



www.greaterstonegatevillage.org | 240-918-7989 | April 27, 2020, Newsletter #7

From Robert Ramsey, President of Greater Stonegate Village

Last week's presentation by Sydney Palinkas, a Community Educator with Charles E. Smith Life Communities, on mindfulness and mental health, included some healthy coping strategies. I am sharing the slides so we can all review her recommendations and try to embrace them in the coming weeks. In her presentation, she encouraged us to stay connected, and I want to reaffirm that GSV is here, and we will do everything we can to help our members and volunteers. Please contact us at 240-918-7989 if we can be of assistance to you.

Village Events

Cocktail Hour

Bring your drink of choice and join your neighbors and enjoy one another's company.

Date: Thursday, April 30

Time: 5 pm – 6 pm

Where: On Zoom

By telephone: Call 646-558-8656 and use meeting ID 839 676 8530

By your desktop or laptop: Visit <https://us04web.zoom.us/j/8396768530>

By mobile phone or iPad: Open the Zoom app and enter the meeting ID: 839 676 8530

Stay Well

Online Exercise Options

There are many online exercise options. You may want to check out Senior Planet, which has lots of exercise classes plus some technology classes at <https://seniorplanet.org/get-involved/online>. The Heart Association is offering online exercise, yoga, and dance options at www.heart.org/en/healthy-living/fitness/fitness-basics/move-more-month.

Restaurants Offering Take Out or Delivery

If you are looking for a break from the kitchen and to support local businesses, check out this list of local restaurants offering take out and/or delivery.

www.montgomerycountymd.gov/Eastcounty/Resources/Files/2020/restaurant-pickup.pdf

Stay Busy

Online Cultural Opportunities

There are many opportunities to engage with regional cultural sites. Here are just some of the possibilities.

- The Bethesda Urban Partnership is hosting a Facebook Live concert every Thursday evening concert at www.bethesda.org/bethesda/schedule-0
- The Roundhouse Theater is hosting a weekly online discussion series with interviews of celebrated theatre makers at www.roundhousetheatre.org/RHathome
- The Hillwood Museum offers a chance to explore the museum and gardens at www.hillwoodmuseum.org/explore-hillwood-home
- The Philadelphia Orchestra is offering music, interactive education, and enrichment. www.philorch.org/performances/special-performances/virtual-philadelphia-orchestra/#