

July 2

The SOMA Two Towns for All Ages office will be closed July 3 - July 13. Everyone enjoy the Independence Day weekend and the pool reopenings!

Clay's Pots:

A local high school student (named Clay) is offering to do planting and garden shopping for seniors who have been in lockdowns and need help sprucing up their gardens and/or outdoor planters. Clay would be willing to make trips to Home Depot for flowers/soil etc and plant them for seniors. He is available Monday, Wednesday, Thursday afternoons starting next week - a few hours/day wherever and whenever needed - through mid-July. If you would like to connect to Clay, please call (973) 558-0863 or email SOMA2towns@gmail.com

July 9 & 16, 7-9pm, Community Coalition on Race presents "Journey To Anti-Racism Deepening Our Commitment Holds"

This is a 2-part coffee house virtual Coffeehouse Discussion to address responses to our current racial climate. Free and open to the public, but you must register to attend RSVP: at www.communitycoalitiononrace.org

Friday, July 10, 1pm - Nutrition to Support a Healthy Immune System

This virtual program will highlight healthy ways to help strengthen your immune system, focusing on balanced nutrition. Learn more about how to keep your meals balanced through including a variety of nutrients and food groups while also discussing other simple tips for stocking your pantry, reducing food waste, and maintaining proper food safety. You may participate in this program virtually via Zoom, advance pre-registration is required Please register via link below, if you have any questions call 908-522-2842 or email Lisa.Leonard@Atlantichhealth.org

https://atlantichhealth.zoom.us/webinar/register/WN_LOX-EyxVROSMNdLyCXkZ7Q
[VIEW](#)

Monday, July 13th, 10am - United Way Caregivers Coalition presents "How Assistive Technology Can Help You and Your Loved Ones"

Learn about United Way *Caregivers Coalition* Assistive Technology for Caregivers Program, as well as how some of the simple devices used have helped our caregiving families and may help you too! In order to attend this Zoom virtual meeting, you need to register. Simply click on this registration link and you will be able to sign up. You will then receive an email with instructions on how to open the Zoom meeting link. You will need the information contained in the email to sign in on Monday, July 13th. We suggest you sign into the meeting five minutes early. You will be placed in the waiting room. The host will let you in at 10am.

Registration URL:

<https://zoom.us/meeting/register/tJlude2grTkqHdH0EFQjLxbFzraPkCBB0LRM>

Tuesday, July 14, 4pm - "Taking Advantage of Your Smartphone"

FaceTime, Venmo, Instacart; if you hadn't heard of these names before, you've surely been exposed to the words in conversation since the COVID-19 pandemic shut down the world and forced us all to isolate. NOW is the time to learn what Apps your

smartphone has to offer you in order to stay connected and survive in our “new normal” world. It’s never too late!!

Join Zoom Meeting

<https://us02web.zoom.us/j/88204911048?pwd=QisxMHg5dGIXaDhweTczZ3NQREs2UT09>

Meeting ID: 882 0491 1048 Password: 984838

One tap mobile (301) 715-8592

Wednesday, July 15, 4pm “Protecting Solo Seniors in the COVID-19 World”

We will be discussing who are solo seniors and what special risks they face. We will discuss how they can protect their medical and financial needs as well financial exploitation in detail and strategies to protect solo seniors. Lastly, if there is time, we will discuss some resources for solo seniors.

Join Zoom Meeting

<https://us02web.zoom.us/j/86898247367?pwd=RTZBdVRpa0Zoei82Vmh2NG84RIZNU09>

Meeting ID: 868 9824 7367 Password: 888627

By phone (312) 626 6799

Thursday, July 16, 7 - 8:30pm - “Sociavi - Connecting to Loved Ones Aging in Place”

Join this Q&A session about Sociavi’s programs for connecting to loved ones during his crisis. Please Register at: <https://bit.ly/2BRHXbN>

Or email at info@sociavi.com

South Orange Library

Join these weekly events by phone or on your computer or tablet with Zoom

Wednesdays at 1pm - Creative Writing Workshop

Thursdays at 2pm - Book/movie Discussion. See the library’s calendar for titles

Fridays at 1pm - Special Conversations with Special People

For login information, email librarian@SOPL.org

From the Maplewood Library

Letters, Postcards & Pen Pals, Monday, July 6 at 7 pm

Break out that stationery you have tucked away and join us for a writing group designed to encourage the art and enjoyment of snail mail and a demonstration of mail art (decorating of envelopes). Get tips on finding pen pals and postcard groups. Facilitated by Georgette Sullivan-Bauman.

Register [HERE](#).

Readers' Advisory. Wednesday, July 8 at 7 pm

Light Reading for Tough Times

Sometimes you just need a book that will get your mind off things. Amanda Eigen, Head of Library Services, will point you in the right direction. Register [HERE](#).

Classic & Contemporary, Thursday, July 9 at 7 pm

Our July title is *The Woman Upstairs*. "Claire Messud's masterly novel is the stunning confession of a woman awakened, transformed, and abandoned by a desire for a world beyond her own."

Register [HERE](#).

Writing as a Joyful Form of Self Expression, Monday, July 13 at 7 pm

Writing without rules is very freeing. It doesn't have to be hard, and it doesn't have to be meaningful for anyone else! Join with John Straus and get your creative juices flowing.

The more you write with no restrictions, the easier your ideas and confidence will come.

Register [HERE](#).

Music for Nikhil Concert

Enjoy this year-end (2019-2020) musical concert by students in the Music for Nikhil Program. This program is offered by the Nikhil Badlani Foundation.

<https://www.youtube.com/watch?v=SY-UqBqW2cU&feature=youtu.be>

Nikhil was killed in an accident by a driver who did not stop at a stop sign in South Orange. The foundation is in his memory dedicated to improving pedestrian safety.

ADAPT's 2020 Older Adults Survey

The Alcohol and Drug Abuse Prevention Team (ADAPT) is a coalition based in Essex County. COVID-19 has been a difficult time, especially for our older adult population.

We have designed this survey to address the current needs of our older adults.

<https://www.surveymonkey.com/r/DRQ8QJ5>