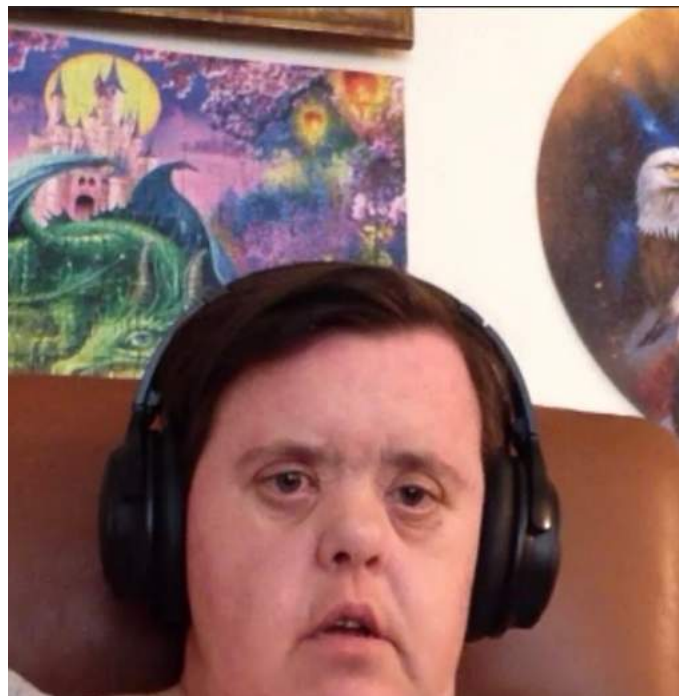
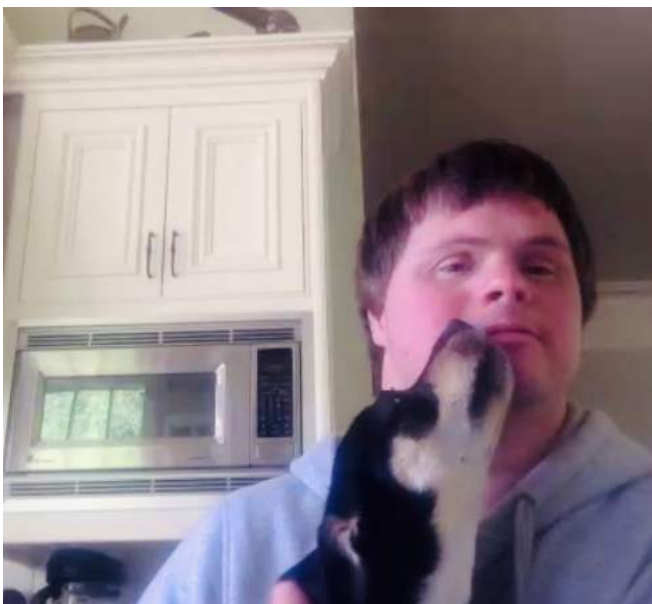
I spy Devlin AND Princess Leia
on Star Wars day - May 4th



