



CEO / Trustees Implement Cost Savings

Dear Taylor Community,

Last fall, when we were planning for 2021, no one could have anticipated how the COVID-19 pandemic would turn our world upside down. We are incredibly proud of the way Team Taylor swiftly implemented precautions and adjusted our day-to-day operations to keep our residents safe and healthy. Our community remains COVID-19 free thanks in part to our team's diligent efforts.

Although we are extremely proud of our non-profit organization's sound fiscal management and strength, Taylor Community has been impacted like much of the country by COVID-19. Just two months into our 2021 fiscal year, we are facing the potential loss of significant revenue. We have looked carefully at our operations and decided to take proactive steps to maintain our fiscal strength. Unfortunately, these steps include reducing the size of our workforce by five positions in order to reduce expenses.

I want to assure you that these steps will not affect the full range of exceptional services our residents appreciate and deserve, nor will they affect our ability to implement Taylor Community's strategic plans. These changes have been designed to maintain Taylor Community's fiscal integrity and your personal investment.

We are confident that the proactive actions we are making today will help us to finish the year strong and ensure that Taylor remains a successful nonprofit organization—and exceptional community—well into the future.

As always, I welcome you to contact me should you have any questions. Be safe, wear a mask, and please keep washing your hands,

Thank you,

~ Michael

366-1219 or mflaherty@taylorcommunity.org

Next Resident Town Hall



July 13's Town Hall will again be in video-taped format. Please submit your

questions to VP — Finance Ed Soucy at esoucy@taylorcommunity.org or 366-1229.



Monday Blues Return!



The Love Dogs... LIVE!

Monday, July 13

Woodside Pavilion

Doors Open 5pm • Show Starts 6:30pm

A Rockin' Swingin' Rhythm & Blues septet from Boston, MA with 4 critically acclaimed CDs and one of the best live shows you will ever see! Band members: Eddie "Duato" Scheer, Alizon Lissance, Myanna, Glenn Shambroom, Randy Bramwell, Steve Brown, Mario Perrett, Mark Paquin, "Sax" Gordon Beadle. This 7-pc. Band plays original Swingin' Rockin' Jump Blues and New Orleans R&B.

Take one red-hot horn section — we're talkin' alto, tenor, baritone saxes and trombone. Add liberal amounts of barrelhouse boogie-woogie piano... and stinging Fender guitar. Pour over a funky and swinging rhythm section that Blues Review magazine called "the best in the business," and top it all off with a crazy and charismatic front man with one of the biggest blues voices around. Season with a few years on the road tearing up juke joints, festivals and concert halls across the U.S. and Canada and on both sides of the Atlantic. Sound tasty? It's a recipe for music and mayhem, for intensity and irreverence; it's THE LOVE DOGS.

Bring your own snack, beverage, and lawn chair to this event. The band will be situated on the back side of the Pavilion with the audience sitting on the grass. (It's cooler in the shade!)

You don't want to miss it! RSVP is REQUIRED to bkean@taylorcommunity.org or 366-1226.

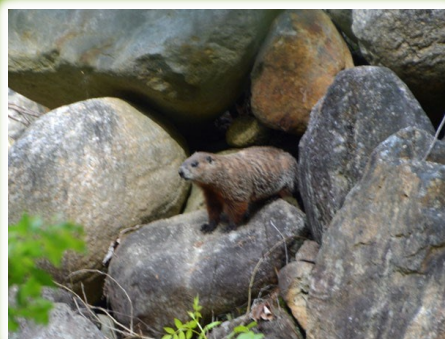
See you there!



From our front doors, our back doors, and our back yards...



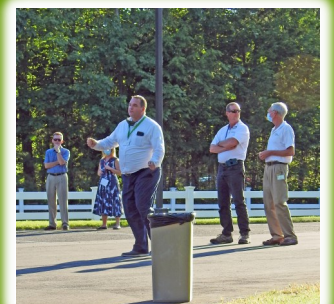
From our amazing local flora... and fauna...





