



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

Monday, May 11, 4-6 p.m.

**Member Meet-up, aka Slow-Mo Brewery Crawl.** We meet again thanks to Zoom video, an electronic meeting app that you can easily download to your computer, iPad, phone or other device. Please consider joining us! We'll send you the link to register for the meeting a few days before.

For additional BAH group meetings and events, watch for e-blast announcements.

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### BSAC Virtual Programs -- Schedule of Zoom Meetings

To join a Zoom meeting you need a computer with camera/microphone, laptop, pad, or smart phone.

**Mondays, 11:00am, Weekly Check-in,** hosted by BSAC Director Molly Simon

Social hour to share stories and update our friends on how we are doing. Learn from others about video conferencing and how to host your own video conferences with friends and family. Link to join meeting: <https://zoom.us/j/95263034768>

**Tuesdays, 11:00am, Longevity Stick,** hosted by Bonnie Goss

A low-impact exercise done while standing, using a long, one-inch diameter dowel (or stick), that reduces the risk of injury while improving circulation and balance.

Need a stick? Contact Bonnie at 360-303-7924. Link to join meeting: <https://zoom.us/j/96624318896>

**Tuesdays, 1:00 pm, Strength Training,** hosted by Elaine Cress, PhD.

Elaine leads us through strength training exercises we can do from home.

Link to join meeting: <https://zoom.us/j/95374494377> (NOTE: This link is a correction to the link published in the April 28 calendar) Meeting ID: 953 7449 4377

**Wednesdays, 10:00am, Spanish Conversation Group,** hosted by Beth

For information: Beth Marsau, 360-384-6494 or 360-201-1021 or email [BethMarsau@comcast.net](mailto:BethMarsau@comcast.net).

Link to join meeting: <https://us02web.zoom.us/j/633622696?pwd=WG5BTE5ldWdmUVdpeXFpZStqU0hIQT09>  
Meeting ID: 633 622 696, Password: 277296. For people unable to use Zoom, dial-in this number: 253-215-8782

**Thursdays, 11:00am, Longevity Stick,** hosted by Bonnie Goss Link to join meeting:

<https://zoom.us/j/92649018991>

**Thursdays, 1:00pm, Strength Training,** hosted by Elaine Cress, PhD. Link to join meeting:

<https://zoom.us/j/92747811027>

**Fridays, 10:00am, TED Talks Discussion,** hosted by Marilyn

Link to join meeting: <https://zoom.us/j/98352999312>

**Sundays, 12:00pm, Longevity Stick,** hosted by Bonnie Goss

Link to join meeting: <https://zoom.us/j/96056884617>