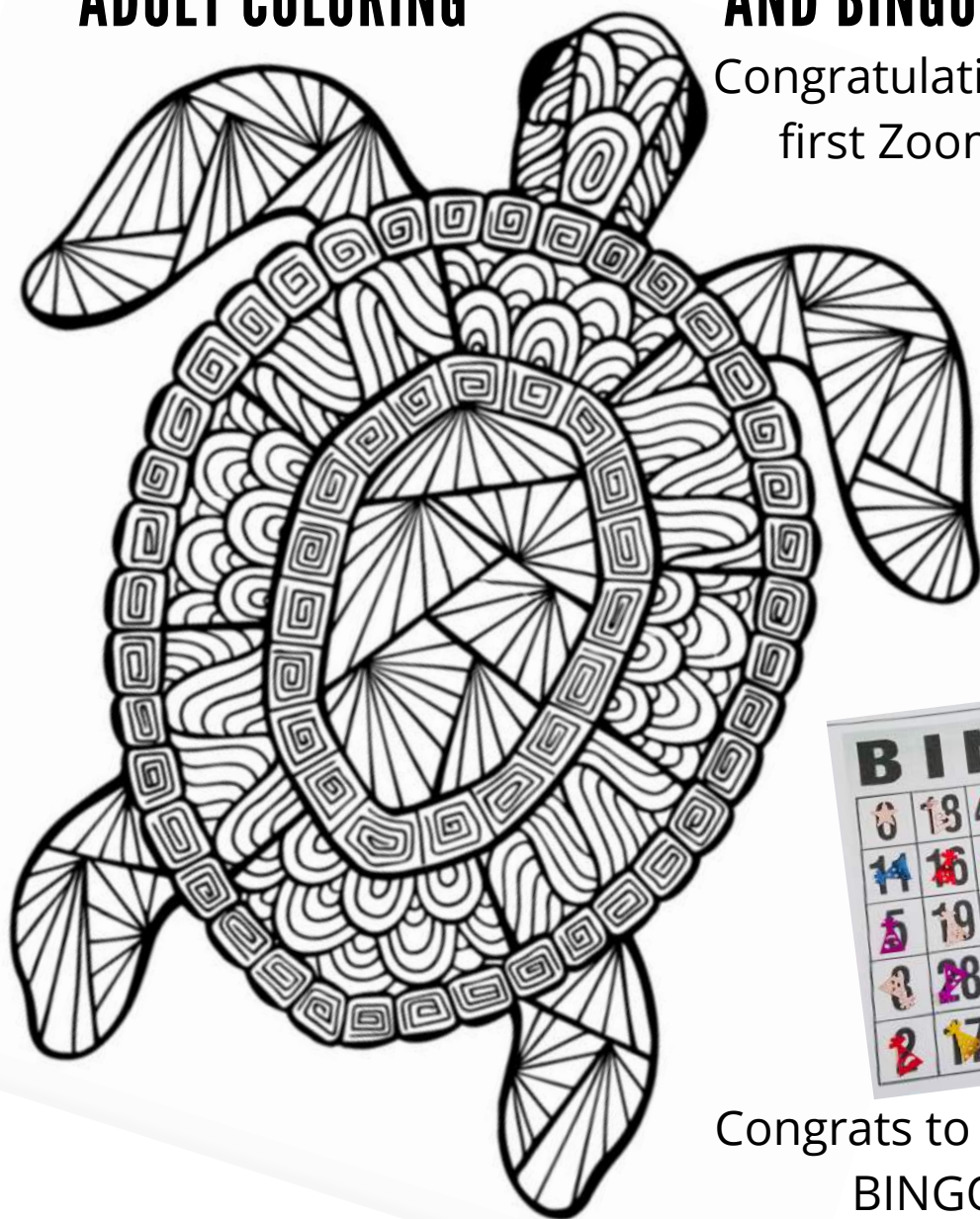
Zach and, wait, is that Zach's portrait of Zach?



Jennifer made art for her cat in Freestyle Art class



ADULT COLORING



AND BINGO WAS HIS NAME-O!

Congratulations to Martha - our first Zoom BINGO winner!



Congrats to Carolyn who won BINGO blackout!

When is national
doughnut day?



Answer: June 5th



CH&S June birthdays:

June 13 - Joelle and Adara

June 14 - Nino

June 23 - Kate

Happy birthday to all of you!!

STUDENTS (AND INSTRUCTORS) ARE KEEPING BUSY!



(clockwise from top left)

Harold taught "would you rather?" class, Bruce made flyswatters for CH&S, Matthew exercised, Kate taught a bird class, Pam paid attention, and Iris made art.



KNOWLEDGE CLASS REVIEW



- A) Bird class: What kind of birds are these?
B) Why are they different sizes?

- D) Who is this famous llama to the right?
E) Llama class: What are "llama beans"?
F) How long is a llama gestation period (how long are they pregnant before they have a baby)?



Answers are on the bottom of this page

Man is affected not by events but by the view he takes of them.

