



Happy Monday, 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.



Monday: [Online Chair Yoga](#). 11-12

Tuesday: [TED TALK TUESDAY - 'WHY I HAVE COFFEE WITH PEOPLE WHO SEND ME HATE MAIL'](#)

4-5

Wednesday: [MOVIE GROUP - "ABACUS: SMALL ENOUGH TO JAIL"](#) 4-5:30

Thursday: [IN THE KITCHEN WITH SANTINA](#). 4-5

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Coffee Talk: *Stories of the Passed*

Tue, Aug 4: 1:00-2:00pm

Join Paula Love to share & hear funny, inspiring, endearing or treasured memories of friends, family or colleagues who are no longer with us.

For details & registration, [click here](#).

Virtual Music & Morsels: *Hungarian Dances*

Wed, Aug 5: 1:00-2:00pm

Bring your coffee/Tea & dessert, take a front row seat at your computer, and join pianist Ian Scarfe for this live recital with Q&A.

For details & registration, [click here](#).

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present for my husband but it turns out he's allergic to dogs . So unfortunately I'm going to have to find a new home for him , and I'm just wondering if anyone out there can help ? . His name is Alan, he's 61, great at DIY, drives a nice car and plans wonderful holidays.





Harrie Schwartz

**A Middle School Started A "Breakfast With Dads" Program
But Many Dads Couldn't Make It And Several Students Didn't Have Father Figures.
The School Posted A Facebook Request For 50 Volunteer Fathers.
600 Fathers From All Backgrounds Showed Up**





[5 Popular Travel Destinations Everyone Needs to Visit Once](#)

Around the world, travelers gravitate towards the Eiffel Tower, Rome's mighty Coliseum, and Australia's precious Great Barrier Reef. While wandering off the beaten path has become a mission for many, the beauty and grandeur of the world's most popular destinations still often outshine the crowds. Here are five popular tourist destinations that should still make it onto your bucket list.



Instead of rushing to her desk or checking emails first thing in the morning, [Sahra Nguyen](#), founder and CEO of [Nguyen Coffee Supply](#), (no relation to the author) carves out time for a coffee routine. "For me, I feel like having a coffee ritual every morning is really like treating yourself right," she told us.

If you'd like to incorporate [mindfulness](#) into your coffee ritual, try slowing down and [noticing](#) how your coffee tastes. Is it floral? Do you detect a hint of cashew or citrus? If you're having trouble identifying the flavors on your tongue, look at a [flavor wheel](#). The graphic tool starts with more general flavors in the center — fruit, nut, floral — and gets more specific towards the edges ... like popcorn!

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

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