



7/17/2020

Hi Everyone!

It was great hearing from so many of you today! And thanks to all who wrote me back about Michelle's Yoga Class. Looks like it will be mornings! Stay tuned!

Our friend, Rita wrote, *"Thank you so much for your daily information. I am enjoying Sandra Levy's gentle yoga. I would like to try Michelle's class. I prefer mornings, if possible. Enjoy this beautiful day, actually went to Blue Moon and sat outside with friends today, it's strange to get out again."* I am glad you got to see friends and thanks for letting us know about your preferred yoga time.

We heard from our friend, Tom who specifically wrote to talk about Sally's Garden Tour. Her wrote, **"Hi Sally, Nicely done. Beautiful results from your work."** Thanks for reaching out, Tom!

Our friend Carol wrote to me about our Phone Pal Program. She wrote, ***"The Center introduced a wonderful program to us seniors. When my PAL, Serenity, calls. I can be assured of an interesting, uplifting and fun time. Not only do we share our current events but we also recount our past goals and activities. We each learn from the other and inspiration is shared between us. It is a joy to hear her voice and discuss share life events and values from one end of the age spectrum to the other but we find that time is erased since we have so much in common. Thank you for bringing such support and joy to us through our PAL."*** This made me so happy!! We love our Phone Pals!

Our friends, Jean and Joe wrote, ***"Thank you Aicha. Dillon stopped at our house with face masks. We are truly appreciative."*** Dylan is the best!!

As you can see - we have been busy! Remember, it's a weekend but the Center Staff is here for you if you need anything. Please email me or call the Center Line @ 781-855-3629 for Katie and we will help you.

Now for some highlights.

NEWS/UPDATES

Until I started programming, my career history was hospitality. (I think programming and hospitality are very similar, by the way.) I thought we should look in on some. I wanted to see what the hotel industry was thinking about all that happened with COVID 19. Here is some insight.

[HOTEL INDUSTRY ON BRINK OF COLLAPSE RELEASES ROADMAP TO RECOVERY | AHLA](#)

WASHINGTON (May 20, 2020) – With new data from the Bureau of Labor Statistics (BLS) showing staggering job loss to the hospitality and leisure industry, the American Hotel & Lodging Association today released a “Roadmap to Recovery,” calling on Congress to prioritize relief for hotel workers and small businesses in the next stimulus package.

www.ahla.com

Another industry that was greatly affected by the Corona Virus is the restaurant industry.

[Coronavirus Information and Resources | National Restaurant Association](#)

The restaurant industry, more than any other industry in the nation, has suffered the most significant sales and job losses since the COVID-19 outbreak began. We created this resource section in to provide restaurant operators with the information to navigate the new challenges COVID-19 has ...

restaurant.org

REMOTE PROGRAMMING

I want to remind everyone that when you are joining a Zoom program - please use the latest link as some have changed.

Also, we are trying a new format. We will have the schedule here and the Remote Programming descriptions will be at the very end of the highlights.

Let me know your thoughts!

NEW

Topic: **One - on - One Sessions with a Personal Trainer***

Time: **Monday - Friday 7AM - 7PM**

To Schedule: **Email me or call the Center Line at 781-855-3629**

Cost: **\$50 per hour** (Checks will be made out to "Town of Needham" and mailed to Center at the Heights, 300 Hillside Ave., Needham, MA 02494.)

NEW!!

Topic: **White Fragility: Why It's So Hard for White People to Talk About Racism: A Book and Discussion Group (Books will be dropped to you)**

Time: **There are multiple dates and times**

To Register for the Zoom Discussion Group **please register [by clicking here.](#)**

Topic: **DRUMS ALIVE**

Time: **M/W at 9:00 T/TH at 9:00 T/TH at 2:00 F at 9:00 (standing/chair supported)**

Here is a link to a signup page. <https://mailchi.mp/ec3716c65d68/drumsalivcoa>

Topic: **Techie to the Rescue: One-on-One Technical Assistance***

Time: **Anytime you schedule**

To Book an Appointment: [Click here](#)

Topic: **Wish You Could Use Zoom? Marjorie can help -- Remotely!***

Time: **Anytime you schedule** (Appointments are limited so sign up today)

To Book an Appointment Email Marjorie at mfreundlich@gmail.com

NEW!