We suffer more often in imagination than in reality.

Seneca

- C) Stoicism class: What do those quotes mean?



- **Antonyms are words with opposite meanings.**
- **Synonyms are words with the same or similar meaning.**

Antonym or synonym?

J) Lie - Truth

K) Happy, glad, joyful, cheerful

L) Hungry - Full

Pineapple class:

- G) True or false? Pineapples are made up of clusters of hundreds of fruitlets.
H) What US state grows 1/3 of all pineapples consumed in the world?
I) How many pineapples grow on a pineapple plant?

Answers: A) Barn owls, B) They were born on different days, C) Sometimes what we think about what happened is worse than what actually happened, D) Winter, the llama, works with Belgian researchers who study her ability to fight off diseases such as SARS and MERS, E) Llama beans are llama poo, which is a good fertilizer, F) 350 days, G) True, H) Hawaii, I) One, J) Antonym, K) Synonym, L) Antonym

PRECIOUS OBJECTS: WHAT ITEM IS PRECIOUS TO YOU?



Katie gave us a pic of Jason and his art



Zach shared a precious picture

Jennifer's dad had this on his desk for YEARS!



Did you know that Jennifer once mailed an orange to Rickina?

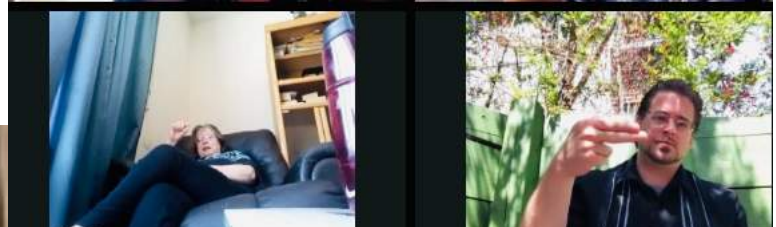
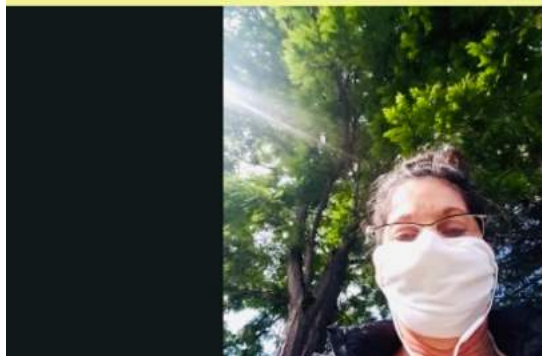


One of these mannequin heads belonged to Carolyn's grandma, and Carolyn found the other in a an antique store! Now she has two!

During the morning meeting, Chas told us about his new haircut.



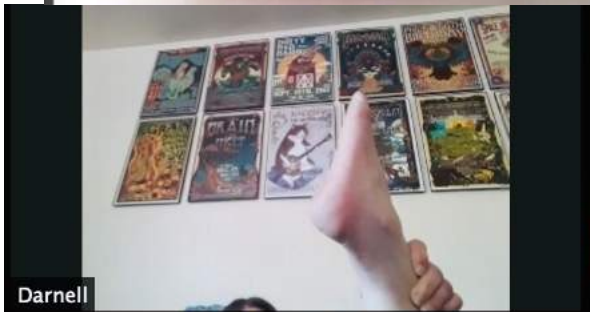
WE WEAR MASKS WHEN WE ARE AROUND OTHERS



We signed the alphabet in language arts—what letter are Devlin, Alison, and Martha signing? What letter is Matthew signing?

Answer: Matthew is signing "H" and everyone else is signing "G."

WE CELEBRATED *NO SOCKS DAY!*



A lot of the little piggies went to market –no they didn't! Our little piggies sheltered in place!

Please e-mail photos for the newsletter to 837lifecollege@gmail.com.



Did you know we have chair yoga/meditation class? We do and it's SO relaxing!

