

PRIME TIMES

NEWS FOR ADULTS AGE 60 AND OVER



We've Missed You!!!

After several long months of closing our doors, we are happy to announce that the Bay Village Senior Center is slowly reopening! While the state still mandates that our building remain closed to the public, we would like to provide alternative

ways to keep you educated, entertained and engaged during these unprecedented times. With virtual events that you can enjoy in the comfort of your living room, and small outdoor gatherings here at the Bay Village Senior Center, we are excited to get back into the swing of things!

Our virtual events will be broadcasted with Zoom and YouTube. Zoom is a two-way communication program that you can use with a computer or tablet. YouTube is programming that you can view both live and later at your convenience on a computer, tablet or Smart TV. Tutorials for both programs are included in this newsletter. If you need further assistance, please call 835-6565 Mon– Fri 9am-1pm and we will try to walk you through it over the phone. This will be a new learning experience for all of us and we can't wait to share it with you!

Our outdoor gatherings will be held in socially distanced small groups either on the back patio or under the front portico. We ask that all participants wear a mask and maintain a 6 foot distance from each other.

This will be a very new way to enjoy senior center activities and while it is not ideal, we are excited to work together with you to get everyone moving, thinking, and socializing again!



Labor Day Picnic **Friday Sept 4th 11:30am**

Let's get together for a picnic to celebrate Labor Day and the end of this crazy summer! We will enjoy a boxed lunch provided by Sprenger Health Care safely distanced, and outdoors. Space is limited so please call to register today! 835-6565



Meet with the Mayor **Wednesday Sept 23rd 11am**

Join us on the patio at the Senior Center for a socially distanced discussion with Mayor Paul Koomar. Learn about what's happening in Bay Village and have an opportunity to ask questions and express concerns. Feel free to bring your own beverage and snack and don't forget to wear your mask! **REGISTRATION IS REQUIRED: 835-6565**



Gentle Chair Yoga **Monday Sept 14th 10:30am**

Join us out on the patio of the Senior Center for a gentle yoga class instructed by Tolisa Mize. Please dress comfortably and bring a yoga mat. In order to keep socially distanced, this class is limited to 8 people. **PLEASE CALL AHEAD TO RESERVE YOUR SPACE! 835-6565**

Cost is \$10. Please bring payment to class.

Silver Sneakers Members: FREE.



Move It Or Lose It! **Tuesdays & Thursdays 2pm** **OR at your convenience!**

Join Michelle Payne for a fun movement class for all levels from the comfort of your living room! This class is designed to increase strength, coordination, and range of movement. Tune in to our YouTube channel: Bay Village Senior Center at 2PM on Tuesdays and Thursdays to exercise live with Michelle. Or tune in at your convenience and watch a recorded workout.

See page 5 for YouTube tutorial



Strength & Balance

Sign up for your FREE weekly inspiration with our award-winning senior advocate, Kathryn Eyring, of Aging Gracefully TV. Just go to www.AgingGracefully.TV to receive her health and fitness emails with fun inspirational stories and challenges. Also, call Kathryn at (440) 759-2629 to get instructions on zooming into her online Strength & Balance classes on Tuesdays and Thursdays at 8:45 AM. FREE to Silver Sneakers and Optum Fitness members or pay \$5 per class monthly.

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Senior Transportation

For Bay Village Residents:

- Seniors 60 years or older who have no alternate means of transportation.
- Knickerbocker Apartment Residents
- Permanently or temporarily disabled residents

At this time, we will transport for medical appointments and pharmacy pick-ups only

To keep everyone safe:

- Only one passenger transported at a time. Only exception is a family member or caregiver.
- Passengers must sit in the back seat
- EVERY passenger is required to wear a mask. No exceptions. Ride will be cancelled if passenger refuses to wear a mask
- All riders must have their temperature taken, answer a few health questions and use hand sanitizer before entering the car.



Charges:

\$2 roundtrip within Bay Village

\$2 round trip to Drug Mart

\$4 roundtrip to Rocky River and Westlake

\$5 roundtrip to N. Olmsted, Fairview, Lakewood, Avon & Avon Lake

Exact change is necessary. Checks may be made payable to *City of Bay Village* and mailed to 300 Bryson Lane.

