

NAN NOTES -- July 3, 2020

Hope that we all have a safe holiday weekend. Lots of fireworks and concerts will be rebroadcast on TV. Check the newspaper to see what is being offered and when.

Saturday, July 4, 4:00 pm: Start the July 4th festivities with the U.S. Marine Band. A 20 -minute streamed performance by the Marine Band's Free Country Acoustic Quartet.

<https://www.wolftrap.org/calendar/performance/sessions/usmarineband.aspx>

Sunday, July 5, 6-7pm Virtual Virtuoso Concert with Tenor Michael Hayes.

Here's event information from MCPL's online calendar:

<https://mcpl.libnet.info/event/4413971> Attached a flyer that includes a link to MCPL's Facebook. The promotional video is now on YouTube:

<https://www.youtube.com/watch?v=KfPgNwACbyc>

July 4-9: Baltimore Symphony orchestra Off-Stage. Explore a growing collection of videos from musicians and guest artists, binge-worthy podcasts, musician-at-home recitals and more at [BSO OffStage](#)! See below for a schedule of thrilling live performances and releases this week, and follow the BSO on its social media channels for more exciting content as it is released.

Visit BSOmusic.org/OffStage for much more content featuring musicians, from podcasts to performances, interviews and educational activities, as well as the performances listed here after they take place.

Tuesday, July 7, 8am – 5 pm: Romeo et Juliette - A Wolf Trap Streaming Event This Wolf Trap Opera new production of Roméo et Juliette was presented at The Barns at Wolf Trap in July 2018. Music by Charles Gounod Libretto by J. Barbier and M. Carré. Two young lovers decide to take fate into their own hands after feuding families, bad timing, and fatal mistakes tear them apart. Gounod's music soars in this French romantic twist on Shakespeare's most celebrated love story. [information and the link to Romeo et Juliette](#)

Tuesday, July 7, 1:00 – 2:00 pm. Free Guided Meditation & Reflection (Zoom)Anuka Gazara-Anthony – a mindfulness-based leadership coach - leads this weekly Zoom session. First half: 30 minutes of guided meditation. Second half: 30 minute of reflection and brief share prompted by the daily check-in question. Participants are not required to share. RSVP to Little Falls Village by the Monday before the session and they will send you the Zoom login information. RSVP info@littlefallsvillage.org and please write "Meditation" in the subject heading. Or leave a message at the LFV office (301) 320-3267.

Tuesday, July 7, 1:00 – 2:00 pm: The Red Flags of Elder Abuse, Neglect, and Financial Exploitation. 1 in 10 older adults will experience some form of abuse, neglect, or financial exploitation. Unfortunately, only one in 24 cases is ever reported. This virtual training is designed for community members, neighbors, Villages members, and caregivers to better understand the issue of elder abuse. Attendees will learn about how to spot the warning signs of elder abuse, especially now with social distancing guidelines in place. Finally, attendees will learn how to respond effectively if they are concerned about an older or vulnerable adult in their life, including information on Adult Protective Services and other local community resources. Speakers: Mario Wawrzusin, Administrator, Montgomery County Health and Human Services, Adult Protective Services; Tovah Kasdin, ElderSAFE Center Director, Charles E. Smith Life Communities; KerryAnn Aleibar, ElderSAFE Center Program Manager, Charles E. Smith Life Communities; Sydney Palinkas, ElderSAFE Center Community Educator, Charles E. Smith Life Communities. Click on the above link to register for the event. [Click here for more information and to register for the Exploitation Event](#)

Thursday, July 9. 1:00 – 2:30 pm. Are Honey Bees Really in Trouble? with Bill Hahn (Zoom) Dr. William Hahn is Director of GeorgeSquared, a graduate biomedical program offered via a partnership between the Georgetown University Medical Center and George Mason University. Previously he had been Associate Dean of Georgetown College, Assistant Dean of the McDonough School of Business at Georgetown, and Associate Professor of Environmental Biology at Columbia University. His research interests are in plant taxonomy, conservation, and molecular evolution. He has been a beekeeper for ten years.

Please note that this Zoom event will be locked at 1:05 pm, due to library security policy. After the event is locked at 1:05 pm, entry into the event will not be possible. It is therefore important that you log into this event at least by 12:45 pm. RSVP above or email info@littlefallsvillage.org or leave a message at the LFV office (301) 320-3267 *

When sending an email RSVP, put “BEES” in the subject line of the email. When leaving a VM, include your email address in the message. To request Sign Language Interpretation, Closed Caption or other deaf/hard of hearing services for library-sponsored programs, email info@littlefallsvillage.org preferably with three business days notice.