Topic: **Chef-A-Thon Hosted by Lovin' Spoonful***

Time: **Monday, July 20 - Thursday, July 23 @ 6:00PM / Friday, July 24 @ 5PM**

Costs: **Individual, Daily Shows are \$15 or all 5 for \$50**

To see line up of chefs' shows, see show descriptions and pay for tickets [Click here](#)

*Chef-a-Thon is a virtual event series featuring cooking demos from professional chefs, mixology, and live Q&A. There are five chefs, five nights in your own home. Many are James Beard Award Winners, cookbook authors, restaurant owners and all are talented chefs! Chef-a-Thon is sponsored by Bank of America and Little Little Farms and proceeds raised benefit Lovin' Spoonfuls and restaurant partners impacted by the COVID-19 pandemic.

SATURDAY

NEW!

Topic: **The World Beyond Covid-19**

Time: **Saturdays, 2020 @ 2:00PM**

To Join Facebook Event: [Click here](#)

*Covid-19 is a turning point for humanity. In times of crisis, adaptation and reinvention are crucial. What can we learn from this? What started in Wuhan in late 2019, has now affected the entire world.

Such historical events will have consequences on the future.

This webinar series will talk about the impact of COVID-19 and how it has and will begin to influence our decisions. What can humanity learn from the global pandemic and how is sustainable development affected? We will be focusing on a variety of different areas including community preparedness, migration, entrepreneurship, tech and focusing overall on sustainability. Sustainability is a broad term that is not only limited to environmental sustainability. By definition, sustainable development is development that "meets the needs of the present without compromising the ability of future generations to meet their own needs." In times of crisis, adaptation and reinvention are crucial.

July 18: **Lessons from Covid-19 for preparedness on climate change**

July 25: **Covid-19 & Technology: Privacy vs Community Protection**

August 1: **Covid-19's Impact on Refugees and Global Human Migration**

August 8: **Entrepreneurship in the time of Covid-19**

MONDAY

Topic: **Sandra Levy's Yoga*** (thru August)

Time: **Mondays, 2020 @ 9:00 AM**

To join Zoom Meeting [Click here](#)

Meeting ID: **856 4150 6883**

Topic: **T'ai Chi with Scotty**

Time: **Monday, July 20, 2020 @ 10:00 AM**

Join Zoom Meeting [Click here](#)

Meeting ID: **851 8669 0167**

Password: **339643**

Topic: **Strength Training with Pearl***

Time: **Mondays, 2020 @ 10:30am**

To join Zoom Meeting [Click here](#)

Meeting ID: **872 3869 8176**

Passcode: **8119**

Topic: **Kerrie Cusack's Monday Meditation***

Time: **Mondays, 2020 @ 11:00am**

To join Zoom Meeting [Click Here](#)

Meeting ID: **137 719 908**

Password: **713980**

Topic: **Western Gunslingers with Daniel Seligman***

Time: **Monday, July 6 @ 11:00 AM**

To join Zoom Meeting [Click here](#)

Meeting ID: **848 4743 2052**

Password: **430296**

20-Jul	11:00 - 12:30	Belle Starr
27-Jul	11:00 - 12:30	Black Bart
3-Aug	11:00 - 12:30	Butch Cassidy

NEW!

Topic: **Ron's Historical Movie & Discussion Group***

Time: **Mondays, 2020 @ 1:00PM**

Join Zoom Meeting [Click here](#)

Meeting ID: **850 1408 7723**

Password: **881305**

*Another of Ron's fun history courses! Every week you will watch a movie at your leisure. Then we will all ZOOM together on Monday at 11. We will be looking at the movie's historical competency. Were they accurate? Are they propaganda? What is good propaganda? He will not only discuss the historical relevance but he will discuss the plot, the characters, the cinematography and more. So watch the movie and then join the group to discuss on Monday afternoon. Ron wrote, "After our Opinion History Classes, I look forward to lively discussions." Ron has three graduate degrees in history and taught in three local colleges.

- July 20: **Gallipoli** (You can rent on Youtube for \$2.99)
- July 27: **Breaker Moran** ([Click here for full movie](#))
- August 3: **The (Australian) Lighthorsemen** ([Click here for full movie](#))

Topic: **Clutter Support Group***

Time: **Mondays, 2020 @ 1:00 PM**

To Join Zoom Meeting [Click here](#)

Meeting ID: **865 6904 4770**

*Our friend, Paul will be facilitating his regularly scheduled program **Clutter Support Group** via Zoom. Here is what Paul shared, "The Clutter Support Group is a gathering of men and women who meet weekly in order to solve their common problems of hoarding, cluttering and procrastinating. The only requirement to attend is the desire to change these negative habits and help one another. Our mission is to help to provide members with the tools and skills needed to live a clutter free life. We offer understanding, trust and hope in a caring, compassionate and discreet environment. With support, our desire is to help our members live a better life physically and emotionally.

