



ILEA NCC Living in SIP Together Weekly

With Memorial Day Weekend behind us, summer is officially here! It may look a little different this year but there is still summer fun to be had around the Bay Area while staying safe. Instead of rushing off to travel, I'll be focusing on reconnecting with family and friends (safely!) and enjoying everything the Bay has to offer – redwoods, lakes, beaches, mountains, rivers. We are so fortunate to have so much within a couple of hours from San Francisco. And I think we'll appreciate it even more this summer as we stick to traveling regionally and exploring our destination! For now, enjoy this week's list of fun stuff to keep busy:

- Speaking of exploring the region, I've been eager to see when Napa & Sonoma wineries will open for some socially distant wine tasting! Here is an interesting [article](#) with commentary from various wineries on re-opening.
- We are all planners by nature and it seems impossible to do that right now. ILEA Houston has been putting on a great 5 Part Series about the [Future of Events](#) to explore those re-opening questions for each sector of the live event industry.
- Other parts of the country are back to enjoying a meal out at their favorite restaurant – jealous! While we wait patiently for our turn to eat out again, you can enjoy high-quality meals at home with [Front Door Fraiche](#).
- If you have been enjoying ILEA HQ's Clear Head, Strong Mind series, you may have heard them talk about [Brain.fm](#). This website has neurologically tested music to help with focus, sleep, stress, etc. Follow that link for a free trial month for the ILEA community!
- And it is especially important to take care of your body and your mind right now – check out SF Travel's guide to [Staying Healthy at Home](#).
- I loved this article from [Off The Grid](#) on creative outdoor dining solutions. It got my wheels turning on innovative ways to bring fun into the safety measures needed right now!

- As always, this week's silly [quarantine content](#).
- But I wanted to leave you with this awesome video – [One Day Soon](#). I can't wait for the day we can welcome visitors back to our incredible city, but I am so proud of how our local government has handled this crisis. We will come out stronger than ever because we have sacrificed together for the future!

I mean it when I say I want to hear from you all! If something brought you joy this week, send it my way at togetherweekly@ileancc.org!

Growing Together While Apart,
Kelsey Linden, Board of Directors