Glen Echo Park 2020 Summer Concerts: You may also watch previously recorded live videos here, which will be available for streaming after each concert. See the links below.

June 25: Washington Balalaika Society (Russian, Ukrainian & Eastern European)

[If you missed it, watch the recorded live concert here >>](#)

July 2: I & I Riddim (Reggae) | RSVP not required, but suggested



Virtual Tip Jar for 7/2 performance >> <https://bit.ly/31x6s9f>

July 9: Ruthie & The Wranglers (Americana, Country) | RSVP not required, but suggested



July 16: Julie Mack & Encantada (Brazilian) | RSVP not required, but suggested



July 23: Trio Caliente (Latin Fusion) | RSVP not required, but suggested



July 30: King Street Bluegrass (Bluegrass) | RSVP not required, but suggested



August 6: Gretchen Midgley + Guests (Swing) | RSVP not required, but suggested



August 13: Brian Gross (Blues) | RSVP not required, but suggested



August 20: Fred Lieder & Peter Fields (Guitar & Cello) | RSVP not required, but suggested



August 27: James Bazen Project (Jazz) | RSVP not required, but suggested



September 3: Island Pete (Caribbean) | RSVP not required, but suggested



Thrive at Home. Check out the websites below. **For access, copy the address and paste it in your browser**

Montgomery County's Engage@HOME

Engage@HOME is a new YouTube Channel from Montgomery County's Caregiver Support program. It spotlights non-commercial and trusted virtual opportunities to help viewers stay engaged with our community. Episodes feature video content that enhances quality of life and personal resilience. Paste this address in your browser. **bit.ly/Engage-at-HOME**

Montgomery County's Rec Room

This virtual recreation hub provides DIY arts & crafts, fitness videos, virtual classes and tours, and fun ideas for any age. For help navigating the site, call the Seniors Team at **240-777-4925**. **bit.ly/MoCoRecRoom**

Montgomery County's Public Library MCPL offers programs and services including: book clubs, arts and craft instruction, computer help, tax preparation, music performances, music lessons & performances, and health & wellness programs. Many libraries will reopen to offer limited services on July 6. On Monday, July 6, a contactless hold pick-up service will be available at all branches. Items may be placed on [hold online](#) or by calling the [local branches](#). Once the hold is placed, customers will make an appointment to pick the hold up in the library vestibule or at an outside table. Details are being finalized, once more information is available it will be available on the [MCPL website](#). If customers currently have a holds list, they are encouraged to review the information and delete or suspend holds they no longer wish to borrow. The three-week due dates will be reinstated on Monday, July 6. For help navigating the site, call "Ask a Librarian" at **240-777-0001**.

montgomerycountymd.gov/library

Lifelong Learning in Montgomery County

Five lifelong learning centers offer classes, typically as single sessions - now available virtually. Subjects include: computer training, fitness, topical events, languages, history, music, health, guidance on aging well and caregiver support.

bit.ly/MoCo-LLL

Montgomery County's Aging and Disability Services

The County's website links users to a wide range of information and resources. Check out the sections written with older adults and individuals with disabilities in mind.

montgomerycountymd.gov/senior

Glenstone Museum: Glenstone will reopen the Pavilions beginning on Thursday, July 23, in a limited capacity, in tandem with Montgomery County entering Phase 2 of its reopening plan on June 19. Tickets will be released at 10:00 a.m. on July 6 for scheduled visits July 23 - September 30. On August 1, visits will be released in 3-month increments, barring additional changes in operating status.

The safety and wellbeing of our visitors and associates will always be our top priorities, and we've added additional safety measures during the coronavirus outbreak. These include:

- Scheduling all visits in advance; walk-ups, including Ride On Bus passengers who do not have a scheduled visit will not be permitted to help manage capacity
- Limiting visitor capacity and adhering to specific restrictions inside the Pavilions Rooms
- Admitting visitors in 15-minute intervals to prevent too many people from arriving at once
- Requiring visitors and staff to wear masks at all times
- Restricting maximum group size to 5
- Instructing different households/arrival groups to remain six feet apart
- Displaying face covering reminder signs and social distancing markers throughout the Pavilions
- Installing indoor hand sanitizing stations at each point of entry, bathroom, elevator, and outside rooms

A full list of additional safety measures is available on our website under "[guidelines](#)."