

RNN Newsletter

November 2020



Happy Thanksgiving!

Our Thanksgiving celebrations will be different this year; some of us will be lucky and will spend it safely in the “pandemic pod” with the family; some will see the family on Zoom only; some will have “Thanksgiving for two” or maybe “Thanksgiving for one”. Whatever the case, lets enjoy this holiday that is so much about the family, friends and food - lets cherish our loved ones and enjoy that day in the house filled with the scent of cooking Thanksgiving dinner! Happy Thanksgiving!

Voting in 2020

By now the only way left to vote is in person, at RMHS, on Tuesday November 3rd. If this is the way you choose to vote, please follow all the safety precautions.

Membership

Welcome to our newest RNN member, Charlotte Sottile. Reading Neighbors Network is now 109 members strong! Charlotte signed up for Film/Arts, Hot Topics, Koffee Klatch, Travel, Women’s Billiard and Foodies. She also chose Provide a Ride and Help Home-bound Member from the Lend a Hand activities.

Lend a Hand (LAH)

LAH will be available for two categories:

- 1) Help a Homebound member, including: Visit/ call; providing a meal and/or some groceries; run an errand
- 2) Basic Technology: For example, help with computer, cell phone, TV via phone or a video connection.

Currently, for the sake of continued safety, RNN will not plan to use ‘Provide A Ride’; ‘Accompany Member to an Appointment’ or ‘Help Around the House’ (with possible exception if the chore is outside and safe).

LAH coordinator: Rob Ward - call/text at 781-864-1257; or e-mail: rward23@verizon.net.

LAH Co-coordinator: Pam Amidon - call/text at 617-429-6902

Upcoming Event

November Educational Program

Tuesday, November 17th at 3:00 pm. Zoom will be set up at 2:45 pm to get logged in before it starts.



"From Johnny Cash to Leonard Bernstein: Music in the Fifties"

The Fifties brought a great explosion of recorded music to our own stereo players and local radio stations. From the country music of Johnny Cash, the Rhythm and Blues of Ray Charles and Fats Domino, the Rock & Roll of Chuck Berry and Elvis Presley, the popular romance tunes of Johnny Mathis and Doris Day, the energetic and complex "Cool Jazz" of Dave Brubeck and Miles Davis and the sweeping operatic style of Leonard Bernstein's "West Side Story", teenagers in the fifties listened and danced to new forms of music which defined this generation. This revue will share stories about thirteen artists highlighted with video clips of actual sound tracks and/or live performances of their most popular tunes. Participants will be encouraged to hum, sing along, and tap their feet to the rhythms and melodies heard during this presentation.

Presented by Dan Leclerc

taught history for 20 years in the Chelmsford, MA and Hingham, MA Public Schools, and was a senior administrator for 12 years and retired as Assistant Superintendent in the Ashland, MA Public Schools. He holds a Masters Degree in History from Northeastern University . He has been a leader in the use of presentation technologies more accessible to seniors. He has presented to numerous historical societies, libraries and senior centers and currently teaches in the OLLI (Osher Lifelong Learning Institutes) at UMASS Boston and Tufts University, and Beacon Hill Seminars.

Interest Groups Updates

Koffee Klatch Group (a message from Ginny)

We will meet on Zoom on Thursday, November 19th at 10:00am.

A day or two before we "meet" you will receive an email with login info.



Film and Arts Group (a message from Gina)

Movie Monday will be on November 9th at 1 pm via Zoom. For those who don't know what this activity is, we each watch a movie on our own before the meeting and then we give a brief review and rating. Sometimes other members will have seen the film being discussed and will share their opinions. We leave with good recommendations for films we might want to see. (When the pandemic ends, we'll go back to our original format - go to theatre together, watch a film, and discuss over coffee. I hope that will happen soon!)

I'll send the Zoom invitation next week.

In the meantime, I hope you'll enjoy this article from The Atlantic, and maybe even watch a film or two from the list.

<https://apple.news/AJxxKIJbQhmouWpEcSv88g>

Be well and stay safe.

Meditation (a message from Pat)

I will be leading a guided Loving Kindness Meditation on Zoom, Friday, November 27th at 2:00 p.m. Loving Kindness Meditation can be an opportunity to cultivate our propensity for kindness. It involves sending kindness, good will and warmth to others and ourselves by silently repeating a series of mantras. It is said that the Buddha taught Loving Kindness as an antidote to fear. It can be good medicine.

Hot Topics (a message from Tom Mottl)

The Hot Topics Interest Group will meet on Wednesday, November 11 at 10:30 am on Zoom when we will watch and discuss a talk given by David Brooks at the 92nd St Y in NYC. David's talk is titled The Quest for Deeper Meaning and we will watch a portion of this talk that is particularly relevant to life in today's divided society, nationally and internationally. Here's the link for our meeting on the 11th - <https://zoom.us/j/2127359304>.

From our members....

(From Tom Mottl)

Webinar on November 12 on Meaning and Purpose in Later Life



**Meaning and Purpose in Later Life:
How Age, Race and Other Factors Shape Our Options
for Work, Learning, and Civic Engagement**

Does the deck get stacked against some people based simply on who they are and where they were born? Sadly, studies show that this is true, and the disadvantage grows when certain identities, including age, are layered one on top of the other.

