Northglenn Senior Center Virtual Activities (November 16 - 20)

Join the City of Northglenn Senior Center in some FREE weekly virtual activities! Links to each online activity are listed below. To help us keep you informed about changing schedules, please make sure that we have an updated email address for you. You don't want to miss anything! Questions? Call 303-450-8801.

The Northglenn Senior Center is available by appointment only. Reservations must be made in advance online or by calling the Senior Center. You may get/return books and puzzles, get help with technology (getting online can help you stay connected and stay safe), get resource information or just say hello. Masks are REQUIRED.

Northglenn Youth Theatre Presents Three Shows in Three Weekends
Live Stream our event and support local youth theatre! Live Stream Tickets are $20 per show.
**Clue: On Stage** November 20, 21 and 22
Visit [https://northglennc.org/programs/northglenn-youth-theatre/nyt-fall-program](https://northglennc.org/programs/northglenn-youth-theatre/nyt-fall-program) for more information

Virtual Sculpture Tour - This tour will visit all sculptures in Northglenn, Colorado dedicated by the Northglenn Arts and Humanities Foundation (NAHF) through the Art on Parade program. This week’s featured sculpture is Bee My Honey: [https://youtu.be/NY8OyCUXI3k](https://youtu.be/NY8OyCUXI3k)

Virtual Bingo –Tuesday mornings at 10 am on RingCentral Meetings. We will play a few games online. Call the senior center to arrange for a contactless pick up of Bingo cards or email us and we can send a pdf that you can print out at home. [https://meetings.ringcentral.com/j/1482883995](https://meetings.ringcentral.com/j/1482883995)

Virtual Coffee – Join in our weekly Virtual Coffee at 10 am every Thursday. We will be using Ring Central Meetings. We will experiment with this new format. You will be able to log on and safely interact with friends. So grab a cup of joe and try something new. Click on this link to join in [https://meetings.ringcentral.com/j/1495106707](https://meetings.ringcentral.com/j/1495106707) or call the Senior Center for assistance-303.450.8801.

Medicare Open Enrollment Information - Medicare Educational Workshop is now virtual. With COVID-19, the Colorado Gerontological Society is taking Medicare Monday virtual with new formats, new offerings, and varying dates, times and topics. The annual Monday event is now a virtual event series from October 19 to November 16, 2020 with educational workshops to help you be better informed and make necessary changes.
to your coverage. The virtual program includes information on the changes, updates and requirements for Medicare Parts A, B, C and D. Medicare open enrollment runs from October 15 to December 7, 2020. Visit https://www.senioranswers.org/programs/medicare-monday/ or call the Colorado Gerontological Society at 303.333.3482.

FB Live Fitness – Taught by local Northglenn instructors. Join the NG Fit Facebook group and tune in to a weekly schedule of Yoga, Classic, Cardio, Stability, Strength Training, Pilates and more. Get active while staying safe at home. A Facebook account is required to participate. Link to the Facebook group is here: www.facebook.com/groups/NGFit/

Flashback - American Computer Scientist, Douglas Engelbart, was an early internet pioneer, his advancements in the field of human-computer interaction led to the development of the computer mouse, which was patented fifty years ago on November 17, 1970. Wonder if he realized how much his invention would be used today!?!?

Celebrity Corner – Actor Danny DeVito turns 76 on November 17th and he is still going strong. Here's a funny interview with Danny Glover from 2019 about the movie Jumanji: The Next Level.
https://www.youtube.com/watch?v=9SYhOQ2nrWE
And on Friday the 20th, Happy Birthday to President-Elect, Joe Biden.


Volunteer Opportunity – The City of Northglenn is looking for elves! Yep, you read that right. To help keep the spirit of Christmas alive in this crazy, no contact year, we need elves to help respond to letters to Santa. If you would be willing to write 10-12 letters, please give the Senior Center a call. All supplies (stationary, stamps, sample letters) will be provided.

Life Long Learning – Here's a list of 10 common mistakes new Medicare enrollees make and how to avoid them, according to the Medicare Rights Center, a nonpartisan, not-for-profit consumer service organization.

Charitable Giving: Listen With Your Heart, Give With Your Head. Things to be aware of before you donate this holiday season. https://www.aarp.org/research/topics/economics/info-2016/2016-aarp-foundation-charitable-giving-survey.html

As the Senior Center moves toward offering more virtual events, we are encouraging everyone to try our meeting App, here’s a quick video on Ring Central. https://vimeo.com/325262174

Stuck at Home (Together) provides resources and tools to encourage creative expression and enable social connection. As you explore their site, we hope you enjoy the many ways you can de-stress and form bonds even as we physically distance ourselves. https://www.artandhealing.org/stuckathome/

Need a change of scenery? WindowSwap is here to help! You can shuffle through views from around the world and pretend you're quarantined in Paris, London, San Francisco, and more! Full video window views include sights and sounds from each unique scene. Take in the ambiance of a new location and enjoy a mental vacation this week. https://windowswap.com/