To schedule transportation or for more information

TED TALKS
IDEAS WORTH SPREADING

TED TALK TUESDAYS

Join us on ZOOM as we explore different TED Talk topics. We will show the video and hold a discussion through ZOOM on your computer or tablet.

REGISTRATION IS REQUIRED!

Call 835-6565 to register and receive our ZOOM meeting code to use when tuning in with your computer or tablet.

Sept 8th, 11:00AM

10 Ways to Have a Better Conversation

Celeste Headlee has worked as a radio host for decades, and she knows the ingredients of a great conversation: Honesty, brevity, clarity and a healthy amount of listening. In this insightful talk, she shares 10 useful rules for having better conversations. "Go out, talk to people, listen to people," she says. "And, most importantly, be prepared to be amazed."

Sept 22nd, 11:00AM

Life's Third Act

Within this generation, an extra 30 years have been added to our life expectancy -- and these years aren't just a footnote. Jane Fonda asks how we can re-imagine this new phase of our lives.

See pages 3 & 4 for Zoom tutorials and join us for a Zoom practice meeting Thursday September 3rd!



Book Club

Wednesday Sept 16th 10AM

Join a small group of book lovers out on the patio at the Senior Center. Wear your mask and enjoy a socially distanced discussion about a new book each month.

September's book discussion will be on:
The Nickel Boys by Colson Whitehead



Color & Conversation

Friday Sept 18th 10AM

Enjoy a relaxing morning out on our patio with good friends, soft music and coloring pages. We will be socially distanced of course!

Feel free to bring your own snack and beverage and don't forget to wear your mask!

REGISTRATION IS REQUIRED!

Space is limited. Please call to register 835-6565

zoom

Zoom Practice
Thursday Sept 3rd 10AM-11AM

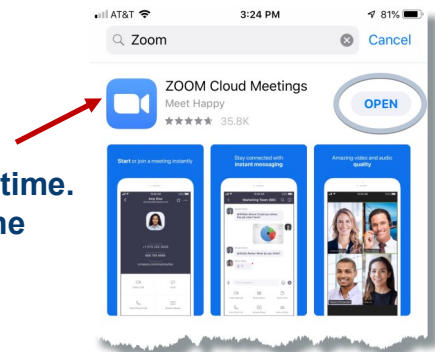
This is a great opportunity to learn how Zoom works and get familiar with the program. CALL 835-6565 TO REGISTER AND WE WILL GIVE YOU THE MEETING CODE TO "JOIN THE MEETING". Follow the directions for Zoom on pages 3 and 4 and "join the meeting" with the Meeting ID# that you are given when you call to register. You can "join the meeting" anytime from 10am to 11am on Sept 3rd. You can hang out and chat or just quickly check in to confirm that you were successful in your Zoom set up. If you have trouble connecting, or just have questions we can also help you over the phone, during this hour. Looking forward to seeing all of your smiling faces soon!!

How To Join us with Zoom

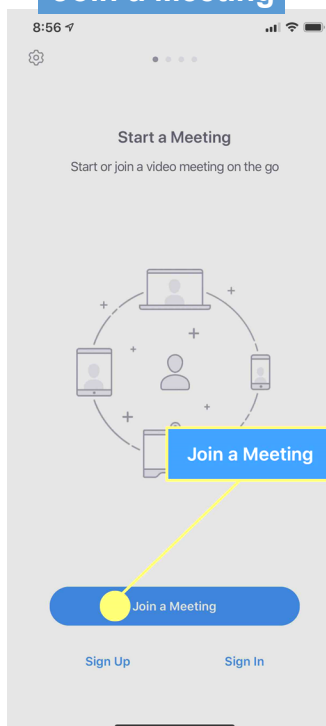
Using Zoom on your tablet, smart phone or computer can be a great way to stay connected with others. When you are on a Zoom event with the Senior Center, you will be able to see the others that have signed on to that event and they will be able to see and hear you. This is a great format to socialize, learn and discuss with each other while we can't actually get together in person. Not sure how to set it up? No problem - we have you covered! Check out the tutorials below and join us for a test run on Thursday September 3rd anytime from 10am - 11am. You do not have to stay online for the entire session. This is just an opportunity for you to practice ZOOM and get familiar with the program.

