

Monday Morning Memo – 03.07.2022

Dear Wider Horizons Members and Friends,

Wider Horizons Events and Information

1. This Tuesday's **All-Member Zoom** with **Bob Anderson** and **Susan Adler** will start at 7 pm tomorrow, **Tuesday, March 8**. Here is the Zoom address and the breakout questions are attached.
<https://us02web.zoom.us/j/87128304863?pwd=ZTZORGV3WGUxTG5UU05PSTZPandpdz09>
2. This Thursday's **All-Member Zoom** will go on as always at **9:30 am**. Questions and a Zoom link will be sent out to you on Wednesday by **Sue Lerner**.
3. Here is what **Debbie Ward** has to say about the next Storytelling Program: *I am looking forward to Storytelling this month, next week, on **Thursday, March 17th at our usual 4 pm** time. Since it is St Pat's Day, it would be fun to hear from any of you who have a St Pat's Day or Irish story. Also, I'd be interested in hearing your stories about learning lessons or gaining perspective from visiting other cultures, whether in a different country, a family different from yours or a part of the US. (Thanks to **A J Lowe** for this idea!) OR....help us learn more about you and your life. Please get in touch with Debbie even if you don't have a finalized story yet: debbieward222@gmail.com or **415 686-0941**.*
4. Book Club tomorrow at 10:30 am will discuss *Last Night I Dreamed of Peace*, recommended by **Julie Anderson**. Here is the link:
<https://us02web.zoom.us/j/83509459945?pwd=RFVnSXN1Wm5mSjMwZ2RUdlMwSkNmQT09>

Members and Friends Share Recommendations

1. From **Patti Gorman**, a wonderful video: [Never Too Old To Dance \[Can't Stop the Feeling!\]](#)
2. **Denise Lishner** shared an inspiring poem, *Soul on Deck*, sent to her by a friend (attached).
3. From my granddaughter Emma Klein: *My artist friend Paige (who is of Ukrainian heritage) is selling photography prints from some of her past trips to raise money for Ukrainian relief funds. The prints are \$75 and 100% of the proceeds are going to the relief funds. You can find them here:*
<https://www.paigemazurek.com/ukraine>
4. **Ann Lawrence** knows some of you are interested in Tai Chi and sent (attached) information about an online Tai Chi class sponsored by King County Libraries.

Register here (only 16 places remain): [Tai Chi for Health | Events | King County Library System \(bibliocommons.com\)](#)

5. From **Kathleen O'Connor** about how thinking fondly of past events can help control pain: <https://neurosciencenews.com/nostalgia-pain-20114/>
6. A compelling blog explores “resilience” beginning with an Emily Dickinson poem: <https://mailchi.mp/themarginalian/emily-dickinson-resilience?e=958445f124>
7. **Rick Grossman** informs us about FREE Cohousing 101 & Virtual Tours on **Saturday April 23 at 9 am**. To register: <https://tinyurl.com/5n68fsnd>

Yours,

Denise

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Executive Director

Wider Horizons: Central Seattle's Village for Life!

www.widerhorizonsvillage.org