

July 17

TONIGHT! - 7pm

Join a special presentation by SOCIAMI on how to connect with loved ones using their age-friendly programs and technology.

Please Register at: <https://bit.ly/2BRHXbN>

Or email at info@sociami.com

Starting Friday, July 17 - Weekly Coffee Talk, 10:30am

Join Senior Adult Social Worker Carol Berman and other SOMA seniors every Friday for a chance to chat, share and compare over a cup of coffee. Join by zoom or by phone:

Join Zoom Meeting

<https://us02web.zoom.us/j/81706737060?pwd=dk5VL3RKaC9aaVVPOWFOVng4OFZ3QT09>

Meeting ID: 817 0673 7060

Password: 786358

By phone: (301) 715-8592

South Orange Library

Friday at 1pm - Special Conversations with Special People

This week: Budd Mishkin of CBS Network News Radio.

Email librarian@sopl.org for log-in information.

Maplewood Library

Literary Trivia with David Huemer

Monday, July 27 at 7 pm

Test your knowledge about books & literature (and maybe even music) with our resident Trivia Master David Huemer. Register [HERE](#).

The Able Baker: Live Virtual Bakery Tour

Wednesday August 5th @ 10 am

Enjoy a behind-the-scenes virtual tour of the Able Baker, with baker Julie Pauley.

Register [HERE](#)

From The South Orange-Maplewood Adult School:

"In the 87 years since, our commitment to Lifelong Learning has never changed. But in these uncertain times, other changes have become necessary. For one, you will not find a catalog of Fall classes in your mailbox this August, as usual. Nonetheless, you can be sure that there will still be new classes this Fall, and they will be as varied and enjoyable as ever -- and even more easily accessible. ... So watch for the rich list of online offerings that will be announced on somadultschool.org later this summer.

Meanwhile, tell us about your own online experiences during the lockdown by emailing us at schoolinfo@somadultschool.org. Let us know about any special classes you'd like us to consider and programs and speakers you'd enjoy in the future, virtually or in-person. "

Deciding When and Whether to Go Out

Use this guide from the NJ Department of Health to help you decide whether to go out or to join activities. Remember, there is no pressure to go out, nor is there pressure to stay home. Each person needs to decide for him-or-herself what is best for them. If going out, make sure you wear a facial covering, practice social distancing, wait outside a store if the maximum number of shoppers are inside. Make sure you wash your hands thoroughly when you return home.

If you have health conditions or live with someone who is at high risk from COVID, you need to decide the level of exposure you are willing to take, and what you can do to stay safe when you go out. You must also consider your level of stress-is it more stressful or worrying for you to go somewhere with other people or to stay in and be isolated. There is no right or wrong answer as it is up to each person to decide.

However, if you feel you are extremely anxious about going out, you should speak to your doctor or call NJ Mental Health Cares at (877) 294-4357.