

Pop Up Bulletin-March 2021



Longevity, Health, and Nutrition Discussion Group

Host: Aimee Yan, MS RD

What: Join us for further exploration and discussion on this fascinating topic. Bring your specific questions or share some strategies on what you do to stay young, ageless, healthy, and beautiful.

When: March 14, 2021 Sunday 3-4pm

Where: Zoom Conference Room; Comfort of Your Home

Prerequisites: Read the lecture summary notes or watched the video links or attended the lecture

Sign Up by March 12, 2021 via this [LINK](#). You will receive a Zoom link the day before the event

Questions: Contact Aimee Yan; aimee.yan@chiamcircle.org

Pop Up Bulletin--- April 2021



The Rose Pour yourself a glass of wine (or tea), relax and listen to the artists, musicians, poets, and Wendy, speak of the romantic and endearing rose....

Title: The Rose

Hosts: Wendy Zee/Aimee Yan

What: Wendy Zee, a rose fanatic, will share her love of roses with us. You've seen her beautiful rosy zoom background. Kick back and enjoy the rose to celebrate spring, summer and the rest of the year..

Join us as we learn about the rose, it's many lovely varieties, and how to care for, prune, and grow beautiful roses for your spring garden that will last through the fall season.

When: April 11, 2021 Sunday 3-4pm

Sign Up by April 9th, 2021 via [this LINK](#). You will get a Zoom Link the night before the event

Questions: Email Wendy Zee at wzee35@yahoo.com or call 408 921 5505