Join by tablet or smartphone - EASIEST

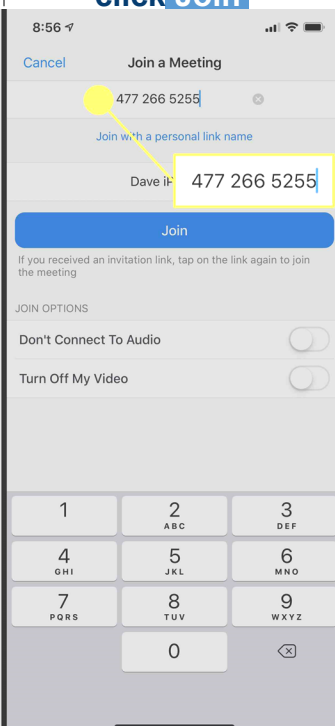
- Download the Zoom app onto your phone or tablet ahead of time.
- Allow your phone or tablet to use the camera and microphone while using Zoom app
- A few minutes before your Zoom activity is scheduled to begin, press the Zoom icon



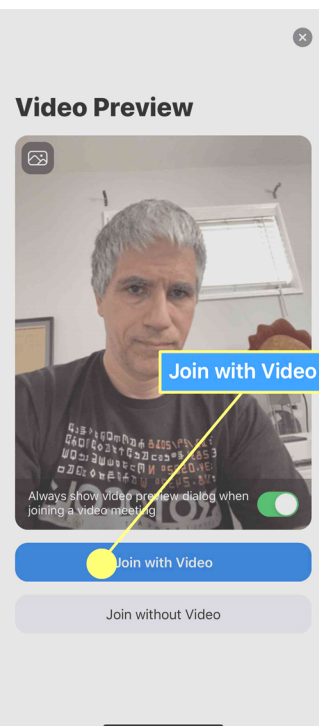
At the bottom, press
Join a Meeting



Type in the
Meeting ID#
(this is given to
you when you
register for the
activity) and
click **Join**

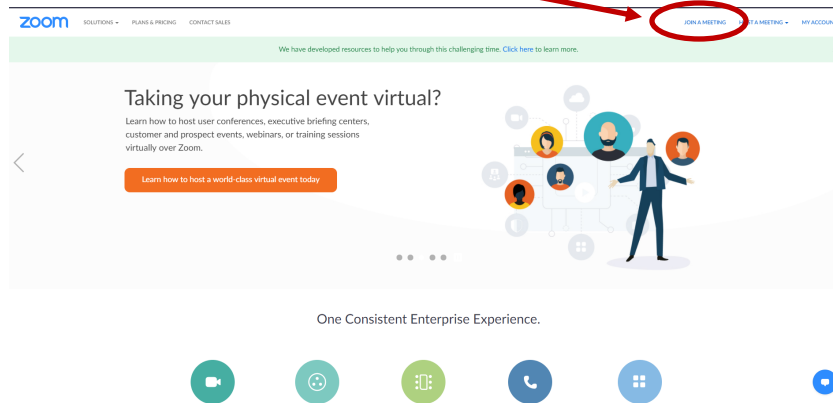


Make sure to
Join with Video

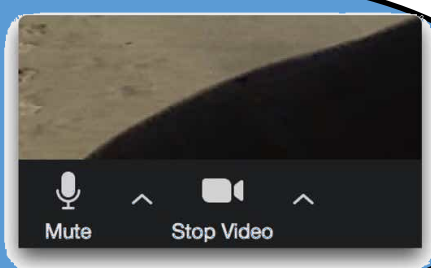
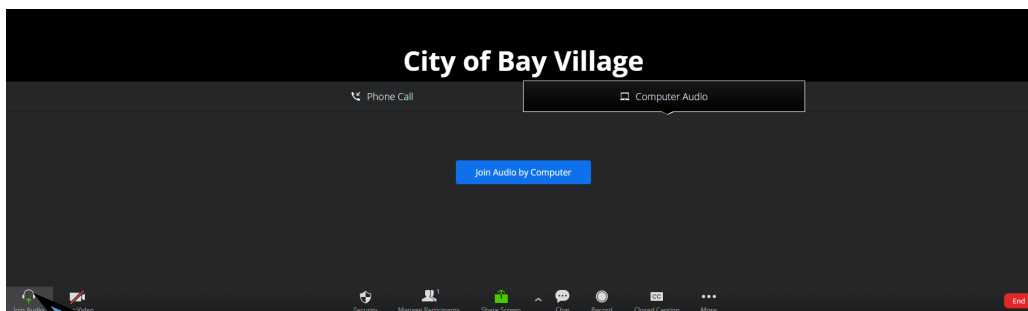


