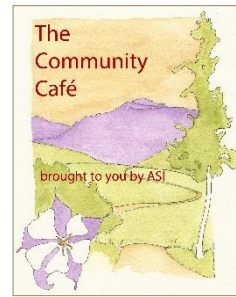


PRESS RELEASE

For release: August 1, 2021
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NEWS FROM THE COMMUNITY CAFÉ

What's Up In August – Online and Telephone Gatherings

For August, we've selected some programs that might pique your interest. There are dozens more to choose from. You can find the topics list for August and link to Mather [from our website](#).

No need to register in advance. You join by calling a toll-free phone number, or by logging into a Zoom meeting at the program start time. All offerings are FREE! You can see on their site when you go to get link-in information whether the program is live Zoom or a live call.

- **Tech Questions** Vivian Chazen, Mather. Two separate sessions. Tuesday, August 3, 2:00 p.m. PT / 4:00 p.m. CT / 5:00 p.m. ET or Tuesday, August 17, 2:00 p.m. PT / 4:00 p.m. CT / 5:00 p.m. ET. Bring any and all questions about your tech gadgets, the internet, or the basics.
- **Yoga for Hands** Thursday, August 5, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET. Heidi Parkes, Certified Yoga Therapist. Heidi leads a combination of hand massage and hand movements.
- **Fit around the House** Randi Kant, MS, MPH, CHES, CWP, CPT, Certified Intrinsic Coach. Friday, August 6, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET. Learn specific movements to gain lasting benefits that include maintaining functionality and independence.
- **Seven Happiness Lessons & Four Steps to Get There** Kate Marrs, Presenter. Tuesday, August 10, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET. Learn the secrets of happiness from the teachings of renowned professor, author, and speaker Tal Ben-Shahar.
- **Coloring & Conversation** Vivian Visser, Presenter. Thursday, August 19, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET. Use materials you have on hand and unwind while we enjoy coloring and conversation.
- **Keys to Controlling Diabetes** Randi Kant, MS, MPH, CHES, CWP, CPT, Certified Intrinsic Coach. Monday, August 23, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET. Join this discussion on diabetes and learn some of the keys to confidently manage it.
- **Audrey Hepburn** Rich Lang, Media Historian. Wednesday, August 25, 2:00 p.m. PT / 4:00 p.m. CT / 5:00 p.m. ET. Rich will discuss the life and career of this British actress and humanitarian.
- **Claude Monet: His Life & Work** Casey Pax, Mather. Thursday, August 26, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET. Learn about his sources of inspiration, his process, and his extraordinary life through an exploration of some of his most famous paintings.

In addition to linking to the Mather sessions, our website provides caregiver resources and information about ASI programs in Archuleta County, as well as contact information for making reservations at The Community Café for take-out and for Meals on Wheels at: <http://www.psseniors.org/>.

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