

**May 21**

**Keep Checking the website <https://www.somatwotownsforallages.org/events> to see local events that are being held remotely.**

As things start to open up and people go out again, it is important to remember face covering etiquette. It is not a matter of face mask **or** social distancing, it is face mask **and** social distancing. People should not have a false sense of security that wearing a face covering protects them so they can abandon social-distancing measures. When out, use your face covering and still stay 6 feet away from others, mind the spacing and customer limits in stores, and continue the vigorous hand washing after you have been out. Social distancing is not just about standing six feet apart. It's about reducing our exposure to crowded spaces. People can be carriers of COVID-19 and not show any symptoms or have mild symptoms, so they may move about not realizing that they can transmit the virus to others. The more people you are around, the more you increase your risk of exposure to COVID-19. Please make wise choices about where you and your family members go and please wear a face mask in public spaces when you cannot guarantee a six foot distance from others.

**What's On Zoom**

This week's special presentation: Friday, May 22, 10:30 am - Hearing Challenges  
Join retired social worker and hearing educator Pearl Feder for this live, interactive presentation on hearing loss and options for you and your loved ones

Join Zoom Meeting:

<https://us02web.zoom.us/j/83918303704?pwd=THVUVIEweUdVYXFZSkhQVG5ic05WQT09>

Meeting ID: 839 1830 3704

Password: 270221

or - Dial in +1 646 558 8656 US (New York)

Meeting ID: 839 1830 3704

Password: 270221

**Recurring Weekly Zoom Classes:**

Here is the current schedule for Zoom activities. Go to <https://www.somatwotownsforallages.org/events> for links

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
9am Balance Class with Yvonne  11am - 12 Support Group <i>But Not on</i>	11am Exercise with Yvonne	10am Senior Fitness with Robin Weber	11 am Exercise with Yvonne Join Zoom Meeting	11am Senior Fitness with Robin Weber

<i>Memorial Day</i>				
1 - 2pm Monday Concert Series- this week, Patriotic Songs.	1:30pm Chair Yoga with Robin Weber	1 pm Movement with Lexie	1:30 pm Chair Yoga with Robin	<i>And one time presentations</i>

### **SOPL - Special Conversations with Special People Fridays at 1.**

Join every Friday afternoon for a chance to chat with a librarian and your fellow neighbors. This week's guest is Andy Lehren of NBC News.

By phone call (929) 205-6099 and use access code 395 843 189# # or by computer, go to [www.SOPL.org](http://www.SOPL.org) and click the link on the calendar for the access information or email [librarian@sopl.org](mailto:librarian@sopl.org) for log-in information.

Check out these other weekly programs at the library:

**Wednesdays 1pm** Writing Group (online or call in)

**Thursdays 2pm Book/Movie Group** (online or call in)

May 28: "Murder on the Orient Express" (1974), available on Kanopy w/library card

### **Andrew Lloyd Webber's The Shows Must Go On! Friday, May 22 at 2pm**

This week production will be *The Sound of Music*. To view, go to Youtube and search for The Shows Must Go on May 22 or click here

<https://www.youtube.com/channel/UCdmPjhKMaXNNeCr1FjuMvag>

### **South Mountain Y Duck Race 2020**

The South Mountain YMCA's Annual Duck Race is a tradition not to be missed, and this year the Y is keeping it going, albeit with some changes. This year, join the Y for a virtual Duck Race at 11 a.m. on Memorial Day, Monday May 25. Join the interactive "DuckCenter" via the [South Mountain Y Facebook](#), [Metro You Tube](#) or [South Mountain's Instagram](#) to cheer, waddle at home, and celebrate this race. Anyone can buy a duck at the level that's right for them, with funds supporting the local economy in addition to the Y. To buy ducks go to: <https://www.metroymcas.org/south-mountain-ymca/duck-race/> The first three ducks across the finish line will get a socially distant duck visit after the race and a virtual duck trophy for bragging rights! "This year the Y will commit 25 percent of Duck Race proceeds from our event to support SOMA small businesses," said James Goodger, District Executive Director of the South Mountain YMCA. "Our small businesses are a critical piece of our community's fabric, and we are committed to doing something to help them bounce back from this."

### **Testing - Which does What?**

You may hear on the news that there are new testing options. There are two kinds of tests available for COVID-19: **antibody tests** and **viral tests**.

**An antibody test tells you if you had a previous infection.**

- For patients WITHOUT SYMPTOMS interested in knowing if they had prior exposure
- Collected by blood samples at certain labs and medical locations

**A viral test tells you if you have a current infection.**

- For patients with current symptoms
- Collected by nasal swab