

**May 7**

### **Happy Mothers Day**

This may be the strangest Mothers Day we've experienced, but I wish all the women of South Orange and Maplewood a happy, relaxing day.

### **SOMA on the Move**

Tired of walking around your block? Check out the SOMA on the Move maps, featuring interesting sights around our towns. See the new map of the Springfield Ave murals, enjoy the outdoor art of South Orange Village, and historic and interesting buildings in both downtowns. Click here for the maps to view or print:

<https://www.somatwotownsforallages.org/soma-on-the-move>

If you would like a printed version mailed to you, call (973) 558-0863 or email [SOMA2towns@gmail.com](mailto:SOMA2towns@gmail.com).

*Please note: when out walking, you do not need to wear a face mask while walking unless you cannot maintain a 6-foot distance from other people. It is safer to walk without the mask, which can restrict your breathing while exercising. Have your mask in your pocket and ready to put on when needed.*

### **Andrew Lloyd Webber's The Shows Must Go On!**

This weekend, enjoy Alan Ayckbourn and Andrew Lloyd Webber's musical comedy extravaganza, *By Jeeves!* Inspired by the works of P. G. Wodehouse. Starting at 2pm today, the play will be available on Youtube through Sunday. Click here and enjoy!

<https://www.youtube.com/watch?v=jWWB2U3mntQ>

### **Shop Locally**

As we heed government warnings, practice social distancing, and stay at home, many local restaurants, shops and services are finding creative ways to bring their business offerings to you. From curbside pick-up and virtual shopping to online music lessons and daily workout sessions, there are still numerous ways to support the independent businesses that make our shopping areas so special. Whether online or by phone, they are open for business and need your support. Many have changed their services to accommodate shoppers, offering new products and services. If you are out for a walk, check out the notices on their windows or see who is doing what on the following websites:

<https://www.springfieldavenue.com/>

<https://southorangecovid19.com/business>

<http://maplewoodvillagenj.com/>

### **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](mailto:SOSocialWorker@southorange.org)

Join Zoom Meeting

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

Meeting ID: 918 6135 5140

Password: 941137

### **Rat Pack Jazz Monday at 1 pm**

The Sing for Hope Concert Series continues! This week, our talented pianist will play Rat Pack Jazz favorites, so join in for a little Frank Sinatra and Dean Martin. Requests welcome.

Join Zoom Meeting

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

Meeting ID: 926 8826 0494

Password: 535276

### **AARP HomeFit**

AARP has tools for helping people maintain their homes, as well as tips for making them age-friendly. They suggest taking the opportunity, while we are all at home, to tackle some things on your to do list. According to a recent AARP article, “Checking these items off your to-do list can bring peace of mind in these uncertain times, and they can help you save money and make your home a safer place.”

Starting out with small things, like replacing your air filters, changing burnt out lightbulbs and general maintenance can make a big difference. You can go to [www.AARP.org](http://www.AARP.org) and search for “Home Fit Guide” or click here:

<https://search.aarp.org/gss/everywhere?q=home%20fit%20guide&intcmp=DSO-SRCH-EWHERE>

### **Jersey Arts....**

...has compiled virtual experiences from amazing arts groups from all over the state – workshops with local artists, shows with international stars, performances of national tours, regional plays, comedy, art prompts, poetry slams, classes, living room musicals, and so much more. Includes NJPAC, McCarter Theater in Princeton, Two Rivers Theater, Montclair Art Museum, Papermill Playhouse and many more.

“We have incredible culture here in New Jersey, and this selection is just the tip of the iceberg. Over the coming weeks, we’ll continue to highlight more awesome options from our diverse and creative arts groups. Please remember, even though we may be apart, we are not alone.”

See the listings on their website, <https://jerseyartsevents.com/>

**Sounds of the City**

For all you New Yorkers, retired commuters or just those who have the city in your blood, enjoy the sounds of NYC from NPR. Someday soon, these sounds will be back but for now, close your eyes and enjoy NYC.

[https://www.nypl.org/blog/2020/05/01/missing-sounds-of-new-york?utm\\_source=eNewsletter&utm\\_medium=email&utm\\_content=NYPLConnect\\_20200501&utm\\_campaign=NYPLConnect](https://www.nypl.org/blog/2020/05/01/missing-sounds-of-new-york?utm_source=eNewsletter&utm_medium=email&utm_content=NYPLConnect_20200501&utm_campaign=NYPLConnect)