FRIDAY

Topic: **Center Short Story Discussion Group***

Time: **Fridays, 12:00 PM**

To Join Zoom Meeting [Click here](#)

Meeting ID: **853 0520 9804**

Password: **623397**

*Our **Short Story Group** is going great. They are always looking for new members to discuss the stories and more! For anyone who wants to join in, the story we will discuss on July 17 is "For our July 24 story discussion we decided to read *"The Garden of the Stubborn Cats"* by Italo Calvino. [For Story Click Here](#)

You should always consult with your physician before engaging in any physical activity program. By participating in this online exercise class, you assume all dangers, hazards and risks of such

participation. The exercises demonstrated by the instructors in this online class are physically demanding. If you are unable to safely perform these exercises, please modify them for your own safety or choose a different set of exercises.

ENTERTAINING/INTERESTING

?Our friend and fabulous presenter of all things Hollywood, Debi shared this video with me. He is hysterical and my family has watched his stand up routines many times during this pandemic.



[Sebastian Maniscalco's Guest Host Monologue on Jimmy Kimmel Live - YouTube](#)

Sebastian brings "pandemic platters" for our very small crew, and he talks about how going to the supermarket has changed, Zoom meeting etiquette, and his 3-...

www.youtube.com

Let's run to Italy where the world's best restaurant (from many rankers) is located. Osteria Francescana is in Modena and have a look at the menu and see what you might want to have. Massimo has created an amazing spot.



[Osteria Francescana - Massimo Bottura - Modena, Italy](#)

Osteria Francescana, a three-Michelin-star restaurant based in Modena, Italy. Italian culinary traditions seen from ten kilometers away.

osteriafrancescana.it

Trying to put a positive spin on this whole pandemic and what I have come up with is being able to see inside famous people's homes and seeing them in their personal space. So let's head to Massimo's kitchen where he and his family are quarantining and cooking!

It's Sunday dinner with the Bottura's!

[Massimo Bottura - Sunday Tortellini - Kitchen Quarantine](#)

Sunday, March 15, 2020 - This is our first Sunday night in quarantine. We all are in need of comfort and support. So we thought it would be nice to have some tortellini for dinner! Domenica 15 Marzo 2020 – Alla fine di questo primo weekend chiusi in quarantena avevamo



bisogno di uno dei nostri piatti preferiti. Ma come sempre si accende l ...

www.youtube.com

Thankfully I was in the restaurant business because that's where I met my handsome hubby. I actually interviewed him at the restaurant I was managing in the South End, Marcella's. He, however accepted a job at Jacob Wirth's and when Marcella's closed, I needed to find a new job and Jake's was hiring. Low and behold I was hired and 3 shifts in I worked with VJ and the rest is history. How many of you have been to Jacob Wirth's? Here is the history of the famous restaurant.



[The history of Jacob Wirth Co. - The Boston Globe](#)

The younger Wirth sold the family's German vineyards for a "princely \$137" after World War I, and would pass the reins onto his son-in-law, Frank Lindsey, after World War II.

www.bostonglobe.com

One of VJ and my favorite places to eat in New Orleans! Delicious Food and a great city with fabulous architecture, music and history.



[New Orleans Louisiana 4k Travel Tour French Quarter](#)

Come explore with us the famous city of New Orleans Louisiana 4k and it's charming French Quarter. This video was shot in 2020 and it's ver unfortunate to see how many small business are closed and the city looks very quiet to what it's normally know for it's live music and artsy scene. ???Equipment We Use????

[https://amzn.to/2AdvSY ...](https://amzn.to/2AdvSY...)

www.youtube.com

A few months ago I shared the restaurant in the mountains that Stephan told me about. So I got to thinking, what other restaurants are in scary places. All lists I looked at had Hua Shan Tea House as number 1. Here are some others.

