

VILLAGE WITHOUT WALLS

JANUARY 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p>Locations: A..... Aloha C..... Cornelius H..... Hillsboro F..... Forest Grove FB..... Facebook YT..... YouTube.com Z..... Zoom online V..... Virtual/online</p> <p>Silver = Free events Gold = Fee events</p>						<p>1</p> 	<p>2</p>
<p>3</p>	<p>4</p>  <p>Silver Sneakers on Demand Fitness - any day, anytime -</p>	<p>5</p>  <p>7pm - FB</p>	<p>6</p>	<p>7</p>	<p>8</p> <p>VWW History & Current Events Discussion Group 11 am - Z</p> <p> Virtual Village Happy Hour 4p</p>	<p>9</p> <p>Genealogy Group: <i>Military Pensions From 1776-1900</i> 10am - Z</p> <p>Diverse Voices Book Group <i>The Water Dancer</i> 11am - Z</p> <p><i>Rocket Science and the Human Body</i> 2pm - Z</p>	
<p>10</p>	<p>11</p> <p>Take and Make on Your Own Time: <i>Yarn Thread Snowflake Kit</i> 11am till supplies are gone - C</p>	<p>12</p>	<p>13</p>  <p>FlexTogether chair yoga, balance, cardio, Tai Chi, dance - any day, anytime -</p>	<p>14</p>	<p>15</p> <p> Virtual Village Happy Hour 4p</p>	<p>16</p> <p>Garden Ready Class <i>Seed Starting for Beginners</i> 10am - V</p> <p>VWW Card Making Class 2pm - Z</p>	
<p>17</p>	<p>18</p>  <p><i>Martin Luther King Day</i></p>	<p>19</p> <p>Oregon's Poet Laureate Anis Mojgani: <i>Poems, Conversations, Q+A</i> 6:30pm - FB + YT</p>	<p>20</p> <p><i>Inauguration Day</i></p>  <p>Estate Planning Workshop 6pm - V</p>	<p>21</p>	<p>22</p> <p>VWW Online Age Café by Viva Village 11 am - Z</p> <p> Virtual Village Happy Hour 4p</p>	<p>23</p>	
<p>24</p>	<p>25</p>  <p>YMCA Fitness on Demand - any day, any time -</p>	<p>26</p>	<p>27</p>  <p>AARP 10 Minute Workouts New workouts daily!</p>	<p>28</p>	<p>29</p> <p> Virtual Village Happy Hour 4p</p>	<p>30</p>	
<p>31</p>							

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VWW & VILLAGES NW Online & Live Events



VWW Virtual Village Happy Hour, Fri, Jan 8, 15, 22 and 29, 4 pm. Join us at <https://us04web.zoom.us/j/71630485791> or call 253-215-8782 (audio only). *Everyone welcome.*

Online Age Café offered by Viva Village, Fri Jan 8 and 22, 11am – Noon. Online Age Café is a bi-weekly forum with stimulating small group conversations around topics relevant to older adults. You need to register to receive Zoom password. To register [click here](#).

VWW History & Current Events Discussion Group, Fri, Jan 8 at 11am – 12:30pm. Discuss what you have read in books and magazine articles. This month's topic is: *Chose a Civil War subject to discuss*. Join at: <https://us02web.zoom.us/j/86366674028>

Rocket Science and the Human Body: The Challenges Facing the Commercial Crew Astronauts and the Artemis Generation, Sat, Jan 9, 2 – 3pm. Jason-Flor Sisante M.S., Ph.D. and a NASA-JPL Solar System Ambassador is a cerebrovascular scientist who is curious to unravel the role of the heart-brain interaction as it pertains to cognitive aging, exercise and extreme environments such as space. Dr. Sisante will talk about astronaut selection and training as well as the challenges facing the astronauts of NASA's Commercial Crew and Artemis Program. Dr. Sisante's background is [here](#). RSVP to vwwactivities@gmail.com for the Zoom link.

