



****IMPORTANT INFORMATION REGARDING FUTURE “FUN FRIDAY” EMAILS****

*In order to continue providing “Fun Friday” content to those who are interested, minimize the inbox burden on those who are not, and expand the reach beyond the UFCOM, I will be transitioning the organization/dissemination of Fun Friday emails to the UF/GatorCare Wellness team over the next few weeks. **If you would like to continue receiving these emails, you will need to sign up by Wednesday, June 24 using this [signup form](#) to be added to the listerv.***

**

Happy Friday! If you’re looking for ways to entertain yourself this weekend and during the coming week, there are lots of great options!

Check out the fun activities and events happening locally this week in the What’s Good Gainesville newsletter. You can find this week’s online newsletter here (and sign up to have it delivered to your inbox each week!): <https://www.visitgainesville.com/explore/whats-good-in-gainesville-and-alachua-county-june-11-17-2020/>

Bring your kids to Depot Park on Saturday morning to participate in the “Kids March for Black Lives Matter.” March begins at 9:30am. Masks required. More information available at: <https://www.facebook.com/events/880217032465995/>

Looking for some ways to improve your mental or physical fitness? **Check out the many offerings for UF faculty and staff by the UF/GatorCare Wellness team** on their June Calendar of Events: <https://ufh-gatorcare-a2.sites.medinfo.ufl.edu/wordpress/files/2020/05/June-Calendar.pdf>

This week, **Brian Jose--Director of UF Performing Arts--hand-picked another great performance for your viewing enjoyment.** In his words:
“Today’s selection changed the course of music, and influenced many of today’s top musicians. From hip hop to rock, the influence of “So What” is pervasive. In this video not only do you get to hear the genius of Miles Davis and John Coltrane, but also Wynton Kelly and Paul Chambers. This video also gives us a chance to remember and celebrate drummer Jimmy Cobb, who recently passed away.”

You can watch by clicking the video below (or at this link: <https://www.youtube.com/watch?v=zqNTltOGh5c>)



As a reminder, you can also sign up to receive Brian's weekly picks at:
<https://lp.constantcontactpages.com/su/CX90OUI/BrianPicks>

The UF/GatorCare Wellness team offered these fun ideas:

- If you're finding yourself daydreaming about a vacation far away, try [remotely touring castles](#) from different countries.
- Yearning for a night of ballet or theater performances? Take a night to sit back and enjoy free, streamed performances from the [English National Ballet](#) and [National Theatre](#) on YouTube for your viewing pleasure!
- If you've started birdwatching or would like to make a treat for some fluttering, tweeting friends, try [making your own birdfeeder!](#)
- If you're feeling existential, NASA has [live streams](#) and featured events available for you to learn more about space and see what astronauts see and experience.
- Let your mind relax as you watch a peaceful and mesmerizing [live stream](#) of the SHEDD aquarium's underwater beauties.

And finally, **if you're looking for ways to improve your romantic relationship (current or hoped-for)**, consider signing up for the SMART Couples FREE workshops (for singles or couples), which are now being offered online! Classes are facilitated by the UF IFAS Family, Youth, and Community Sciences department. Information provided below or at: www.smartcouples.org



SMART Couples Florida

Making SMART Choices for Healthy Relationships

Relationship Skills Workshops



FREE, FUN, AND GIFT CARDS

Improve Communication. Resolve Conflicts. Strengthen Your Relationship.

Attend a SMART Couples workshop and laugh and learn at the same time. "Couples that laugh together, last together." ~ Dr. John Gottman, Psychologist, Researcher, Therapist

LIVE WORKSHOP ONLINE VIA ZOOM

Register today at smartcouples.org under Classes. Alachua County Workshops are held once a week for 5 weeks

Relationship Skills Workshop

Before You Tie the Knot (for singles and couples)

*Partners required to register separately (individually).

Tuesdays: July 7, July 14, July 21, July 28, Aug. 4 from 6-8pm.

Thursdays: July 9, July 16, July 23, July 30, Aug 6 from 6-8pm.

Couples Workshop

ELEVATE: Taking Your Relationship to the Next Level

*Attendance as a couple required.

Mondays: July 6, July 13, July 20, July 27, Aug. 3 from 6-8pm.

Wednesdays: July 8, July 15, July 22, July 29, Aug. 5 from 6-8pm.

Check out our easy-to-use website at **SMARTcouples.org**

Funding for this project is provided by the United States Department of Health and Human Services, Administration for Children and Families, Grant # 2018AC00070. These services are available to all eligible persons, regardless of race, gender, age, disability or religion. In accordance with the Americans with Disabilities Act and Section 504, 28 C.F.R., persons needing accommodations or an interpreter to participate in programs should contact their UF/IFAS Extension office no later than 5 days prior to the scheduled meeting time or call 1-800-985-8277 (TDD).

Enroll in a SMART Couples workshop today

Preregistration is required.

Please go to Classes at smartcouples.org or contact

Jaime Haynes, Instructor
University of Florida IFAS
Family, Youth and Community
Sciences

j.haynes@ufl.edu
904-514-3730 (cell)

UF | IFAS Extension
UNIVERSITY OF FLORIDA



Have a great weekend and Stay Well!

Lisa J. Merlo, Ph.D., M.P.E.
(Legal Name = Lisa Merlo Greene)
Director of Wellness Programs, UF College of Medicine
Director of Research, Professionals Resource Network
Associate Professor of Psychiatry
University of Florida
Box 100256
Gainesville, FL 32611
352-294-4932
lmerlo@ufl.edu