

Village Bites Goes Take-Out

With the continuing COVID-19 restrictions, the Village has had to cancel or postpone events that were being planned, such as another Lobster Bake and Pot Luck Dinner. Our popular monthly Village Bites lunches and dinners too are postponed until it is safe again for us to gather together at our favorite eateries.

Local restaurants are all facing difficult times, even those still open for delivery or take-out. To help support these restaurants and encourage members and volunteers to take advantage of their take-out services, the Village is giving each member and volunteer household a \$20 gift certificate for take-out from a local restaurant where we have enjoyed Village Bites. You should have already received an email from the Village asking for your choice of one of these: Loretta, Park Lunch, Brown Sugar by the Sea, and Ristorante Molise. If we don't hear from you in time, you may receive a call or a surprise in the mail!



Online Chair Yoga & Meditation Classes Continue

Chris Morton's popular online chair yoga and guided meditation classes will continue for Village members and volunteers in May and June! After a successful series of Zoom classes in April, Chris will continue to offer the class from 10 to 11 am every Tuesday in May and through June 9. This is a great way to exercise and calm your nerves while sheltering in place.



Participants can join the Zoom sessions by phone, tablet, or computer. Members and volunteers can find the Zoom meeting link in the Village Tuesday email, and no registration is required.

Chair yoga is a gentle form of yoga, modified to accommodate people of varying abilities. Each class is one hour long and includes breath work, guided meditation and concentration exercises, and simple poses that increase one's flexibility and strength. You need not have participated in the earlier classes in order to join in now, as guidance is given fully in each class.

Yoga's benefits can be experienced at any time in our lives, Chris explains, and the benefits are many, including physical strength and flexibility, greater mindfulness, and release of stress. Chair yoga can help lower blood pressure, improve sleep and digestion, and lead to clearer thinking. And it's never too late to begin. Chris has practiced and taught yoga for 25 years, and well understands the accommodations that are needed to support our movements as we age.

Upcoming Events See Website for more info!

As you know, the Village has suspended our traditional programs and events during this period of social distancing.

Stay tuned for upcoming announcements of programs and activities we can participate in together on Zoom.

For members and volunteers:

**Tuesday, May 5, 1 to 2 pm,
Public Space/ Common
Wealth session 3** (see article on page 2)

**Every Tuesday Chair Yoga
10-11 am: May 5, 12, 19, 26
and June 2 and 9** (see article at left)

For members:

**Weekly Zoom Village Happy
Hour, Friday, May 8, 5-6 pm**
(register by May 5 (see Tuesday's email))

**Visit the Resources page on
our website frequently for
new information.**

To Contact the Village

For information:

call 978-206-1821

email:

info@greaternewburyportvillage.org

visit our website:

www.greaternewburyportvillage.org

For member services:

call 978-206-1821

email a service request to:

services@greaternewburyportvillage.org

Thank You, Volunteers!

(A newsletter feature sharing comments from Village members who have received volunteer services.)

I find the volunteers fabulous. I'd be lost without the support, whether it's rides, moving my air conditioner in and out twice a year, emergency mowing, or the million other things they do to support me in my slow, one-handed glory. I'd be so much worse off without them, trying to keep up at the homestead after the stroke. There's so much I can no longer physically tackle. It never ends.

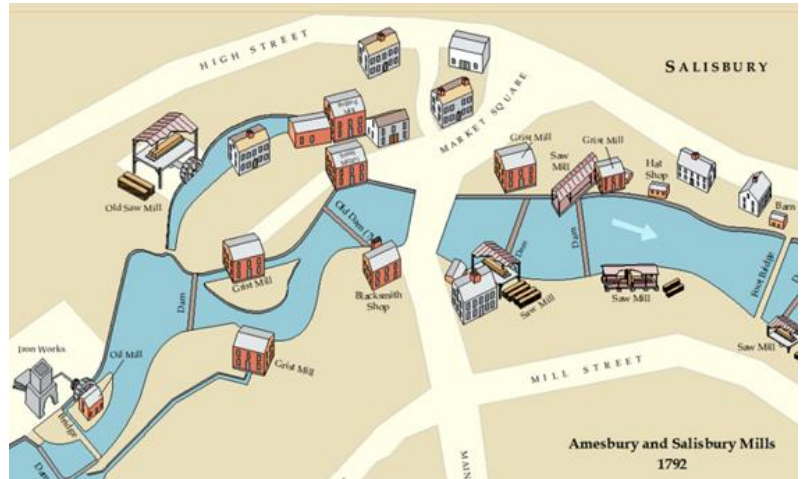
Our Mission

To promote living well and independently through community engagement and neighborly support.

News about Members

Village Volunteer's View into Local History

Volunteer Mike Prendergast, who has lent a helpful hand to many Village members over the years, happens also to volunteer with the Amesbury Carriage Museum. A professional illustrator, Mike spent more than a year on a museum project involving the study of old maps showing changes in the Amesbury millyard area. Following the team's extensive historical research, Mike produced a series of five detailed renderings of the area from 1792 to the present. Along with the accompanying description, these illustrations bring to life a fascinating history of growth, economic and technical development, and change in this special New England place. See the full article with all the renderings, "Five Artist's Views – The Amesbury and Salisbury Millyard from 1792 to Today," at the museum website. From the home page <https://amesburycarriagemuseum.org> click on News and scroll down.



Detail from one of the five renderings

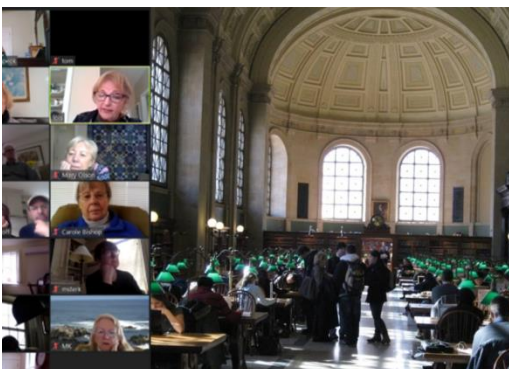
"Public Space/Common Wealth" Final Session Upcoming

Join your Village friends at 1 pm on Tuesday, May 5 for the third and final Zoom session of Professor Lois Ascher's mini-course Public Space/Common Wealth. The first two segments proved very popular among participants, so we're opening up the third session to Village members and volunteers without any need to register in advance. The Village's regular Tuesday email will include the Zoom link to join in.



The first segment examined the importance of public space as a foundation of democracy and democratic principles, along with its role in the construction of community. The second segment discussed two Boston spaces that function as "physical manifestations of the common good": Boston's Public Library and Boston's Public Garden. The final segment, "The Color of Water: A Civic Discourse," will examine Boston's role in providing something we all take for granted: access to water. It will address the question of whether a necessity for life can be considered a privilege rather than a right and takes a look at Chestnut Hill's Waterworks Museum. Beautiful and fascinating photos accompany Professor Ascher's talk.

Lois Ascher is a semi-retired professor in the Humanities Department at Wentworth Institute in Boston. She has served as area chair in Urban Studies for NEPCA (New England Popular Culture Association), and has published on the urban renewal tragedy of Boston's West End, a particular interest of hers. Currently, she serves on the executive committee of the board of the West End Museum.



New to Zoom? You can participate as much or as little as you like, choosing whether to see just the presentation or participants also. Group discussion is easy, with microphones muted during the main presentation. You can control your video, turn off your own camera, and choose whether to watch only the presentation or also some or all participants. Call us if you need some help!