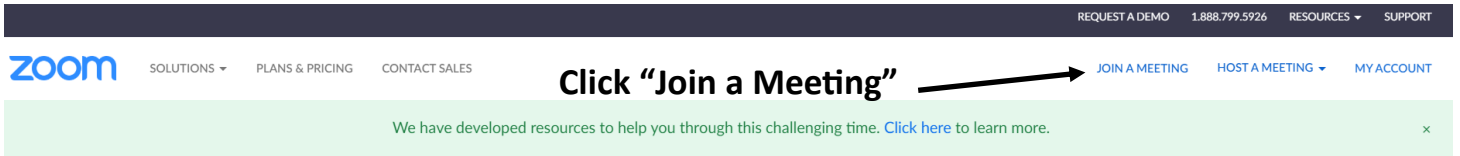


How to use “Zoom” if you have online access: www.zoom.com



In this together.
Keeping you connected

Join a Meeting

Meeting ID: 968 706 7633

Click Join. Password: 01929

It will ask if you want to enable video and how to connect to audio. You can use your computer/device for audio or call in. (Call in directions below)

A pop-up box will ask if you want download or open Zoom.

Click OK to install the program.

Once the meeting opens, it will look like this. Controls are located at the bottom. Please note the mute button at the bottom! Everyone will be muted when they enter, but you can mute and unmute yourself during the meeting.



If you don't have internet access, or would like to dial-in, please call
1-929-205-6099

It will ask for Meeting ID: 396-136-822 #
Password: 01929

Facebook Live

On Wednesdays at 10:30 we will be on Facebook Live.

Join us by visiting www.facebook.com/EssexCOA

Be sure to like our page! We will be posting a different activity or event you can try each day!

Council on Aging *Essex*

17 Pickering Street

Essex, MA 01929

COVID19 UPDATE

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A Monthly publication from the Essex Council on Aging, and supported in part by the Massachusetts Executive Office of Elder Affairs.

Essex Senior Center Update:

You all received our newsletter last week, however we had some exciting updates we wanted to share with you before our next edition came out! We miss seeing many of you at our meals, classes, and events, so we are going to “go digital”! Each day at 10:30 we will offer some type of meeting. Our “Zoom” events can be accessed via telephone or computer. Facebook live events can only be accessed by computer, and will be held on Wednesdays. We may add more opportunities as time goes on.

Also, please remember that we here to provide assistance to you any way that we can! We are still providing grocery pick up and delivery on Fridays—call by 12pm Thursday to sign up each week.

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Game Day!	Balance Class with Dianna	Facebook Live Q&A	COA Social Club	Dianna’s Chair Yoga
Join us on Zoom for a friendly BINGO game, or Trivia game.	We know you’ve missed this fun exercise program. Try us online!	Each week we will host a Facebook Live session with various topics.	Thursday meetings are all about keeping in touch with each other, so grab a cup of coffee and join your friends:	Our Monday Night Yoga is now on Friday mornings. Grab your chair and call in, or join online.
ID:396 136 822 PW: 01929	ID:396 136 822 PW: 01929		ID 396 136 822 PW: 01929	ID:396 136 822 PW: 01929