



**Happy Wednesday, Villagers**

Please [send along](#) your suggestions for materials to add to the daily tips. We're always looking for good content. And visit our [website](#) for more information about our organization and programs.

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Channel 17 Mon-Fri at 9:00 am only 20 minutes called Classical Stretch by Miranda e. followed by Sit and Be Fit.

The **Classical Stretch®** series is American Public Television's longest-running and highly ranked fitness television show—created, produced and hosted by Miranda Esmonde-White—a *New York Times* bestselling author and educator of healthy aging. Over the last 20 years, Classical Stretch has been helping people of all ages and fitness levels rebalance their body, increase mobility and flexibility, while keeping all 650 muscles and 360 joints healthy and pain-free.

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An episode of Sit and Be Fit.



### **Insight Timer Live: Revolution in Consciousness, with Tara Brach**

July 2, 2020 | 10 am EDT - [Register Now](#)

A free, interactive online summit to help all of us deepen and sustain resilience so that we can meet the immense challenges we face with wisdom and compassion.

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Conversations  
That Matter

**Wednesday, July 1 at 2:00 PM PDT**

[The 23rd Anniversary of the  
Handover & the Future of Hong Kong](#)

Join the [Pacific Council on International Policy](#) for the fourth installment of the Edgerton Series on Responding to a Rising China, with [Dr. Jeffrey Wasserstrom](#) and [Joanna Chiu](#).





### 7 Best Trips to Take With Your Partner

Those who [travel together](#), stay together. Whether that's true or not, experiencing the world with your significant other by your side definitely creates an everlasting bond. Whether you love hitting the hiking trail or just spending a cozy night indoors, discover the perfect trip for you and your significant other.

#### Volunteer Job Announcement

Are you proficient with Zoom? Are you available on Tuesdays from 3:30 to 5:30?

Please consider providing your tech skills for our Tuesday TED Talks.

Contact Tricia for more information: [triciasmith58@yahoo.com](mailto:triciasmith58@yahoo.com)

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COMMUNITY

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**website's [COVID Resources page](#).**

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