

June 23

SOMA Two Towns for All Ages is part of the Northern NJ Age-Friendly Communities Initiative (AFCI). The AFCIs have discussed the impacts and effects of racial and economic inequalities on the older population and issued a joint statement. To see the full statement, go to our website at www.somatwotownsforallages.org

Final call for COVID survey

Let us know how you are doing under the COVID disruptions by taking this quick survey: <https://www.surveymonkey.com/r/9MSTMJL>

Towns Begin Reopening Process

As the state moves forward in a multistep plan for re-opening, both South Orange and Maplewood are opening certain businesses and facilities.

- Restaurants - several restaurants are open for outdoor dining. These will follow strict guidelines including masks must be worn by wait staff and tables will be appropriate spaced.
- The libraries are open for pick up! Please contact them through email, phone or website to reserve your books.
- The pools in each town will be opening after the July 4th weekend. Each will follow the state guidelines on controlling attendance and allow members to sign up for a time slot, with thorough cleaning between each. Please contact the recreation departments to sign up for more information on the pools.
- If you are not already signed up for town emails, please sign up at the towns' websites:
 - South Orange - <http://www.southorange.org/610/SO-Alerts>
 - Maplewood - <https://www.twp.maplewood.nj.us/subscribe>

As things reopen, you should make decisions based on your own comfort level. There should be no pressure to either go out and join activities, nor to stay home. You need to make the best decision for yourself and observe the best practices to protect yourself and others. For a great graphic on ways to minimize your risk, see this NJ DOH Infographic: "Assessing Your Risk While Participating in Activities"

https://www.nj.gov/health/cd/documents/topics/NCOV/COVID_Minimize_Risk.pdf

Events this Week:

Wednesday, June 24, 1pm Power of Positive Art

Join Sing for Hope and Lexi to create **paper POWER beads!** All you need to bring is **your positivity (and a few household items)!** Creating paper beads is a great way to recycle junk mail, newspapers, or magazines. **Paper POWER beads** are attractive, and

can be used in a multitude of ways including wearing them as DIY jewelry, decorating, home decor and more. Please bring to class: Magazines, Glue, Toothpick or knitting needle

Friday, June 26, 10:30am - Coffee Talk

Grab your favorite mug and join Coffee Talk. Check in with other seniors you haven't seen in a while. Tell the story of your favorite mug for a chance to win its fillings - coffee, tea, creamer, the works!

Join Zoom Meeting

<https://us02web.zoom.us/j/81808803303?pwd=T21pSkIKWS9FdFp3NitBVDIrbitXZz09>

Meeting ID: 818 0880 3303

Password: 837213

To join by phone: (301) 715- 8592

Thursday, June 25, 7-9pm, Online

From the Adult School: BE READY: GETTING YOUR RECORDS IN ORDER

With the current threat to our health and safety, many are starting to realize that our families and loved ones know very little about the details of our lives. Gain peace of mind by assembling a record of all the vital information necessary so you or your loved ones can handle your affairs easily, should the need arise. DIANE THOMSON, Professional Organizer & Productivity/ADHD Coach, will cover what information and documents to compile and how and where to store it safely. Register at the Adult School website or click here: <https://www.ssreg.com/som/classes/results.asp?string=433>

Sunday, June 28, join the Women' Multicultural High Tea at 7:30 PM for their virtual program "What You Don't Know About Me". The program is free and you can register here:

<https://www.eventbrite.com/e/womens-multicultural-high-tea-what-you-dont-know-about-me-tickets-108643369242>



Exercise classes: Click here to see the list and links for exercise classes with Yvonne and Robin: <https://www.somatwotownsforallages.org/exercise---events-online>

Need Tech Help?

Jewish Federation of Greater Metrowest is offering volunteer tech support. Just call (973) 929-3060 and leave a message clearly stating your name, phone number, and a

brief description of how we can help. A Federation volunteer will contact you within 24 hours of your message being received.

Want to go back to School?

Check out the list of free, online courses offered by Yale University:
<https://poorvucenter.yale.edu/online-courses>

Do you need home repairs?

Neighbor to Neighbor is a summer home-repair program offered by Morrow Memorial Church. Volunteer teams of adults and high school students provide home repairs free-of-charge to qualifying home owners. The teams of volunteers have helped homeowners with bathroom, kitchen and outside repairs. If you are in need of home repair, call 973-558-0863/email SOMA2towns@gmail.com and a form will be mailed to you. Morrow Church will reach out to you to evaluate your project and will let you know if they will be able to assist you.