[Forg?t to eat. The Most Exotic Restaurants in the World | OrangeSmile.com](#)

The last stage of the difficult route is the hike on the mountain crest, on which the staircase was carved. For this hard test you will be very well rewarded - all courageous travelers can dine free in the restaurant 'Hua Shan'.

www.orangesmile.com

One of my favorite shows was No Reservations with Anthony Bourdain who passed away far too soon. Here is a clip of when he came to Boston.



[Anthony Bourdain at The Eire Pub](#)

Anthony Bourdain at The Eire Pub

www.youtube.com

A restaurant term is "Side work" and the Oxford Dictionary meaning is "Additional or subsidiary work; specifically (informal, in a restaurant, etc.) tasks such as setting tables, polishing silverware, etc., carried out by waiting staff in addition to their main work of serving customers." I have spent hours and hours doing side work. Namely marrying (Another restaurant term) ketchup bottles and folding napkins. Our Center How-To is Folding Neat Napkins.

[27 NAPKIN FOLD IDEAS](#)

Creative ways to fold napkins Brilliant DIY crafts The art of folding napkins has been around for centuries and it is something that takes a lot of skill, inventiveness, and creativity. We've all seen many different ways that people fold napkins, especially in prestige restaurants. If you are a beginner to napkin folding and you would like



to ...

www.youtube.com

One of my favorite movies is **Frankie and Johnny**. It is such a sweet movie. Here is the trailer.



[Frankie & Johnny - Trailer](#)

Terrence McNally's stage play Frankie and Johnny in the Clair de Lune was a two-character piece, which starred Kathy Bates and F. Murray Abraham on Broadway. Garry Marshall's film version of the McNally play streamlines the title to Frankie and Johnny, expands the dramatis personae to include at least a dozen fascinating characters, and ...

www.youtube.com

It is Friday night so we need a movie to cuddle up with. Hallmark Movies are a great way to escape! Pop that corn!



[A Dash of Love Full Movie - YouTube](#)

Never Been Kissed 1999 Full Movie | Best Romantic Comedy Movies Full Length English 2020 - Duration: 1:47:28. Romance Film 421,078 views

www.youtube.com

Since it's all about restaurants today, I thought we would head to one in which we are connected. One "Where everyone knows your name!"

[Cheers - Sam Malone funny moments](#)



[Part 1 HD](#)

Clips of Ted Danson playing Sam Malone in Cheers.

www.youtube.com

Our MAFA Song of the Day is from Jim Croce's last concert. He talks about his restaurant job. Sounds like a fun place to work!



[Jim Croce - Final Concert - Top Hat Bar and Grill - 9/10](#)

Jim Croce Final Concert at Northwestern State University's Prather Coliseum - Sept 20th 1973. Track 9 of 10 - Top Hat Bar and Grill Copyright Disclaimer Under Section 107 of the Copyright Act 1976, allowance is made for "fair use" for purposes such as criticism, comment, news reporting, teaching, scholarship, and research. Fair use is a use ...

www.youtube.com

Our friend, Mai shared some funny lines so now we are going to add a Joke of the Day!

Mai wrote, "**How Our Grandchildren See Us: I was in the bathroom, putting on my makeup, under the watchful eyes of my young granddaughter, as I'd done many times before. After I applied my lipstick and started to leave, the little one said, "But Grandma, you forgot to kiss the toilet paper good-bye!"**

Our Center Quotes is: ***There are people with otherwise chaotic and disorganized lives, a certain type of person that's always found a home in the restaurant business in much the same way that a lot of people find a home in the military. ~Anthony Bourdain***

Now tell me your favorite restaurant!

REMOTE PROGRAM DESCRIPTIONS

NEW

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Time: **Monday - Friday 7AM - 7PM**

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Cost: **\$50 per hour** (Checks will be made out to "Town of Needham" and mailed to Center at the Heights, 300 Hillside Ave., Needham, MA 02494.)

* We are now offering **Personal Training Sessions with Stephen and Lisa Cadigan** - our trusted trainers! Stephen or Lisa will have an introductory session to work out what exercise program (work on back, core, strengthening, recovery of surgery or injury, over zoom, over phone, in - person while socially distancing) is best for your needs during COVID 19. This sort of one-on-one program typically costs hundreds of dollars. Signup now to get the best exercise plan for specifically you!

NEW!!