VWW Card Making Class, Sat, Jan 16 at 2pm (Members & Volunteers) Learn to make cards by viewing a card sample and recreating it. Experienced and beginner card makers. *Those who pre-registered in December* will receive the card materials kit before the class date. Zoom information will be sent the day before the class by email. *To add your name to a future class list*, send an email to vwwactivities@gmail.com.

ANYTIME FITNESS

AARP 10 Minute Workouts <https://www.aarp.org/health/healthy-living/info-2020/exercising-at-home.html> - Beginner-friendly 10-minute workout videos are just enough to get you moving and feeling more energized.

FlexTogether <https://flextogether.com> - Classes include chair yoga, cardio, balance, Tai chi, Qi gong, and dance. FREE. Access from smart phone, tablet or computer. NEW CLASSES.

Silver Sneakers On Demand Fitness <https://www.silversneakers.com/learn/ondemand/>. Need to be eligible for Silver Sneakers program through your Medicare insurance plan.

YMCA Health & Fitness Videos - <https://ymca360.org/on-demand/> Many different types of exercise videos.

COMMUNITY EVENTS (Online and Live)

Online Trivia Night, Tues, Jan 5, 7 – 8 pm. Join Hillsboro Library Quiz Masters every First Tuesday with online trivia! Create your teams and think of your fun team name! You will need a device to log into a Zoom event, pen and paper. <https://us02web.zoom.us/j/89515722295>



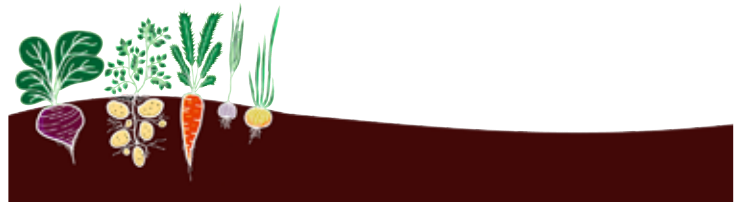
Online Diverse Voices Book Group, Sat, Jan 9, 11am – 12pm, Reading and discussing diverse books! All are welcome! Zoom <https://us02web.zoom.us/j/84006324726>. Discussing *The Water Dancer* by TaNehisi Coates.



Genealogy: Military Pensions From 1776-1900, Sat, Jan 9, 10am – 12pm.

Pension records frequently contain information and documents of great genealogical value; sometimes documents that exist nowhere else. We'll discuss the history and laws pertaining to pensions and go beyond the customary pension files available on Fold3. <https://us02web.zoom.us/j/82234747423>.

Take and Make on Your Own Time: Yarn Thread Snowflake, Mon, Jan 11, 10am – 3pm, Cornelius Public Library, 1370 N Adair St, Cornelius OR 97113. Collect your kit for the "Take and Make on Your Own Time" craft. You will create a yarn snowflake that you can hang in your car. Kits will be available Mon, Jan 11, until they are gone.



Online Class 2021 Garden-Ready: Seed Starting for Beginners, Sat, Jan 16, 10 – 11:30am. Dig into the basics of how to choose, plan, water, and monitor your seedlings to grow a thriving garden come spring. Local green-thumb Sue Bliss will help you plan ahead with information on our local climate and choosing a variety of vegetables, herbs, and flowers. To register click [here](#).

Oregon's Poet Laureate Anis Mojgani, Tues, Jan 19, 6:30 – 7:45 pm. A two-time individual champion of the National Poetry Slam, winner of the International World Cup Poetry Slam, and the author of five books, Anis will share poems, thoughts, and conversation with a Q&A to follow. Live-streamed on Forest Grove library's [Facebook page](#) and [YouTube channel](#).

Estate Planning Workshop, Wed, Jan 20, 6 – 7:30pm. Everyone has an estate, no matter what you have acquired in life. Join attorney Richard Schneider, co-author of *Fundamentals of Oregon Estate Planning*, to learn about the legal documents that everyone needs. To register [click here](#).