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Friday Lunch & Learn Discussion on Aging - Notes for 12/18/2020

1 message

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Sat, Dec 19, 2020 at 7:23 PM

What's in this email?

- **Announcement and Schedule:** info about the quarter break zoom calls aka Colorado Connects
- **Discussion Notes and Links:** info and links brought up and/or referenced during discussion
- **Senior Planet General Information Links:** key general information links such as feedback survey, newsletter sign-up, social media like Facebook and more

A Lunch and Learn Discussion

Announcement and Schedule

Quarter Break Zoom Calls aka Colorado Connects

These are conversational, member-led, informal Zoom sessions

Senior Planet might be pausing our programs now that our fall quarter is done, but we are keeping the conversation going while we prepare for our winter quarter. This is not a lecture or presentation. These open sessions are for people to connect with one another by sharing stories, anecdotes, companionship, and fun group projects during this holiday season. All are welcome to join this group and become part of the Lunch and Learn members are doing at the usual 11:30 start time!

KEY IDEAS

- If you are interested in presenting during these sessions, please email any of the volunteers listed below. We will be focusing on sharing stories and getting to know each other starting next week.
- We also will be working on an everyone's-a-star (all participation) radio play for fun. If you have an old-time radio script, or idea you'd like to suggest, please bring it up during next week's sessions as we'll be talking about this, and more. A name was suggested for the group "The Lunchables". Here's a quick logo I created for fun.



- People are also interested in maybe having weekend sessions as well for those who want to connect during

those days over the holidays. Please share your suggestions and thoughts on this. We are also checking to see if someone has a paid Zoom account, to maybe volunteer to be the weekend Zoom call host. We will also be looking for co-host volunteers for both weekday and weekend sessions. Dave, Paul, and I (Monyett) are all available to do one-on-one Zoom training for anyone who wants additional help, outside of the practice we'll be doing during our Zoom calls.

Colorado Connects Schedule

Click or tap to join this class by Zoom: <https://seniorplanet.zoom.us/j/165218752>

OR

Call in by phone: 1-646-558-8656

Meeting ID: 165 218 752

11:30a-12:30p MST

- **Week of Dec 20th**
 - Mon:-Fri: Dec 21-25
- *Dec 27-Jan15 *Will have a different Zoom meeting id and link*
- **Lead Zoom Volunteer:** Dave Taenzer - dtaenzer@iname.com
 - Link to Dave's Zoom session recordings - <http://davetaenzer.com/docs/>
- **Lead Call Coordinator Volunteer:** Monyett Ellington - mellington@oats.org
- **Lead Call Organizer Volunteer:** Paul Lowry (contact through Monyett) - mellington@oats.org

Requests for Content for Colorado Connects

- How to host Zoom session - in progress
- Repeat or get access to recording on How to Bookmark - in progress

Discussion Notes and Links

- **Senior Planet Newsletters**
 - There are newsletters (like the webpages) covering specific programming being presented by each Senior Planet Center.
 - For example, there is a Senior Planet Colorado email newsletter. It might have the subject line "This Week at Senior Planet Colorado" or it might have a subject line like "Senior Planet Colorado Newsletter". Either way, Center newsletters will be identified as coming from Colorado.
 - When you sign-up for a newsletter you will have your choice of signing-up for one or more Center locations, and/or online events, and/or articles only.
- **Senior Planet Membership**
 - Any donation to Senior Planet makes you a national member of Senior Planet
 - Link for more information here, <https://seniorplanet.org/get-involved/membership/> and in general links below
- **Senior Planet Facebook Pages and Social Media**
 - Similar to the separate newsletters, some Centers have their own Facebook page. You can do a search on Facebook or Google (add the keyword 'Facebook' to your search words to ensure that you get the kind of search results you are interested in) to find the Center(s) you are interested in following.
 - In the Senior Planet General Information Links section in this email, located below, are the links to

Senior Planet (national) Facebook page, as well as other social media links like Instagram.

- [Senior Planet Colorado Facebook Page Link](#)

- **Suggestions and Thoughts on Dealing with the Different Timezones for Senior Planet Programming**

- Have all of Senior Planet use Eastern Standard time to make it simpler.
- The Senior Planet website will automatically convert Zoom start times to your local timezone, so you can copy that information and paste or otherwise note on your digital calendar and get the right time.
- Use a site like <https://www.timeanddate.com/time/map/> - a map-style webpage to use to see in real-time what time it is around the world.
 - [Time and Date website](#) also has various date calculators, converters, and other time and date aids.
- Set up and access the "World Clock" feature of your iPhone, Android, phone, and/or tablet operating systems (OS) to add other timezone displays in the clock feature of your phone or tablet.
- Android OS/Google clock feature PlayStore link
 - [Apple Support article on iPhone world clock features](#)
 - [Android Support article on Android world clock features](#)

Requested Links

- **Snow Shoveling Services**

To find snow removal services for seniors in your local area do a keyword search using the phrase 'snow removal services for seniors' and add your city to narrow down the search results

- Denver, CO
 - [City and County of Denver Snow Angels Program](#)
 - [A Little Help Snow Removal services for seniors](#)
 - [Snow Buddies gets Governor's support](#)

Referenced Links (not included in handout)

- **Ranked: The World's 15 Best Virtual Tours To Take During Coronavirus** - <https://www.forbes.com/sites/laurabegleybloom/2020/04/27/ranked-worlds-15-best-virtual-tours-coronavirus/#24f486c16709>

SENIOR PLANET GENERAL INFORMATION LINKS

Feedback Survey for this program:

We would love to hear from you any positive or negative feedback you want to share with us about this program. Click the link [Senior Planet Survey](#) to share. Thank you.

Interested in Getting Involved in Senior Planet - there a variety of ways:

- **Become a national member**

- <https://seniorplanet.org/get-involved/membership/>
- **Senior Planet Member Voice Campaign**

We want your feedback. We would appreciate hearing your overall thoughts about your online experience with Senior Planet. Click on this link: [My Online Senior Planet Experience](#) to share. Thank you.
- **Get the Colorado weekly newsletter or from any other Senior Planet location**
 - <https://seniorplanet.org/get-involved/newsletters/>
- **Follow Senior Planet on social media**
 - [Follow us on Facebook](#)
 - [Follow us on Instagram](#)
 - [Follow us on Twitter](#)
 - [Follow us on YouTube](#)

Cheers! (have a great weekend and we will see you on Monday)

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