Topic: **White Fragility: Why It's So Hard for White People to Talk About Racism: A Book and Discussion Group (Books will be dropped to you)**

Time: **There are multiple dates and times**

To Register for the Zoom Discussion Group **please register [by clicking here.](#)**

*Join this book-lending and discussion project run by an Olin Professor and a Brandeis Professor who have been involved with the Center Programming. Let's read and discuss (via Zoom) the book ***White Fragility: Why It's So Hard for White People to Talk About Racism***, by Robin DiAngelo. (2018, Beacon Press. <https://robindiangelo.com/publications/>)

They are both Needham residents and want to help create real change in our society. As a first step: We want to talk with people in our community about racism in the United States. We are not experts on the topic, but, as two local college professors, we are experienced in leading discussions on books and on complicated social topics.

We ask you to sign up for one session, sign out a book (non-contact pickup or our volunteers can deliver), read it, join our Zoom discussion, sign your name in the bookplate inside the front cover, and return the book. (If you have your own copy, please just tell us that on the sign-up sheet.) **PLEASE LET AICHA KNOW IF YOU SIGN UP SO SHE CAN ADD YOU TO BOOK DELIVERY!**

Multiple dates are listed on the [signup sheet here](#), again. We will take the first 8 people for each date, and other people may put themselves on a waiting list to be notified when we have more sessions. We will email people the address for book pickup, and the password-protected Zoom link. We look forward to the discussions. Please look at these [discussion questions and terms](#) as you read, and please read these "[norms for discussion](#)" before the session.

Topic: DRUMS ALIVE

Time: **M/W at 9:00 T/TH at 9:00 T/TH at 2:00 F at 9:00 (standing/chair supported)**

Drum Alive is back Daily! Kelly has been given the opportunity to provide Drums Alive classes at home for people of ALL AGES. The classes are being sponsored by Blue Cross Blue Shield and are FREE to all participants while we are in Stay At Home orders. Please email Aicha with any questions. Let's get you started:

Here is a link to a signup page. <https://mailchi.mp/ec3716c65d68/drumsalivecoa>

Once you fill out your contact info, I will send you more information to get going with classes at home.

1. Kelly will be sending out an ONLINE WAIVER Form you to sign. You can fill this out electronically. There are four spots for you to complete: Location (your location will be your COA or Other), First and Last Name; Date; and Signature. Your signature is electronic. You just have to "click" in the signature box and type your name. You will see a choice of fonts you can use for your "signature" and you are done. If you have any questions about it, please let me know. ksipe@bylfitandrec.org.
2. When you have submitted it, Kelly will send you the complete schedule of classes and you will be able to join any (or all) of them you choose.
 - o The Drums Alive classes are M-F at 9:00 AM and T/TH at 2:00 PM (the FRI 9:00 classes is a seated/standing class but open to everyone)

Topic: Techie to the Rescue: One-on-One Technical Assistance*

Time: Anytime you schedule

To Book an Appointment: [Click here](#)

*Our Techie To the Rescue, Avrom is now offering one-on-one help with all things technical. As his nickname suggests, he is well-rounded in technology know - how, but if he doesn't know the answer to your question he will research, learn and teach! This is a paid program that you and Avrom will work out together.

NEW!

Topic: **Wish You Could Use Zoom? Marjorie can help -- Remotely!***

Time: **Anytime you schedule** (Appointments are limited so sign up today)

To Book an Appointment Email Marjorie at mfreundlich@gmail.com

*Do you want to join the Center's programs, but are not able to use Zoom now?

Do you currently use a computer, laptop, or tablet, but are daunted by the extra steps needed to use Zoom?

How would you like to try Zoom with a patient and cheerful coach?

- to help you one step at a time
- to practice with you
- to teach you to use Zoom independently

By the way -- some people also like to visit with their grandkids and great-grandkids using Zoom!

About Marjorie: She helps folks in their 80's and 90's to use computers for three years, and has worked with older adults for eight years. It's been fun!

My family and I have lived in Needham since 2004 when the Red Sox beat the Cardinals to win the World Series and break the curse - a great time to move to town!

NEW!

Topic: **Chef-A-Thon Hosted by Lovin' Spoonful***

Time: **Monday, July 20 - Thursday, July 23 @ 6:00PM / Friday, July 24 @ 5PM**

Costs: **Individual, Daily Shows are \$15 or all 5 for \$50**

To see line up of chefs' shows, see show descriptions and pay for tickets [Click here](#)

***Chef-a-Thon** is a virtual event series featuring cooking demos from professional chefs, mixology, and live Q&A. There are five chefs, five nights in your own home. Many are James Beard Award Winners, cookbook authors, restaurant owners and all are talented chefs! Chef-a-Thon is sponsored by Bank of America and Little Little Farms and proceeds raised benefit Lovin' Spoonfuls and restaurant partners impacted by the COVID-19 pandemic.

