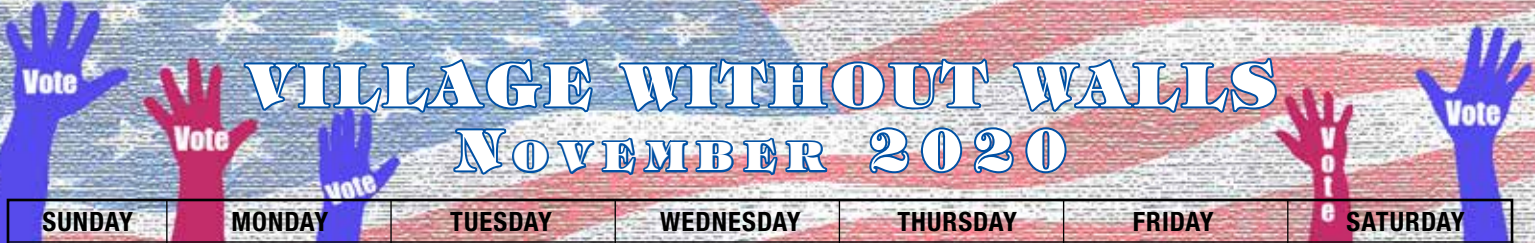


# VILLAGE WITHOUT WALLS

## NOVEMBER 2020



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>1</b></p>  <p><b>FALL</b></p> <p><i>DST Ends: Set clocks back 1 hour!</i></p>	<p><b>2</b></p> <p><i>It is too late to mail your ballot! You must drop your vote at a ballot box today or tomorrow to be counted.</i></p> <p><a href="#">Ballot drop box locations, click here</a></p>	<p><b>3</b></p> <p><a href="#">Ballot drop box locations, click here</a></p>  <p>Mind Your Yoga 5pm - <b>Z</b></p>	<p><b>4</b></p> <p>Iva: The True Story of Tokyo Rose 6:30pm - <b>Z</b></p>	<p><b>5</b></p> <p>Mind Your Yoga 5pm - <b>Z</b></p>	<p><b>6</b></p>  <p>VVV Online Age Café by Viva Village 11 am - <b>Z</b></p>  <p>Virtual Village Happy Hour 4p</p>	<p><b>7</b></p> <p><b>Live! HPD Shred It! 8am - H</b></p> <p>VVV Income Qualified Funding; 11am - <b>Z</b></p> <p>Diverse Voices Book Group <i>In the Country We Love</i> 11am - <b>Z</b></p> <p>VVV From the Moon to Mars: <i>The Next Giant Leap for All Mankind</i> - 2pm - <b>Z</b></p>
<p><b>8</b></p> 	<p><b>9</b></p> <p>Take and Make on Your Own Time: <i>Seasonal Tree Garland</i>, 10am - 3pm - <b>C</b></p> <p>FlexTogether chair yoga, balance, cardio, Tai Chi, dance - any day, anytime -</p>	<p><b>10</b></p> <p>Mind Your Yoga 5pm - <b>Z</b></p> <p>Perchance to Dream: <i>Unlocking the Mysteries Behind Our Nightly Visions</i> - 6:30pm - <b>Z</b></p>	<p><b>11</b></p> <p><i>Veterans Day</i></p> 	<p><b>12</b></p> <p>Mind Your Yoga 5pm - <b>Z</b></p>	<p><b>13</b></p> <p>VVV History &amp; Current Events Book Group: <i>Personality Cults</i> 11 am - <b>Z</b></p>  <p>Virtual Village Happy Hour 4p</p>	<p><b>14</b></p> <p>VVV Great Decisions Group: <i>Artificial Intelligence &amp; Data</i> - 10am - <b>Z</b></p> <p>Genealogy: <i>Irish Research Online</i> 10am - <b>Z</b></p>
<p><b>15</b></p>	<p><b>16</b></p>  <p>AARP 10 Minute Workouts <i>New workouts daily!</i></p>	<p><b>17</b></p> <p>Mind Your Yoga 5pm - <b>Z</b></p> <p>Celebrating Our Middle Eastern Neighbors 7pm - <b>Z</b></p>	<p><b>18</b></p> <p>Start an indoor herb garden</p> 	<p><b>19</b></p> <p>Mind Your Yoga 5pm - <b>Z</b></p>	<p><b>20</b></p> <p>VVV Online Age Café by Viva Village 11 am - <b>Z</b></p>  <p>Virtual Village Happy Hour 4p</p>	<p><b>21</b></p>
<p><b>22</b></p>	<p><b>23</b></p>  <p>Silver Sneakers on Demand Fitness - any day, any time -</p>	<p><b>24</b></p> <p>Mind Your Yoga 5pm - <b>Z</b></p>	<p><b>25</b></p>	<p><b>26</b></p> <p><i>Happy Thanksgiving</i></p> 	<p><b>27</b></p> <p>Online Age Café 11 am - <b>Z</b></p>  <p>Virtual Village Happy Hour 4p</p>	<p><b>28</b></p> <p>VVV Great Decisions Group: <i>Red Sea Security</i> - 10am - <b>Z</b></p>
<p><b>29</b></p>  <p>FREE movies from the library via Kanopy - any time -</p>	<p><b>30</b></p>  <p>YMCA Fitness on Demand - any day, any time -</p>					<p><b>Location Key:</b></p> <p><b>A</b>..... Aloha</p> <p><b>C</b>..... Cornelius</p> <p><b>H</b>..... Hillsboro</p> <p><b>F</b>..... Forest Grove</p> <p><b>Virtual:</b></p> <p><b>FB</b>..... Facebook</p> <p><b>YT</b>..... YouTube.com</p> <p><b>Z</b>..... Zoom online</p> <p><i>Silver = Free events</i></p> <p><i>Gold = Fee events</i></p>

