

## **Wider Horizons Events and Information**

1. Thursday's **All-Member Zoom** goes on as always at **9:30 am**. Questions and a Zoom link will be sent out to you on Wednesday by **Sue Lerner**.
2. From **Social Worker Janet Salsbury**: *Happy Juneteenth! My office hours this week are Wed 6/22 10:00 AM-noon. It's been fun meeting people both in person and remotely. Zoom is working well; just click on the link and if I am already meeting with someone, you will hang out in the virtual "waiting room" until I get you...or call me at 206 890-0829 anytime and leave a detailed message if I don't answer. I will get back to you within 24 hours.* <https://us04web.zoom.us/j/73407552901?pwd=-VaqkUja6N6W-mChHj9YnAjdrRHRk0.1>
3. The **SOLO Aging Group** Janet is facilitating meets today, Monday, 6/20, 1:30-3 pm at her home in Bryant. Text her at 206 890-0829 If you get lost or need directions. "We can meet outside, weather permitting, or inside. The screen doors went up today so the house can be well ventilated if we choose to meet inside. There is also a HEPA air filter." **Please let Denise Klein know if you are planning to attend and she'll give you Janet's address if you don't have it.**
4. Please welcome our two newest members: **Susan Bolte** and **Marcia Baker**. See their attached brief bios and reach out to welcome them to *Wider Horizons*. Also attached is a new Member Directory. Please check it over and send me corrections and changes. As most of you know, our Pods are mostly inactive, except for Pod 6 which meets regularly on Zoom. All are welcome and you can contact Liz Ohlson [dlizzie\\_97@yahoo.com](mailto:dlizzie_97@yahoo.com) if you're interested.
5. This message from **Barb Klube** who is traveling in Africa: "Now in Botswana. First time out of a tent and first hot shower. Game hunt tonight is on a riverboat....hippos and crocs. The best life!!!!" and take a look at her video (attached).

## **Members and Friends Share Recommendations**

1. From **Eric Johnson** a link to an article about how walking has positive brain effects: <https://www.nytimes.com/2021/07/14/well/move/exercise-walking-brain-memory.html>
2. David Domke invites us to share his first-thoughts lecture on June 29, “NOW AND FOREVER: How Overturning Roe v. Wade Will Impact American Politics.” Details are attached.

Yours,

Denise

Denise Klein (she/her)

(206 650-3586)

Executive Director

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