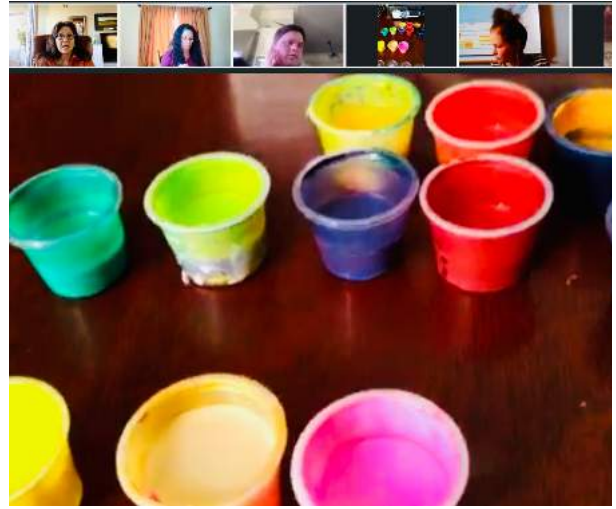
SARS-COV 2 CAN SPREAD THROUGH CASUAL CONTACT



Look what people are doing in Freestyle Art class!



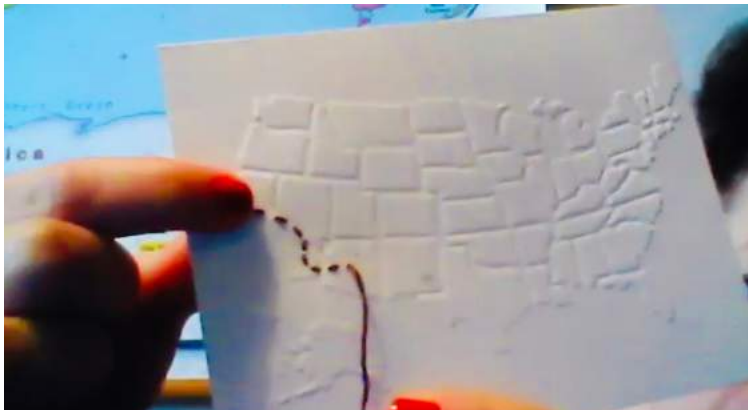
Carolyn turned a rock into a pink pig!!



Pam showed us her cat cutouts



Chris made earrings!



Jen sewed a Novato to Roswell card for her friend



ASL is everywhere! What letter is this?

Answer: d

NUTRITION CLASS

BUTTERNUT SQUASH SOUP AND ALMOND THUMBPRINT COOKIES!



All recipes are vegan!

What is in Alison's bowl?

Chickpea tikka masala with cilantro
and lime quinoa



Soup and cookie recipes:

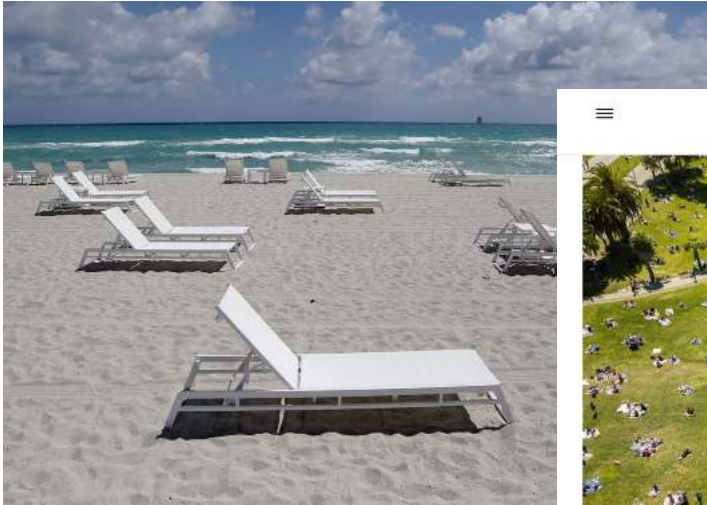
- Butternut squash + red lentil soup:
 - <https://simple-veganista.com/butternut-squash-red-lentil-soup/>
- Almond Flour Cookies:
 - <https://simple-veganista.com/almond-flour-thumbprint-cookies/>

Indian food recipes:

- Chickpea Tikka Masala:
 - <https://simple-veganista.com/chickpea-tikka-masala/Cilantro Lime>
- Cilantro Lime Rice:
 - <https://simple-veganista.com/cilantro-lime-rice/>
- Naan Bread:
 - <https://simple-veganista.com/vegan-naan-bread/>

June 20th is the first day of summer!

