Northglenn Senior Center Virtual Activities (October 19 - 23)

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 now 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 “hi.” Masks are REQUIRED.

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/

Outdoor Fitness - Pilates, Yoga, Zumba Gold and a Butts, Guts & Thighs class are offered at Hugh Danahy Park (west of Croke Reservoir). Reservations and payment are required in advance at https://webtrac.northglenn.org/ Call Kate at the Senior Center (303.450.8801) if you need assistance.

Veteran’s Day 2020 - Sign Up to Salute! In-person celebrations may be on hold – but we aren’t! The Senior Center plans to honor and acknowledge our veterans with yard signs to recognize their service. If you are a veteran or know a Veteran to be honored, please call or email the Senior Center. Signs are first-come, first-served – so act fast. Our goal is to place 250 signs in Northglenn on Nov. 11! Call 303.450.8801 or send an email to seniorcenter@northglenn.org by Nov. 5.

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 or call the Senior Center for assistance-303.450.8801.

Virtual Book Club – The Northglenn Senior Center is back and going virtual! Using the City’s Ring Central Meeting platform the Club will get together on Tuesday, October 27 at 1 pm to discuss The Trouble with Goats and Sheep by Joanna Cannon. Join from PC, Mac, Linux, iOS or Android: https://meetings.ringcentral.com/j/1492000486

Virtual Sculpture Tour - Welcome to the Northglenn 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 “What’s Next Dad.” https://youtu.be/Pq3fEookDy8

John Lennon at 80 – John Lennon would have turned 80 years old last week and to commemorate the occasion, his son Sean Ono Lennon interviewed Paul McCartney, Elton John and Julian Lennon to share some insights to this unique man. https://www.youtube.com/watch?v=Jq8j4EsAGmY

Flashback – Very appropriately enough, Bela Lugosi was born in October. Just in time for Halloween, one of Bela Lugosi's greatest vampire scenes ever ("Return of the Vampire", 1943). https://www.youtube.com/watch?v=NgCjJsMiC-0
Celebrity Corner – Actor Kevin Kline turns 73 on October 24. Here’s a funny Late Show interview. [https://www.youtube.com/watch?v=ppntAgKRoIA](https://www.youtube.com/watch?v=ppntAgKRoIA) What’s your favorite Kevin Kline movie?

Music Performance – Disney Quarantine Parodies. People that might have been isolated a little too long.
Part 1: [https://www.youtube.com/watch?v=iVC01GxFwDg&t=29s](https://www.youtube.com/watch?v=iVC01GxFwDg&t=29s)
Part 2: [https://www.youtube.com/watch?v=ARhg7SZLAow&t=62s](https://www.youtube.com/watch?v=ARhg7SZLAow&t=62s)
Part 3: [https://www.youtube.com/watch?v=SPSYvIcVdw4](https://www.youtube.com/watch?v=SPSYvIcVdw4)

Inspiration – In this video, Ebert (88) comments on the trouble some older adults face as they move into the later stages of their lives. He teaches us that retirement can be a pleasant and freeing period in one’s life, if you find a purpose for waking up each morning. [https://www.youtube.com/watch?v=MWoS9oFJtZY](https://www.youtube.com/watch?v=MWoS9oFJtZY)

Art and Architecture History Tour - Sir Christopher Wren was one of the most highly acclaimed English architects in history, as well as an anatomist, astronomer, geometer, and mathematician-physicist. Check out this wonderful tour of Wren’s work. [https://www.youtube.com/watch?v=t1r2hsj6etA&t=708s](https://www.youtube.com/watch?v=t1r2hsj6etA&t=708s)

Life Long Learning – Medicare Monday - 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 18, 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/](https://www.senioranswers.org/programs/medicare-monday/) or call the Colorado Gerontological Society at 303.333.3482.

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](https://vimeo.com/325262174)

The 2020 Election is fast approaching. Ballots have been mailed. Did you know Adams County residents can check voter info, view or update registration information and track your ballot online? Go to [https://www.adamsvotes.com/my-voter-info/](https://www.adamsvotes.com/my-voter-info/)

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/](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://window-swap.com/](https://window-swap.com/)