FRIDAY

Topic: **Balance, Posture, Core and More Class***

Time: **Fridays, 2020 @ 9:30 AM**

To Join Zoom Meeting: [Click here](#)

Meeting ID: **722 0848 3215**

Password: **0ReAjR**

*Laila is back! You know her from Balance Deconstructed, one of our most popular programs at the Center. Now she is doing a virtual program for you to do at home. Balance is complex and multi-dimensional. This class will go over the components of good balance and will train you on how to improve it through a variety of exercises for core and leg strengthening, posture awareness and stretches for greater flexibility. **Please review the following User Agreement carefully before participating in this Zoom exercise class: You should understand that when participating in any exercise or exercise program, there is the possibility of physical injury. If you engage in this exercise or exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge Needham Council on Aging and its exercise instructor from any and all claims or causes of action, known or unknown.*

Topic: **Comfort Crew Coffee Hour***

Time: **Fridays, at 10:00am**

To Join Zoom Meeting

Meeting ID: **827 9871 2533**

Password: **12345**

*Comfort Crew is a program for families impacted by Alzheimer's/Dementia at varying levels. This is a virtual group for people experiencing Alzheimer's/Dementia and their caregivers intended to increase connectedness and provide families with comfort.

Please join us this week for a coffee hour. Bring your favorite beverage and join for a morning chat with the CATH social work staff and other group members.

Topic: **Needham Creative Writing with Beth***

Time: **Friday, July 3 & 17 / August 7 & 21 2020 @ 10:00 AM**

To Join Zoom Meeting [Click here](#)

Meeting ID: **836 1068 9044**

Beth Knaus, owner of *That's a Spade Writing Services*, will teach you tools and tips and motivate you to hone your hobby (or start your new hobby) of writing. The group also helps one another with discussion of writing techniques, sharing writing, and just talking about the love of writing. All types of writers are welcomed - fiction, non-fiction, short stories, essays, journaling. (which can also be therapeutic at times like these.) Always looking for new participants. Beth shared some prompts but your own are great too. Here are some prompts for your writing pleasure: *Write about the full moon / He/ She asked you to dance / Driving a rented truck***

Topic: **Strength Training with Pearl***

Time **Fridays, 2020 @ 10:30am (Through Oct)**

To join Zoom Meeting [Click here](#)

Meeting ID: **872 3869 8176**

Passcode: **8119**

*This SEATED exercise class is designed to accommodate mature individuals of various fitness levels. This class includes a thorough warm-up, strength training, and gentle stretching to increase flexibility and reduce muscle tension.

Topic: **Center Short Story Discussion Group***

Time: **Fridays, 12:00 PM**

To Join Zoom Meeting [Click here](#)

Meeting ID: **853 0520 9804**

Password: **623397**

*Our **Short Story Group** is going great. They are always looking for new members to discuss the stories and more! For anyone who wants to join in, the story we will discuss on July 17 is "For our July 17 story discussion we decided to read *Occurrence at Owl Creek Bridge* by Ambrose Bierce. [Click here for Story](#)

Topic: **Mark West Live Piano Concert**

Time: **Friday, July 17 @ 1:00 PM**

To Join Zoom Meeting: [Click here](#)

***Mark is coming to our homes, via Zoom for an extraordinary piano concert. He is a fan favorite at the Center and now he will perform for us to make new fans. He takes requests!**

Topic: **Techie to The Rescue Tech Talk***

Time: **Fridays, @ 1:30PM**

To Join Zoom Meeting [Click here](#)

Meeting ID: **87651968245**

Password: **806103**

*It's Friday and our Techie is back! Join Avrom to discuss all things technical! He will focus on new topics each week and you can also bring any questions you have - he's all yours! Don't stop joining or taking part in programs just because you aren't comfortable with technology. Avrom is your man!

SATURDAY

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July 25: Covid-19 & Technology: Privacy vs Community Protection

August 1: Covid-19's Impact on Refugees and Global Human Migration

August 8: Entrepreneurship in the time of Covid-19

Have a great night everyone and we'll chat tomorrow! ~Aicha