

June 12

June Newsletter In Mailboxes Now

If you haven't yet received the SOMA Two Towns for All Ages newsletter, you can view it online at <https://www.somatwotownsforallages.org/publications> or email SOMA2towns@gmail.com to be added to the mailing list

See the new arrangements on our website, with online classes and events now under the tab called "Exercise and Events Online"

<https://www.somatwotownsforallages.org/exercise---events-online>

Links to recurring events arranged by the towns will be posted here as well as on the events calendar page along with other known events. If there is something you know about that you would like posted, please send information through the "contacts" tab on the website. Also, check the libraries' website for programming.

	Monday	Tuesday	Wednesday	Thursday	Friday
9am	Balance Class				Zumba
10am			Senior Fitness		
11am	Support Group	Fitness		Senior Fitness	Senior Fitness
Noon		Chair Yoga		Chair Yoga	
1pm	Concert Series		Power of Positive Art		SOPL - Special Conversations
2pm	Yoga				

Also check the websites of your favorite places to see what they are offering online.

Today:

1 - pm St Barnabas Presents Cognitive Health: How to Navigate the New Normal
Please join from your computer, tablet or smartphone.

<https://global.gotomeeting.com/join/936791397>

You can also dial in using your phone. (872) 240-3212

Access Code: 936-791-397

New to "GoToMeeting"? Login in early and be ready:

<https://global.gotomeeting.com/install/936791397>

Also at 1pm - sorry for the double booking

South Orange Library - Special Conversations with Special People

Today's speaker is John Wargacki, an author and a professor of English at Seton Hall University. He reads and explains poetry so that everyone can understand and enjoy the poetry. The topic is called "Poetry for this Moment" Part 1. This week will be focused on the pandemic. Next Friday is "Poetry for this Moment :Part 2 , which will be on racial injustice.

Click here to join: <https://us02web.zoom.us/j/395843189>

Read his poems by scrolling down to the end of this email

Sunday, June 14, 4pm "The Life and Legacy of Anne Frank: Lessons for Our Time"

Brought to you by SOMA Action Religious Justice Committee and Kol Rina
Register in advance by clicking here:

<https://www.eventbrite.com/e/the-life-and-legacy-of-anne-frank-lessons-for-our-time-tickets-107555270710>

Monday June 15

11 am Support Group

South Orange AND Maplewood seniors are invited to join South Orange 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. Time to nurture your spirit!

Join Zoom Meeting

<https://zoom.us/j/94307512471?pwd=aXNQNJZsMVhjemtMZTNiRm1tSHZuUT09>

Meeting ID: 943 0751 2471

Password: 965042

One tap mobile

+19292056099,,94307512471# US (New York)

Monday Concerts

Join the Concert Series featuring music 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://us02web.zoom.us/j/88938228033?pwd=QmszMUI3WXJWSEtHS1dDWGNP RU5qdz09>

Meeting ID: 889 3822 8033

Password: 810274

Poems for SOPL's Special Conversations with Special People

WILD GEESE

Mary Oliver

You do not have to be good.

You do not have to walk on your knees

For a hundred miles through the desert, repenting.

You only have to let the soft animal of your body
love what it loves.

Tell me about despair, yours, and I will tell you mine.

Meanwhile the world goes on.

Meanwhile the sun and the clear pebbles of the rain
are moving across the landscapes,
over the prairies and the deep trees,
the mountains and the rivers.

Meanwhile the wild geese, high in the clean blue air,
are heading home again.

Whoever you are, no matter how lonely,
the world offers itself to your imagination,
calls to you like the wild geese, harsh and exciting —
over and over announcing your place
in the family of things.

The Aim Was Song

BY [ROBERT FROST](#)

Before man came to blow it right
 The wind once blew itself untaught,
And did its loudest day and night
 In any rough place where it caught.
Man came to tell it what was wrong:
 It hadn't found the place to blow;
It blew too hard—the aim was song.
 And listen—how it ought to go!

He took a little in his mouth,
 And held it long enough for north
To be converted into south,
 And then by measure blew it forth.

By measure. It was word and note,
 The wind the wind had meant to be—
A little through the lips and throat.
 The aim was song—the wind could see.

AMERICAN SMOOTH

Rita dove

We were dancing – it must have
been a foxtrot or a waltz,
something romantic but
requiring restraint,
rise and fall, precise
execution as we moved
into the song without
stopping, two chests heaving
above a seven-league
stride – such perfect agony
one learns to smile through,
ecstatic mimicry
being the *sine qua non*
of American Smooth.
And because I was distracted
by the effort of
keeping my frame

(the leftward lean, head turned
just enough to gaze out
past your ear and always
smiling, smiling),
I didn't notice
how still you'd become until
we had done it
(for two measures?
four?)—achieved flight,
that swift and serene
magnificence,
before the earth
remembered who we were
and brought us down.