Welcome To Our New Weekly Update!

As we all try to find our "new normal" in an ever-changing world, we have been engaging in a lot of online activity. It was brought to our attention by some of our participants that it is difficult to know what is going on when they get lots of emails and they have links to programs that will not happen for a few days. SO...in an attempt to make it easier for everyone, to give folks time to plan and to keep everyone informed, we decided to try this weekly digest format.

Each week we plan to include a listing of what we have going on for the week, as well as other interesting programs going on around us through other local and national agencies such Shepherd's Centers of America. We’ll also include links to video content that you can access anytime, news from our agency/staff, and content that YOU our readers (program participants and volunteers) submit. Please feel free to send us ideas, links, poetry, photos, short stories or articles. Also, if you have not already, please follow us on Facebook where we post all sorts of fun things and we will start to do some Facebook Live events in the near future.

This Week--May 25-31

* denotes Shepherd's Center Winston-Salem program
all programs are free unless noted

Monday
Happy Memorial Day!
**Tuesday**
9:45 am: Line Dancing with Brenda Holcomb. **MOVED TO WEDNESDAY**
1:30 pm: Captivating Conversations with Pilot Jeanne Willerth (Shep. Ctr. of America). Register HERE

**Wednesday**
1:00 pm: Older Americans Month Zoom Party* Come join us as we celebrate this year's theme "Make Your Mark." Topic is Older adults that had an impact on your life and what you like the most about your best friend. Join the party HERE

**Thursday**
3:00 pm: Thinking Outside the Box Discussion Group (topic upon arrival). Join HERE. You may join by phone by dialing: 1-929-205-6099 and entering meeting ID: 973 8194 5148.

**Friday**
10:00 am: Visitation & Caregiver Support Volunteers meet every Friday morning to chat. Email Carol Ann for information and link.
2:00 pm: Container Gardening, presented by U of Florida. Free, but must pre-register by Thurs. 5/28 at noon. Register HERE

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**Tips and Tricks for Online (Zoom, Google) Meetings & Classes**

Many of us are new to meeting up online; here are some helpful hints that will help things run smoothly. Also remember, you can always call or email us at the Shepherd's Center and we will talk/walk you through!

When you open Zoom (or Google meeting), you will see a spot where you can test your microphone and your video. It's always a good idea to test them before the meeting.

Your menu should be at the bottom of your screen; if you don't see it, move your cursor over that area and it will pop up. Menu buttons include mic, video, chat, screen share.
When you enter a meeting, be sure your microphone is muted. Keep yourself muted unless you are speaking so others don’t hear the background noise from your space.

If you leave your computer for some reason, turn your video off so others are not distracted by what may or may not be going on in your video.

Use the chat! The chat window gives the opportunity to weigh in on a subject, agree/disagree with a point, share links, and give additional information. You can chat with an individual or the entire group. You can also use the chat to let the moderator know you would like to speak.

Let the facilitator know you would like to speak by raising your hand (literally!) or saying so in the chat window.

If your meetings tend to "stutter," try connecting directly to your modem with an ethernet cord rather than using wifi. If using wifi, be sure other devices in your home (computers, smart tv, tablets, phone browsers, etc) are not using the wifi at the same time.

If you have questions, call us (336-748-0217) or email Vicki or Kristin

**Video Classes You Can Check Out Anytime**

[Chair Yoga](#), brought to you by Shepherd's Centers of America

The YMCA has posted over 60 health & fitness videos including yoga, tai chi & active older adults exercise. [Access them HERE](#)

YMCA of Northwest NC has a variety of workouts for [Active Older Adults HERE](#)

[Tai Chi for Body, Mind and Spirit with Sandy Seeber](#)
Video 1    Video 2    Video 3    Video 4    Videos 5-7 and more

Tai Chi for Older Adults with Misako Kay    Video #1    Video #2

Tai Chi for Arthritis and Fall Prevention with Mike Simpson    Video #1    Video #2

Line Dancing with Brenda Holcomb (also join Brenda LIVE on Tuesdays!)

The Shepherd's Center of America Online Classes

News, Notes & Other Fun Stuff

- Is there a class or discussion group you would like us to hold or that YOU would like to host? Please let us know! Email Kristin or Vicki.
- Volunteer Mildred Griffin turned 85 last week; check out her birthday parade that was on WFMY News!
- Advice from our Older American's Month Zoom Participants:
  o "By not making a decision, your making a decision"
  o "Age is a number, mine is unlisted"
  o "I don't give advice because the wise person does not need it, and the idiot does not heed it."

Looking Forward....

- Monday June 1 @ noon: AARP North Carolina's Let's Get Livable lunchtime Facebook Live event, "Home Sweet Home," simple low-cost ideas as well as and higher-cost long term solutions that can help you stay safely at home for years to come.
- Minor Home Repair volunteers will gather on Zoom on June 10th at 10 am.