Join ZOOM by computer - desktop or laptop

- Make sure your computer has a camera on the monitor, and plug in for headphones.
- In your browser (Google, Explorer, etc), type in *Zoom.us* then “Enter”
- In the top right side click “Join a Meeting”



- Enter the meeting ID that is given to you when you register for an event and click “Join”
- You now have 3 choices.
 - 1 - If you have already downloaded ZOOM onto your computer, you can click “Launch meeting”
 - 2 - If you’ve never used ZOOM before and would like to download it onto your computer (perfectly safe to do!), then click on “Download and run ZOOM” and follow the prompts to quickly download it.
 - 3 - If you would rather not download ZOOM onto your computer, then click “join from your browser”. This option will take you directly to the meeting.
- Once Zoom has launched, a screen should pop up asking for your name. This will identify you during the meeting.
- Make sure to “join audio and video by computer”



*****Make sure your “Audio” and “Camera” in the lower left corner look like this!**

How to join an event with YouTube

YouTube is a free video sharing website that makes it easy to watch online videos. You can watch YouTube on your smart phone, tablet, computer or smart TV. You do not have to create an account!

On a desktop or laptop:

- ♦ Get into your browser (google, explorer, etc)
- ♦ Type in YouTube.com in the search bar
- ♦ Once you are on YouTube.com, find the search bar at the top and type in:

Bay Village Senior Center

- ♦ Scroll down until you see the circle with our building in it. Click on our building.
- ♦ You will see a video of a masked Jennifer waving to you. It's a 14 second video just to test this out. You should see Jennifer waving to you and hear her talking to you. This is our new video library where you will be able to find all of our exercise classes that we will put on YouTube!

On a smart phone, tablet, or smart TV:

- ♦ Go to your YouTube app. The icon looks like this: 
- ♦ When you tap on the app icon to open it, it may say "Pick topics you like". At the bottom tap "no thanks"
- ♦ Now at the top of your screen you should see a search tool. It looks like this: 
- ♦ Click on the magnifying glass and type in: **Bay Village Senior Center**
- ♦ Scroll down until you see the circle with our building in it. Click on our building.
- ♦ You will see a video of a masked Jennifer waving to you. It's a 14 second video just to test this out. You should see Jennifer waving to you and hear her talking to you. This is our new video library where you will be able to find all of our exercise classes that we will put on YouTube!

**SCAM
ALERT!**

Tips to Help You Avoid Being Scammed

The FCC offers the following tips to help you protect yourself from scams, including coronavirus scams: Do not respond to calls or texts from unknown numbers, or any others that appear suspicious. Never share your personal or financial information via email, text messages, or over the phone. Be cautious if you're being pressured to share any information or make a payment immediately. Remember that government agencies will never call you to ask for personal information or money. Do not click any links in a text message. If a friend sends you a text with a suspicious link that seems out of character, call them to make sure they weren't hacked. Always check on a charity — for example, by calling or looking at its actual website — before donating. Check with your phone company about call blocking services and apps to filter out suspected spam robocalls. If you think you've been a victim of a coronavirus scam, contact law enforcement immediately.

Scam Robocalls and Texts With Spoofed Numbers

Be aware that scam calls and texts may be **spoofed** to appear in your caller ID as if they're coming from a local number or an official government agency, such as the IRS or a company you're familiar with. Scammers use these methods to get you to pick up a call or respond to a text. Statistics show that if they can get you to engage initially, the likelihood that you'll become a victim increases exponentially. Remember that while some scammers go straight for your wallet, others are seeking personal information they can use in subsequent scams or to sell to other bad actors.