Please remember to stay
6 feet apart!



JUNE

BASEBALL	BUTTERFLY	COOKOUT	FATHERS DAY
FISHING	FLAG DAY	GRADUATION	INSECT
JUMPROPE	LADYBUG	MOSQUITO	PICNIC
SUMMER	SUNSHINE	WEDDING	

L P I C N I C W F E W B U C E
 H L N O O S T I A A M F Y N P
 C Y A C T C S Y T E C A F Z O
 F O E B S U N S H I N E F G R
 I S O P E D L O E F X L R N P
 S U C K M S T G R C A A K I M
 H M I N O I A T S G D C Z D U
 I M V Q U U C B D U J V V D J
 N E N Q F E T A A V F B L E W
 G R S N S L Y T Y U N M A W U
 F O L N X G I P G U B Y D A L
 M S I I E O Y L F R E T T U B
 H U Z Z N W L H O X D W T N X
 X B V W Z K L E N F S I M R U
 F Y D Z B K B Q E Z V A C A F

Answers to Birds of Sonoma on next page:

- Ducks: Mallard, the brownish mallard duck is the female
- The orange and black bird is the hooded oriole.

BIRDS OF SONOMA COUNTY



What kind of ducks are these? Which one is the female?
Which one is the male?

What kind of male bird is this (right)?

Facts/hints: The black throat extends up the face creating a little mask around the eye and down the chest to make a bib. Adult males flash white wingbars.



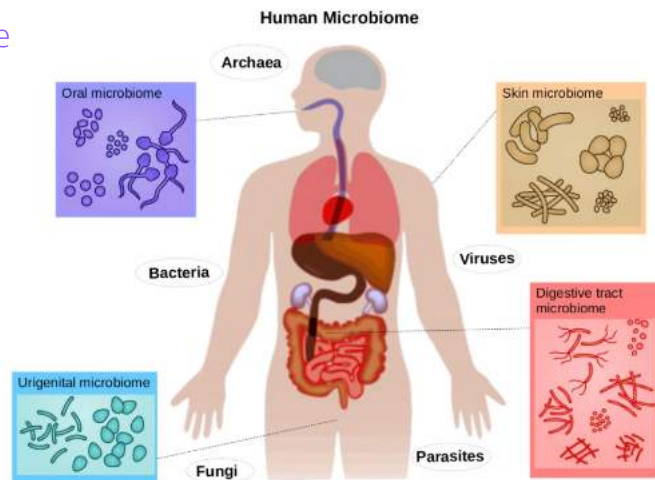
Answers on left side of previous page

THE HUMAN MICROBIOME

The human microbiome is the collection of microorganisms which live on and inside of us.

They live on the skin, in the saliva and mouth, in the eyes, and in the gut and the rest of the gastrointestinal tract. They include bacteria, viruses, fungi, and protozoa.

Research has shown that the microbiome plays a role brain development and even your emotions!



At least 1,200 different types of bacteria live in your mouth. Most are either benign or protect you from infection, but some are bad and can cause tooth decay, bad breath, and gum disease.

There are more bacteria in your mouth than people on earth! (Population of earth is 7.8 billion people.) This makes human bites very dangerous.

That is why teachers have always said, "NO biting!"



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$$\begin{array}{r} 2.00 \\ 1.59 \\ 0.15 \\ \hline 4 \end{array}$$

We offer two levels of math classes—fun and algebra!



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**Connections Magazine
Summer and Donut Day Edition!**