

Dear Seniors,

We have been building up the range of events on Zoom. For information on how to use Zoom, scroll down to the bottom of this email.

The links to the exercise classes, support groups and concerts are on the calendar of events on www.SOMATwoTownsforAllAges.org. You can also go to the coronavirus/exercise page and click the link. The current schedule is below. If there is a link listed, that will be the same link each week, so save it. If it is not listed, go to the website and find the link until a permanent, recurring link is set up. We will start holding speakers and presentations on Friday mornings, starting May 21, at 10:30am

Monday	Tuesdays	Wednesdays	Thursdays
<p>11am - Check in & Chat Support Group</p> <p>Join Zoom Meeting https://zoom.us/j/91861355140?pwd=RTJlWnJVMUNiQTFmeEVqQ0JEVWhGdz09</p> <p>Meeting ID: 918 6135 5140 Password: 941137</p> <p>Questions Email: SOSocialWorker@so uthorange.org</p>	<p>11am - Yvonne's fitness classes</p> <p>Join Zoom Meeting https://us02web.zoom.us/j/81800456378</p> <p>Meeting ID: 818 0045 6378</p>	<p>10 am- Senior Fitness with Robin</p> <p>Link to be posted</p>	<p>11am - Yvonne's fitness classes</p> <p>Join Zoom Meeting https://us02web.zoom.us/j/82480175433</p> <p>Meeting ID: 824 8017 5433</p>
	<p>1:30pm - Chair Yoga with Robin</p> <p>Link to be posted</p>	<p>1 pm - Movement with Lexie</p> <p>Join Zoom Meeting: https://us02web.zoom.us/j/85430581212?pwd=bEYzTGczUjA4Q3lqVUpRQIBONFJxUT09</p> <p>Meeting ID: 854 3058 1212 Password: 731639</p>	

Building Resiliency in Uncertain Times

Join AARP New Jersey for a one-hour, interactive webinar on coping with uncertain times and guidance on how to build resiliency on Tuesday, May 19 at 10:00 a.m. or 6:00 p.m. ET. LifeWorks coach, Gail Parsons, will share tips and tricks for managing stressful situations. At the end of this webinar, you will be able to:

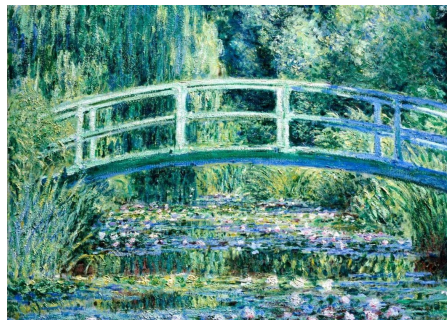
- Apply strategies to immediately boost resilience
- Build resilience through your thoughts
- Apply daily habits to build resilience

Space is limited.

<https://aarp.cvent.com/events/aarp-nj-coping-with-the-unknown-how-to-build-resiliency-in-uncertain-times-5-19-20-10-am/event-summary-e1e89d4a46ea4c70b6ce66061e698380.aspx>

Check out the Adult School Classes now Online

THE IMPRESSIONISTS: IMAGINING THE MODERN, Thursday, May 21, 7-8:30pm
Award winning art educator Janet Mandel is back — this time with one of the most beloved and hugely popular art movements of all time, Impressionism. Initially reviled by the critics and rejected by the public, Impressionism is now acknowledged as revolutionary. Join us and learn about this fascinating movement through the lens of the historical era that inspired its ground-breaking creators



Community Coalition on Race Coffee House Discussion: Access to Resources During COVID19

This is an invitation to the Coalition on Race's first virtual Coffee House Discussion: Access to Resources During COVID19 on May 21st at 7:00 pm. We will open the discussion with overviews by Maplewood Township Committeeman Dean Dafis as Gov. Rep to NJ Dept. of Community Affairs, from Kate Cahill for The Food Pantry at Our Lady of Sorrows and from Dr. Robert Taylor, Superintendent of SOMSD. Then, we will electronically form our traditional small groups to discuss what we have heard and to develop potential actions. To register, please click the link below. Slots are limited and registration closes on May 18th. This is a Zoom meeting that can be joined by computer with or without camera or by phone.

https://www.communitycoalitiononrace.org/coffee_house_discussion_access_to_resources_during_covid19

What is “Zoom”?

You may be hearing about events being held through “Zoom,” or “Facebook live” or “Facetime”. These are all programs and computer apps that you can use through your computer, tablet or smartphone to join events remotely. All you need is a device and internet access. If you want to take part in an event - for example, the new programming listed below - turn on your device, click the link and you will be “allowed” into the meeting or event. You can see the speaker, and they will be able to see you. If you don't want to be seen, you can click the picture of the video camera at the bottom left of the screen and turn off your camera so only a black box will appear. This also works if you do not have a device with a camera - you can still see everyone else.

At the beginning of the events we are sponsoring, we will give instructions for new users and reminders about how to participate. So please, check it out, if it's your first time try clicking the link a few minutes before the start time so we can help you get ready and enjoy it!

You can do Zoom meetings on your own, for free, for up to 40 minutes. It's a great way to connect and see each other's faces. Go to www.zoom.us to learn more.