EVERYONE PLEASE BE CAREFUL because people are going crazy from being locked down at home!

I was just talking about this with the microwave and the

toaster while drinking my coffee, and we all agreed that things are getting bad.

I didn't mention any of this to the washing machine, because she puts a different spin on EVERYTHING!

Certainly couldn't share with the fridge, cause he's been acting cold and distant!

In the end, the iron straightened me out. She said the situation isn't all that pressing and all the wrinkles will soon get ironed out.

The vacuum, however, was very unsympathetic... told me to just suck it up buttercup! But the fan was VERY optimistic and gave me hope that it will all blow over soon.

The toilet looked a bit flushed but didn't say anything when I asked its opinion, but the front door said I was becoming unhinged and the doorknob told me to get a grip! You can just about guess what the curtains told me: they told me to "pull myself together!"

We will survive!!

SPOT THE DIFFERENCE!

Find 10 differences between the 2 pictures!



Who can solve this puzzle?

$$\text{Green Cube} + \text{Green Cube} + \text{Green Cube} = 24$$

$$\text{Green Cube} + \text{Purple Pentagon} = 20$$

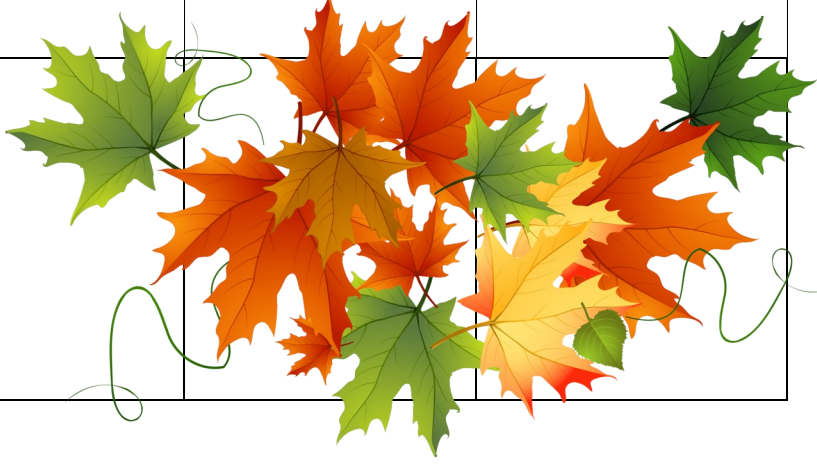
$$\text{Purple Pentagon} - \text{Red Star} = 8$$

$$\text{Purple Pentagon} + \text{Red Star} \times \text{Green Cube} = ?$$

YOU!!
Solve this Puzzle



SEPTEMBER

Mon	Tue	Wed	Thu	Fri
	1 2pm Move it or Lose it On YouTube	2	3 10am-11am Zoom Practice 2pm Move it or Lose it On YouTube	4 11:30am Labor Day picnic (outside) 5 Saturday
7 	8 11:00am TED Talk Tuesday on Zoom 2pm Move it or Lose it On YouTube	9	10 2pm Move it or Lose it On YouTube	11 12 Saturday
14 10:30am Chair Yoga on the patio	15 2pm Move it or Lose it On YouTube	16 10:00am Book Club on the patio	17 2pm Move it or Lose it On YouTube	18 10:00am Color & Conversation on the patio 19 Saturday
21	22 11:00am TED Talk Tuesday on Zoom 2pm Move it or Lose it On YouTube	23 11:00am Meet with the Mayor on the patio	24 2pm Move it or Lose it On YouTube	25 26 Saturday
28	29 2pm Move it or Lose it On YouTube	30 		

THANK YOU



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Bay Village Senior Center
No subscribers

[https://www.youtube.com/channel/
UC8ULFsu9dporF71VCVgLiww](https://www.youtube.com/channel/UC8ULFsu9dporF71VCVgLiww)

DEPT. OF COMMUNITY SERVICES

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