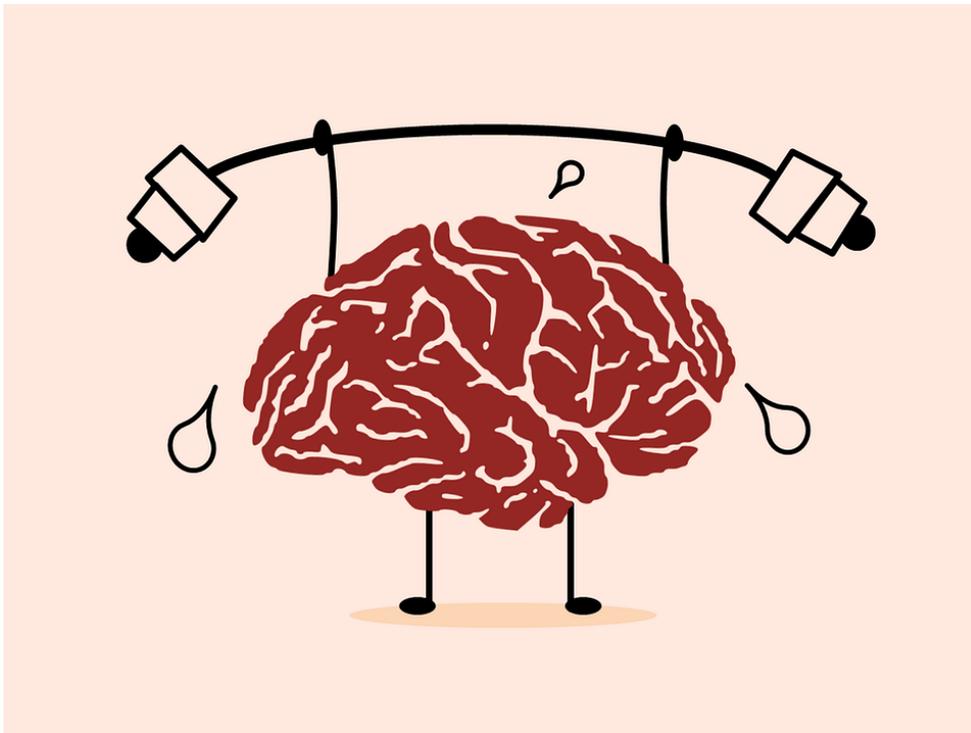


June 2021 TCM Newsletter



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THIS MONTH'S TOPIC
OUTDOORS



Benefits of Spending Time Outdoors

Spending time in nature has been found to help with mental health problems including anxiety and depression. For example, research into ecotherapy (a type of formal treatment which involves doing activities outside in nature) has shown it can help with mild to moderate depression. This might be due to combining regular physical activity and social contact with being outside in nature.

How Nature Can Improve Mental Health:

- improve your mood
- reduce feelings of stress or anger
- help you take time out and feel more relaxed
- improve your physical health
- improve your confidence and self-esteem
- help you be more active
- help you make new connections
- provide peer support.

Reference

<https://www.mind.org.uk/information-support/tips-for-everyday-living/nature-and-mental-health/how-nature-benefits-mental-health/>

Community Activities to do in June

Northside Nights- outdoor concert series brings live music to the northside! Bring your lawn chairs and blankets for seating and enjoy a fun evening of great R&B, soul, funk and dance music. June concerts are held at Castlewood Park and then the shows move to Douglass Park for July. Every Thursday, 7 – 8:30 p.m., June 3 – 24, 2021

Northside Nights 2021 schedule

Castlewood Park

June 3 – Seven Shades of Soul

June 10 – Rae Camp Band

June 17 – Band New

June 24 – Miss Tina Fondren & Big Chill

Douglass Park

July 1 – Tim Talbert Project

July 8 – Honeychild

July 15 – Positive Movement

July 22 – Benny J & Friends

July 29 – One Sound Band

Masterson Station Park

Bluegrass Fair- June 10-20

McConnell Springs, Lexington

- June 5 | 7 a.m. | Guided Bird Walk | Join local bird enthusiasts for a guided bird walk through McConnell Springs.
- June 5 | 8:30 p.m. | FireFly Viewing | Come out to the nature park and watch fireflies light up the night sky with their amazing light displays.
- June 12 | 10 a.m. | Beginners Digital Photography | Come out to McConnell Springs for their beginners digital photography class to learn the basics of digital photography and camera operation.
- June 12 | 8:30 p.m. | FireFly Viewing | Come out to the nature park and watch fireflies light up the night sky with their amazing light displays.
- June 18 | 8:30 p.m. | Night Hike | Park staff will guide visitors on a night hike to explore the park and learn about nocturnal animals and how our own senses help us in the dark.
- June 19 | 10 a.m. and 1 p.m. | Junior Naturalist | This free program includes a theme-related craft and is designed for youth K – 5th grade. This session's focus is on Monarch butterflies and pollinators.

Raven Run, Lexington

- June 9 | 7:00 p.m. Sunset Yoga- Enjoy an hour of yoga outside in the fresh air on the grounds of the Prather homestead. This class is a beginner-intermediate session and is co hosted by SoulRebeLex yoga. FREE

Jacobson Park- Friday Flicks-Every Friday, 7 – 10 p.m., June 4 – 25, 2021

- Friday Flicks offers a great evening of entertainment for all ages at Jacobson Park. Bring your lawn chairs or blankets for seating. Food vendors will also be on-site or patrons may bring their own picnic dinner. For safety, pets are not permitted. Pre-movie activities include children's games, petting-zoo, non-profits and more. The movie starts at dark.
- Vendors/activities – Papa John's Pizza, Bluegrass Kettlemasters Kettlecorn, Kona Ice and Rosie's Ponies

2021 Movie Schedule

June 4 – Frozen 2

June 11 – The Croods 2

June 18 – Trolls World Tour

June 25 – Iron Giant

Other parks

- The Arboretum, Lexington
- Woodland Park, Lexington
- Salato Wildlife Center, Frankfort
- Lake Reba, Richmond
- Fort Boonesborough, Richmond
- Paradise Cove- Richmond
- The Pinnacles, Berea
- Shaker Village, Harrodsburg

Other activities

Go to the library/summer reading programs

Moondance Amphitheater- live music, family friendly-

<https://www.facebook.com/MoonDanceAmphitheater/>

Lex Fun 4 Kids is a GREAT resource <https://lexfun4kids.com/>

Lexington Farmer's Market-<https://www.lexingtonfarmersmarket.com/weekend-flagships/>



Saturday, June 12th, 2PM-5PM

300 W Reynolds Rd, Lexington, KY 40509

“The Really Really Free Market is an event where people come together and bring items, skills, talents, and everything is completely FREE! Anyone can give and everyone is encouraged to take and participate.

The event will be held at Shelter #1 in Shillito Park. There is plenty of parking near the shelter (the parking lot right by it as well as the parking for the pool).

If you are interested in volunteering, sharing skills, or bringing a large amount of items, please reach out!!

Remember to wear a mask and distance! We will be following the Covid guidelines that are current at the time of the event. The event may be cancelled or postponed if guidelines change. The event may also be cancelled/postponed if there is inclement weather.”