...to our beautiful new Pavilion!

Good weather, good food, good music, good times with good friends!



LIFE IS REALLY GOOD at Taylor Community!!!

July Trips

Please email bkean@taylorcommunity.org or call 366-1226.

Note: Trip descriptors – Easy, Moderate, or Independent – indicate the degree of mobility [walking, standing, stepping, etc.] required in order to safely participate and enjoy the trip. All pick-up times are an approximation.

Thursday – July 9 } **All Aboard!**
Tuesday – July 14 } **4th Annual Resident Pontoon Tours of**
Tuesday – July 21 } **Lake Winnisquam [Easy]**

There will be two tours each day, one at 9am and a second at 1pm. Seating for each trip is limited to 6 passengers. Boarding tickets \$10 per person. RSVP IS REQUIRED to Brenda via email or phone as above — Please specify morning or afternoon.



Friday – July 17 } **Squam Lakes Natural Science Center Pontoon Tour [Easy]**



This unforgettable guided tour has something to delight everyone. Learn about the natural history of the lake, the wildlife that makes Squam so special and the people who have enjoyed these lakes for over 5,000 years. View locations where the movie *On Golden Pond* was filmed. Watch for Common Loons, Bald Eagles and other wildlife. The group will enjoy a picnic lunch on site with menu options of Fried Chicken or Quiche. Tour Tickets \$25 per person – Picnic Lunch will be a separate charge. Space is limited. Bus pick-up begins at 8:45am. RSVP IS REQUIRED to Brenda via email or phone as above — Please be sure to indicate your menu selection.

Michael Flaherty's Message to All Staff

Dear Team Taylor,

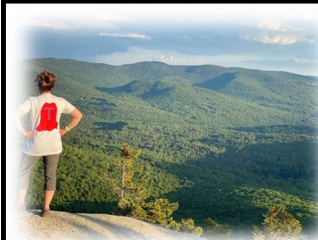
As I referenced Friday, changes to our 401k are a part of the proactive cost savings measures announced on Friday. Earlier today, you received information from Eliot regarding this. My apologies that this explanation did not accompany that announcement. As you read, we are temporarily changing Taylor's contribution to the 401k from 4% to 1%. We are committed to doing the very best for Team Taylor and our promise to you is that we will bring this contribution back to you as soon as possible. Ultimately, this will be determined by how quickly the economy stabilizes.

I also want to follow-up on the five lay-offs that were made last week. Please know that these decisions were made after much deliberation, and done with the intention of limiting the number of people impacted, minimizing the impact on services to residents, and limiting the impact on Taylor Community's long term strategic plans.

In closing, I want to assure you that there are no plans for any further layoffs. The reduction of those five positions and the changes to our 401k contribution, coupled with a hold on capital spending, are proactive cost saving measures we have made to keep Taylor Community financially strong. Sometimes difficult decisions need to be made, and it is because we are willing to make those difficult decisions that Taylor Community will remain a financially strong institution well into the future.

My continued thanks to you for your hard work and commitment to our residents. As always, please do not hesitate to contact me should you have any questions.

~ Michael



Superhero
Seen
On Top
is Also a
Superhero
Below!



LNA Ryan Bohner, on Friday, June 26 AFTER working a full shift, hiked the Welch and Dickey loop, stopping on each peak for these photos.

Ryan is a true superhero in our memory care unit. She's proudly wearing the Taylor Superhero shirt we were all given after last week's COVID testing.



No, We Aren't Installing a Drawbridge.

A few residents joked we were. Pretty funny, but no. A sinkhole developed on Ledges Drive due to leaking underground pipes. Repairs are underway!



This Atrium Garden is dedicated to the memory of our honorary Taylor Home "Mayor" Armand "Pete" St. Pierre

Memories That Sustain Us

Taylor Home resident Barbara St. Pierre admires a newly placed plaque by the Atrium's door to the patio, put there in honor of her late husband, Pete. Barbara and her friend and fellow resident Jeanne Petta lovingly tend the flowers as well as the new vegetables out back!