# VILLAGE WITHOUT WALLS

## NOVEMBER 2020

Vote

Vote

Vote

Vote

### VWW & Villages NW Online & Live Events



**VWW Virtual Village Happy Hour, Fri, Nov 6, 13, 20 and 27, 4pm.** Join at <https://us04web.zoom.us/j/71630485791> or call 253-215-8782 (audio only). Everyone welcome.

**From the Moon to Mars: The Next Giant Leap for All Mankind, Sat, Nov 7, 2 – 3pm.** What's next in humanity's quest to explore the frontiers of space? In this special live session presented by Jason-Flor Sisante, M.S., Ph.D. and a NASA-JPL Solar System Ambassador, participants will explore this question and much more. Dr. Sisante, who specializes in making science accessible to everyone, will speak about NASA's plans to return to the moon and travel onwards to Mars. Dr. Sisante's background [here](#). RSVP to [vwwactivities@gmail.com](mailto:vwwactivities@gmail.com) for the Zoom link.

**VWW History & Current Events Book Group, Fri, Nov 13 at 11am – 12:30pm.** Discuss what you have read in books and magazine articles. This month's topic is: Personality Cults. Join at: <https://us02web.zoom.us/j/86366674028>

**Online Age Café offered by Viva Village, Fri Nov 6 and 20, 11am – Noon.** Online Age Café is a bi-weekly forum with stimulating small group conversations around topics relevant to older adults. To register click: <https://www.eventbrite.com/e/online-age-cafe-tickets-103554793174?aff=ebdss-bonlinsearch>.

**Great Decisions Discussion Group, Sat, Nov 14: Artificial Intelligence and Data, Nov 28: Red Sea Security, 10am – Noon.** You can participate in the discussion or just listen as we discuss that week's topic. To request topic reading, send email to [vwwactivities@gmail.com](mailto:vwwactivities@gmail.com). To attend click: <https://us02web.zoom.us/j/88333251567>

**Special Programs with Income-Qualified Funding, Aging with Grace in Your Age-Friendly Home offered by Viva Village, Nov 7, 11am to 12:30pm.** Free and open to public. [Click here](#) for more information and to REGISTER. You will receive a Zoom link the day before the session. <https://www.eventbrite.com/e/aging-with-grace-tickets-120051395957>.

### 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.

**Mind Your Yoga, Tues & Thurs, Nov 3, 5, 10, 12, 17, 19, and 24, 5 – 6pm, via Zoom.** Bi-weekly yoga meetups led by Meena and Tara. [Register online](#) to receive a link for the classes or email [carola@wccls.org](mailto:carola@wccls.org)

### COMMUNITY EVENTS (Online and Live)

**Iva: The True Story of Tokyo Rose, Wed, Nov 4, 6:30 – 7:30pm.** Iva Toguri was born in Los Angeles to Japanese immigrant parents. Trapped during a family visit to Japan during World War II, Iva was forced to do broadcasts for Radio Tokyo because of her American accent. Register [online](#).

**Online Diverse Voices Book Group, Sat, Nov 7, 11am – 12pm,** Reading and discussing diverse books! All are welcome! Zoom: <https://us02web.zoom.us/j/94894789983> Discussing *In the Country We Love* by Diane Guerrero.

**Live! Hillsboro Police Shred It, Sat, Nov 7, 8 am – 1pm,** Hillsboro School District Office, 3083 NE 49th Pl, Hillsboro. Masks required. Three box/bag limit.



**Take and Make on Your Own Time: Seasonal Tree Garland, Mon, Nov 9, 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 seasonal tree garland to decorate your mantle or another place in your home. Kits will be available Monday, Nov 9, until they are gone.

**Perchance to Dream: Unlocking the Mysteries Behind Our Nightly Visions, Tues, Nov 10, 6:30 – 7:45pm.** Dr. Kelly Bulkeley will share current scientific research about the nature and functions of dreaming. Live-streamed on Forest Grove library's [Facebook page](#) and [YouTube channel](#).

**Genealogy: Irish Research Online, Sat, Nov 14, 10am – 12pm.** This presentation will cover some of the many resources available online for Irish research and comparable resources for other ethnic groups. <https://us02web.zoom.us/j/82234747423>

**Celebrating Our Middle Eastern Neighbors, Tues, Nov 17, 7 – 8pm.** Myths about the Middle East permeate American culture. Learn the truth from local journalist Naskah Zada as she shares facts gleaned from experts and experiences of those "affected by the culture, religion, and political conflict of the region". Register [online](#).

~ Coming in December ~

*Downtown Hillsboro's Holly Days Celebration*

Saturday, Dec. 5th