Join us to learn how social position shapes our prospects in later life for purpose and meaning, how it affects health, quality of life and life expectancy, and how the pandemic has worsened the disadvantages already faced by many.

THURSDAY, NOVEMBER 12, 2020 • 2:30–4:00 PM EST

FREE WEBINAR
([Donations](#) are welcome to cover costs.)

Brought to you by: The Future of Aging Coalition (a CNAP Alliance initiative), The Center on Aging & Work at the Boston College School of Social Work, Massachusetts Gerontology Association, Encore Boston Network, and The Rosemary B. Fuss Center for Research on Aging and Intergenerational Studies.

Keynote:
Dr. Christina Matz, Boston College, Social Work, Center on Aging & Work

Panelists:
Dr. Kendra Jason, University of North Carolina Charlotte, Sociology
Dr. Abby Helsingier and Samuel Van Vleet, University of Miami in Ohio
Dr. Rocio Calvo, Boston College, Social Work, Center on Aging & Work
Dr. Cal Halvorsen, Boston College, Social Work, Center on Aging & Work

Moderator:
Dr. Jacquelyn James, Boston College, Social Work, Center on Aging & Work

[Please see full webinar agenda.](#)

Register by November 11

Here is the link to a webinar that CNAP Alliance has developed in collaboration with the Boston College Center on Aging and Work which provides the full program agenda and a registration link; <https://conta.cc/37c5hyS>

This program is the second in the Future of Aging Program Series, the first of which was given in March at WBUR's CitySpace. Shown above is a PDF with the same information (program description, agenda, and registration link) as is brought up using the link.

(From Rachel Baumgartner)

Please check the Arts Section of October 25th Boston Globe

The Addison Gallery of America Art at Phillips Academy reopens to public with the three shows: “Robert Frank : The Americans” runs through April 11,

“An Incomplete History of Photography: 1860s to 1960s’ “ runs through February 21

“Roy DeCarava” runs through January 3.

No admission is charged but advance tickets are required.

Check addison.andover.edu or call 978-749-4000

(From Ann Klein)

Interested in increasing flexibility and strength from your home at no cost?

RNN member Ann Klein is offering a couple of different levels of yoga classes via Zoom for RNN members. These classes are drop-in and there is no registration needed.

- Gentle Yoga (on the mat or seated in a chair) for RNN members only (Day/time to be determined).
- Vinyasa Yoga for those that wish to practice yoga at a more moderate level. Vinyasa yoga is a series of yoga poses done in sequence. Emphasis is on breathing and being in the present moment. This class currently exists and meets twice weekly over Zoom (Wednesdays at 8:15 AM and Saturdays at 9:15 AM).

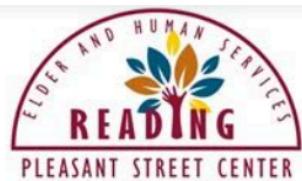
Ann is a certified 200 hour yoga teacher with over 16 years experience, including teaching at the Burbank YMCA.

If you are interested in either of these yoga offerings, please contact Ann Klein via email (annzklein@gmail.com) for more information and to request the online class link.

From Elder Services, a link to a great variety of virtual offerings:

<https://www.readingma.gov/elder-and-human-services>

and, in particular....



Pleasantries Virtual Program Highlights November 2020



Virtual Zentangle
Tuesdays 11/10 and 11/24
10am-11am

a relaxing drawing method that creates images by drawing structured patterns. No experience necessary. You will need paper, a pencil, and a pen.



Virtual Drawing
Tuesdays 11/3 and 11/17
10am-11am

Discover ways to improve, or begin, drawing the world around you. Work with materials readily available at home.

Virtual Tai Chi Quan with Master Paul
Wednesdays @1:30 (no class 11/25)

Strengthen and tone the muscles we use in everyday living. Taught while standing and sitting. No equipment necessary.



Virtual Qigong
Every Monday @11am

This practice combines movement, breath work, and guided meditation in a fun way for people of all ages and physical abilities.



Virtual Chair Yoga
Every Wednesday @11am

This class leads you through a series of gentle seated yoga poses. Chair support is offered. Class ends with a deep relaxation.



Virtual Reiki
Thursdays, November 5 & 19
2:30 – 3:00pm

A gentle touch therapy practiced on yourself that promotes healing and calmness.



French Conversation Group!
Wednesdays @3:00-4:00pm

Interested in learning how to speak French? Take this beginners class! Runs for 8 sessions now through December 9th.



Virtual Book Club
Thurs., November 19
@10:30-11:30am

A casual book group to discuss and engage with readers. This month's book:
***Beautiful Ruins* by Jess Walter**
Call the library at 781-944-0840 to join!

Unless noted otherwise, to participate, send the email you would like to receive the Zoom invite to mpuglielli@ci.reading.ma.us and reference what you are interested in signing-up for in your email.
Questions? Call (781) 942-6796

and, finally..

Save the Date: Sunday December 13, 4 to 5:30 pm, Holiday Party on ZOOM

(And be on the lookout for a gift from RNN that will be delivered the day before the party!)

Also, our October Zoom program on Telemedicine was recorded and you can watch it from a link in the Members Only section of our website.