Better Together... 6' Apart



We are pleased to begin broadening our programming and dining options within Taylor Community. We also recognize and stress the importance and responsibility of everyone being diligent about wearing face masks and following the "6-Foot Rule" of social distancing when attending events. These protocols are in place to protect all of us, and a true sign of mutual respect. Keep washing those hands!

100 Days...



Saturday, June 20 marked 100 days of visiting restrictions for our licensed buildings. It's decidedly hard for our Taylor Home and Ledgeview residents, and they're to be commended for a great job in rolling with the changes. We're closely following all CDC guidelines and those from our State offices, and will keep everyone apprised of any updates as they are made available.

Time for Something New

Taylor Home resident Jeanne Petta displays a new lavender wreath she's made for her door.



Cracker Barrel Coffee Hours Resume under New Pavilion

We've missed this weekly opportunity to catch up with you and to share ideas for programming and events! We will again begin holding our weekly Cracker Barrel Coffee Hour and Programming Discussion, starting on Tuesday, June 23 at 10am, but now under our beautiful new Pavilion. For now, because of limited space, we will require reservations. Please email Brenda Kean at bkean@taylorcommunity.org or call 366-1226.

Please feel free to bring along your own cup of coffee and snack, something we can't do quite yet. Small steps, but YAY!



Fitness News and Events



Updated Class Schedule

Monday

8am Tai Chi (Pavilion)
 9:15am Strength & Stretch (Pavilion)
 9:15am Strength & Stretch (Elm Room)
 11am Chair Yoga (Pavilion)
 11am Strength & Stretch (Elm Room)

Tuesday

8am Muscle Toning (Pavilion)
 9am Balance Class (Pavilion)
 9am Strength & Stretch (Elm Room)
 9:45am Meditation (Theater)
 11am Strength & Stretch (Pavilion)
 11am Strength & Stretch (Elm Room)

Wednesday

8am Tai Chi (Pavilion)
 9am Walking Group (Flagpole)
 9:15am Strength & Stretch (Pavilion)
 9:15am Strength & Stretch (Elm Room)
 11am Strength & Stretch (Pavilion)
 11am Chair Yoga (Elm Room)

Thursday

8am Muscle Toning (Pavilion)
 9am Balance Class (Pavilion)
 9:30am Functional Strength (Fire Pit)
 10:30am Cardio Fit (Elm Room)
 11am Strength & Stretch (Pavilion)

Friday

9am Walking Group (Flagpole)
 10:30am Mat Yoga (Elm Room)
 11:15am Strength & Stretch (Pavilion)
 11:15am Strength & Stretch (Elm Room)

Sign up at Woodside, to the right of the front door, on the day before the class you wish to attend.

Looking for a Ted Talk?

Try *Can We Edit Memories?* by Neurologist Amy Milton. Trauma and PTSD rewire your brain — especially your memory — and can unearth destructive emotional responses when stirred. Amy Milton's research offers a potential path toward better mental health. *Here's the link:*

https://www.ted.com/talks/amy_milton_can_we_edit_memories#t-549891

Resistance Exercises from Russ Jones — Seated Leg Extension

The Seated Leg Extension engages the quad muscle. It's illustrated for you on Page 12.

Table Push-Up

The Table Push-Up primarily utilizes the pectoral muscle. It's illustrated for you on Page 12.

Fall-Proofing Your Home

Six out of every 10 falls happen at home, where we spend much of our time and tend to move around without thinking of our safety. There are many changes you can make to your home that will help you avoid falls and ensure your safety.

In Stairways, Hallways, and Pathways

- Have handrails on both sides of the stairs, and make sure they are tightly fastened. Hold the handrails when you use the stairs, going up or down. If you must carry something while you're on the stairs, hold it in one hand and use the handrail with the other. Don't let what you're carrying block your view of the steps.
- Make sure there is good lighting with light switches at the top and bottom of stairs and on each end of a long hall. Remember to use the lights!
- Keep areas where you walk tidy. Don't leave books, papers, clothes, and shoes on the floor or stairs.
- Check that all carpets are fixed firmly to the floor so they won't slip. Put no-slip strips on tile and wooden floors. You can buy these strips at the hardware store. Don't use throw rugs or small area rugs.

