

zoom zoom zoom zoom zoom zoom zoom

zoom 101

Right now, it is safer to stay at home than join large groups. Zoom meetings are a great way to engage with others socially, learn about new things, or take an exercise class. This can help keep you healthy, mentally and physically and help to pass the time. All you

need is a computer with a webcam and microphone, or a tablet, or a smartphone. You could even join the class with just a regular telephone, but you would only get the audio portion.

If you don't want to miss out on the fun any more, join Ellie as she

walks you through the basics of joining a Zoom meeting. You will also receive a zoom primer to help you remember the ins & outs.

Zoom links will be sent to all registrants the morning of the class.

Mon., July 13th at 2pm FREE

A JOURNEY THROUGH AMERICA'S PAST

An interactive series of seminars about the history of the United States of America

For all of you history buffs, America's story will be related in a series of hour-long seminars focused on the key events, as well as the people whose life, work, and achievements shaped the destiny of this country. Philip Restifo has had a life-long personal interest in and passion for both American and European history. In the storyteller's style, he

brings to life historical events as part and parcel of a complex tapestry originated in the past, but which continues to be woven in contemporary times. The class will pick up at the end of the Revolutionary War

We will present this through the video conferencing program Zoom.

If you are interested but are concerned about the Zoom platform, please feel free to reach out to the Senior Center and we will help you learn to navigate this software.

Zoom links will be sent to all registrants 1-2 days prior to the class.

**Thurs. starting July 9th
from 10:30-11:30am FREE**

Meditation with Sarah

Mental health and wellbeing are so important right now to help with stress. Take time to prioritize your wellness this year and join our Zoom meditation group. Sarah Johnson will share guided meditations, breath and body awareness,

and mindfulness to help you relax, learn to manage stress, and find greater ease and wellbeing in your life. All levels are welcome!

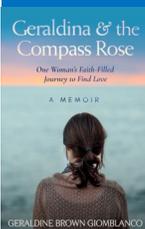
Sarah will send out the Zoom link a day or two before class, if for any reason you don't get it please con-

tact her at sejohnsonlmt@gmail.com (4 classes)

**Tues., July. 7th - 28th at 10:30am
Fee: MM\$30|NMM\$40**



GERALDINE GIOMBLANCO PRESENTS HER BOOK GERALDINA AND THE COMPASS ROSE



Geraldina and the Compass Rose by Geraldine Giomblanco is an uplifting and empowering story about faith

and maintaining hope, because prayers do get answered and miraculous things do happen to ordinary people.

"Geri" Brown Giomblanco is an

inspirational speaker and award-winning author. *Zoom links will be sent to all registrants 1-2 days prior to the class start.*

Wed., July 15th at 10:30am FREE