

May 1

Hello Everyone,

The weather looks promising this weekend and some restrictions are being loosened on state and county parks. However, the need for safety still comes first and we must follow precautions while enjoying outdoors. The Maplewood and South Orange municipal parks have been open throughout the closures for passive and no-contact recreation such as walking or jogging, doing some exercise by yourself or with your family. Playgrounds, tennis courts, basketball courts, and fields remain closed in both towns. Use this quick guide for what is and is not allowed, and please share with family and friends:

Allowable Activities

- Hiking
- Walking
- Running
- Jogging
- Biking
- Birding

Remaining Closed

- Picnic Areas (no picnicking)
- Playgrounds
- Exercise Stations
- Swimming
- Restrooms/Pavilions
- Basketball & Tennis Courts

No organized or contact sports or activities will be allowed and social distancing of 6 feet should be maintained. When you follow social distancing, you are not only helping yourself, but your family, friends, and even the people you never think you overlap with but with whom you cross paths every day.

The more we follow social distancing, the sooner we will get through this

COVID Resource Guide

The Community Coalition on Race has put together a comprehensive guide to resources during COVID -19. It is available on their website, but also in print form. If you would like a copy mailed to you, please email SOMA2towns@gmail.com with COVID Resource Guide in the subject and your name and address in the message. For the online version, go to their website at <https://www.communitycoalitiononrace.org> or click here: https://www.communitycoalitiononrace.org/covid_resource_guide.

The Libraries Go Virtual

The local libraries are doing so much more than (e) books. They have moved regular programming to virtual and are adding new and innovative ideas each week. Attend some of your favorite activities or try something new - like "Shelter in Place Bingo " on

the Maplewood Library's website, and a list of upcoming, online programs and presenters. Go to <https://www.maplewoodlibrary.org/>

The South Orange Library has added new remote programs and is available to answer questions by phone. Call (973) 762-0230 M/W/F 10am - 3pm, T/TH 10am - 8pm. See their calendar to find out what is going on and how to join in: www.SOPL.org.

SOPAC presents Portal of Digital Arts Resources

"During this time of separation, SOPAC remains committed to staying connected with you, and sharing with you some of the best music and art to tune in to from the comforts of your home! The arts & culture will keep us connected while we are apart and bring us back together when we're able to meet again. You'll find links in our portal to a variety of arts & culture resources. Explore & enjoy! "

See this EXTENSIVE list by clicking here:

https://www.sopacnow.org/digital-arts-resources/?utm_source=newsletter&utm_medium=email&utm_content=Digital%20Arts%20Resources&utm_campaign=email%20enews

In addition, SOPAC has rescheduled many of their events. See what will be playing in the fall and beyond at www.sopacnow.org.

Opera Fans

The Metropolitan Opera is offering free Nightly Opera Streams. Each stream becomes available at 7:30 p.m. and remains accessible for on-demand viewing until 6:30 p.m. the following day. Their website also includes articles, interviews and videos of past highlights. <https://www.metopera.org/>

Check out these new Facebook groups:

- MAPSO Creative inspires and shares creativity
- SOMA Senior Silver Society for residents 60+

Take a walk through the tulips with NY Botanical Gardens.

NYBG has dedicated a webpage to virtual tours of their gardens. Enjoy the tulip, blossoms, daffodils and other beauties that are in full bloom at www.nybg.org/athome. Check them out and enjoy a calming walk among the tulips at NYBG!

<https://www.nybg.org/take-a-spring-walk-among-the-tulips/>

From NYBG:

"During challenging times, the power of plants connects people and provides inspiration more than ever. While the Garden's gates may be closed temporarily,

our virtual gates are wide open. Let's stay connected with NYBG at Home, our new content hub featuring videos, plant guides, virtual events, recipes for kids, and so much more. As spring unfolds, we will bring you the brightness and color of the season, a reminder of how the natural world brings us joy."

Join in Mondays

11am - Senior Support

Join Senior Adult Social Worker Carol Berman to talk about what's keeping us going through the COVID19 crisis: home based activities, staying connected with the outside world, working remotely, singing, dancing, acknowledging our fears, managing our anxiety Nurture your spirit! Questions Email: SOsocialWorker@southorange.org

Join Zoom Meeting

<https://zoom.us/j/91861355140?pwd=RTJlWnJVMUNiQTFmeEVqQ0JEWVhGdz09>

Meeting ID: 918 6135 5140

Password: 941137

Concert Series at 1pm

Variety concerts from pre-war to today: reminisce as we sing the best of jazz, rock & roll, musical theater, standards and all the great oldies! Put in your requests and dance/sing-a-long

Join Zoom Meeting

<https://zoom.us/j/92688260494?pwd=eWE0MmdEbi9xQ2s1OC80NGM3dDcvZz09>

Meeting ID: 926 8826 0494

Password: 535276

Where was that email about....

All of the eblasts I have been sending are saved on the website, as well as links to the exercise classes and museum tour listings. Go to:

<https://www.somatwotownsforallages.org/corona-virus>

If you hold your cursor over the coronavirus tab, you will see a drop down menu of each page. Explore and enjoy!