

## Monday Morning Memo – 09.28.2020

Dear *Wider Horizons* Members and Friends,

### ***Wider Horizons Activities and Events:***

1. Bob Anderson hosted a special event for some of our adult children last June on Zoom under the auspices of our Member Growth Group. It was attended by nine people, including my daughter Pearl and Liz Ohlson's son Leif. All the participants reported they had a very worthwhile and exciting time. Now we're going to do it again and, if you would, please ask your adult children if they would want to participate. I've attached the flyer for the first event—the new one isn't done yet. Contact me if you would like us to include an invitation to one of your adults children, local or otherwise. Donna Sunkel's daughter attended from NYC! Call me or Bob Anderson if you have questions.
2. This week, our All-Member Zoom takes place as usual at 9:30 am on Thursday. Here is the Zoom address. Save it to make your life less hectic! <https://us02web.zoom.us/j/89465060697>

### ***Member-Provided or Recommended Material***

1. Sue Lerner shared a great volunteer opportunity with Communities in Schools: The Farms to Family program brings fresh produce, meat, and dairy to Renton and Tukwila students and their families. See attached PDF.
2. It turns out that we have a counterpart(s) in Vietnam! From Rick Grossman, who says, "This is the Vietnamese version of villages. Could you imagine a zoom call between our two groups?" Check it out! <https://www.npr.org/sections/goatsandsoda/2020/09/23/904604257/older-people-got-a-pandemic-problem-a-club-to-help-you-figure-it-out-yourself>
3. Kathleen O'Connor proposes a game for the dark winter days ahead. She would host: *There is a fun game, "Terms of Venery," we can play. We know these terms like "gaggle of geese, pride of lions," etc. I used to play the game with friends by making up our own, such as "a procrastination of bureaucrats," "a piddle of puppies," "a babbling of cocktail parties." You get the picture. It might be a good pastime for the grey days ahead. We could have a good laugh putting them altogether for all of our enjoyment. Lord knows we need something that can make us all smile. A celebration of friends! – Kathleen* **Contact her if you're interested.**
4. From Bob Anderson: Join the Young@Heart Chorus on October 3<sup>rd</sup> at 7:30 pm for a very special Virtual Benefit Concert & Album Release Celebration featuring live performances, world premiere music videos, online auction, celebrity appearances by Edie Falco, Larry David, Steve Buscemi, David Byrne, Los Lobos,

Paul Shaffer, John Berman, and more. Proceeds from this Benefit concert will sustain Young@Heart through the pandemic. Register here: <http://youngatheartchorus.com/event>

### ***Recommendations from Other Friends***

1. Our friend, Edna Daigre, is teaching an online Seattle Central College class on October 8. It's on the art of breathing and healthy movements. To register, go here: <https://learnatcentral.org/lifelong-learning/senior-series/breathing-healthy-movements/>

Spend as much time outside as you can during this spate of great weather! Reminds me of a wonderful children's book by Leo Lionni, *Frederick: While the other field mice work to gather grain and nuts for winter, Frederick sits on a sunny rock by himself. "I gather sun rays for the cold dark winter days," he tells them. Another day he gathers "colors," and then "words." And when the food runs out, it is Frederick, the dreamer and poet, whose endless store of supplies warms the hearts of his fellow mice, and feeds their spirits during the darkest winter days. We will gather this winter, however we can, and tell each other stories, share terms of vengery with one of our resident poets, and virtually support and cuddle with each other!*

Yours,

Denise

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*Wider Horizons: Central Seattle's Village for Life!*

[www.widerhorizonsvillage.org](http://www.widerhorizonsvillage.org)