



July 2020 – Calendar of Events						
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

All meetings take place on Zoom, with a computer, tablet or smartphone and internet. If you need help with Zoom, you can call the office and ask for assistance; we'll arrange for a volunteer to help you over the phone. **Watch for links to BAH meetings in e-blasts. E-blast information must be received by Kate Birr (bakerbirr@gmail.com) no later than Saturday for publication on Sunday of the upcoming week's events.**

Monday, July 6, 4-6 p.m. Recipe Sharing. Vegetarian and vegan recipe sharing with Lorraine Barnes via Zoom. Lorraine will do a virtual demonstration. See your newsletter for details. Just email Lorraine at lorrainehbarnes@gmail.com and say "I'm coming!"

Monday, July 13, 4-6 p.m. Member Meet-up, aka Slow-Mo Brewery Crawl. Zoom is set up for recurring sessions, so we can use the same link for every virtual pub crawl gathering.

Thursday, July 23, 3-5 p.m. Gifts of Age Discussion Group. (Note this is the *fourth* Thursday). Watch for the topic in an e-blast.

Wednesday, July 29, 2 p.m. Book Group. (Note this is the *fifth* Wednesday). Selection is "The Vanishing Half" by Britt Bennett. Watch for details in an e-blast.

BSAC Virtual Programs -- Schedule of Zoom Meetings

Please check the **BSAC weekly email** for details, updates and **direct links** to the meetings. You can also access your class/meeting through the Zoom app by entering **the meeting ID and password**. **The password for all of our programs is the same.**

Mondays: 10:00am, Yoga with Mary. Meeting ID: 993 1099 0554. Password: connect!

Tuesdays: 11:00am, Longevity Stick, hosted by Bonnie. Info at 360-303-7924. ID: 966 2431 8896. Password: connect!

1pm, Strength Training from Home, with Elaine Cress, PhD. ID: 929 9729 7399. Password: connect!
4:30pm, Trail Hoppers Virtual Happy Hour Trivia, with BSAC Director Molly. ID: 912 4108 8292 Password: connect!

Wednesdays: 9:30am EnhanceFitness, hosted by Christy Bring. ID: 938 8123 8545 Password: connect!
10:00am, Spanish Conversation Group, hosted by Beth. Email her for the link BethMarsau@comcast.net.
1:30pm, Tai Chi QiGong (Shi Ba Shi). ID: 934 3422 0484. Password: connect!

Thursdays: 11:00am, Longevity Stick, hosted by Bonnie. ID: 926 4901 8991 Password: connect!

1pm, Strength Training from Home, with Elaine Cress, PhD. ID: 959 6157 9827 Password: connect!

Fridays: 9:00am, Zumba Gold. ID: 996 3183 5583 Password: connect!
10:00am, TED Talks Discussion, hosted by Marilyn. See your weekly BSAC email for talks to watch in advance of the Zoom meetings. ID: 983 5299 9312 Password: connect!

Sundays: 12:00pm, Longevity Stick, hosted by Bonnie. ID: 960 5688 4617 Password: connect!