In Bathrooms and Powder Rooms

- Mount grab bars near toilets and on both the inside and outside of your tub and shower.
 - Place non-skid mats, strips, or carpet on all surfaces that may get wet.
- Remember to turn on night lights.

In Your Bedroom

- Put night lights and light switches close to your bed.
- Keep a flashlight by your bed in case the power is out and you need to get up.
- Keep your telephone near your bed.

In Other Living Areas

- Keep electric cords and telephone wires near walls and away from walking paths.
- Secure all carpets and large area rugs firmly to the floor.
- Arrange your furniture (especially low coffee tables) and other objects so they are not in your way when you walk.
- Make sure your sofas and chairs are the right height for you to get in and out of them easily.
- Don't walk on newly washed floors—they are slippery.
- Keep items you use often within easy reach.
- Don't stand on a chair or table to reach something that's too high—use a "reach stick" instead or ask for help. Reach sticks are special grabbing tools that you can buy at many hardware or medical-supply stores. If you use a step stool, make sure it is steady and has a handrail on top. Have someone stand next to you.
- Don't let your cat or dog trip you. Know where your pet is whenever you're standing or walking.
- Keep emergency numbers in large print near each telephone.

Source: National Institute on Aging

Celebration of Weddings 2020



This from Brenda:

What an amazing day yesterday ... This year's Celebration of Weddings Event was even more beautiful than our last. Thanks to everyone who sent along their wedding photo and shared their special song ... Both added so much to this event. It makes my heart smile to see all of you reminiscing about your special day ... looking into each other's eyes, holding hands during your "special song" and being able to photograph you beneath the "Rays of Love" ... I will never tire of the joy and love I witness every year during this event!



Thanks also to my amazing Team Taylor Team Members who stepped up to help out ... serving meals, taking photographs and helping in any way they could (I'm missing Tammy Steven's photograph!) ... How wonderful to work with a group of people so willing to support one another! Thanks to our incredibly talented Glendale Dining Services Staff who always put together a meal that is beyond expectations ... And Lou ... the Tiered Wedding Cake!? Your talents amaze me! Thanks for my "behind the scenes" volunteers who spent hours helping me decorate the room, rolling tulle and making veils and boutonnieres for our ladies and gentlemen to wear during the event ... You are always there when I need your help! Taylor Community is a pretty amazing place ... thanks to ALL of you!

Presenting our Happily-Weds!



Judy & Caesar



Henry & Nancy



Rod & Gail



Ray & Paula



George & Anna



Sharon & Larry



Wendy & Chuck



Eleesa & Ron



Dave & Nancy



Ethan (standing in for John) & Kit



Margaret & Russ (standing in for Bill)



Sandra & Russ (standing in for Nixon)



Ethan (standing in for Dick) & Carol



Gretchen & Heather (standing in for Lorraine) & Joe



Team Taylor: Russ, Gretchen, Brenda, Heather and Ethan



*A wonderful event...
so much love!
Thank you, Brenda and Team!*

Shopping Service for Independent Residents



With decreased demand for shopping services, Independent residents are asked to contact Hank Offinger at 366-1207 or hoffinger@taylorcommunity.org the night before their designated shopping day if they wish to use the service. Please then place your shopping list in your newspaper tube if you live in a cottage — or the envelope in the Woodside mailroom if you live in Woodside — the night before. A \$10 fee has been reinstated for Independent residents only; residents of Taylor Home and Ledgeview are still under restrictions and will incur no charge.

In-Person Outdoor Visits to Begin in Taylor Home and Ledgeview



We are working on plans for outdoor visits to begin the week of July 13th. While we have sorted out some of the details, we have not yet designated days. Here's what we DO know:

Per State guidelines, Residents can have no more than two guests at each visit, and all guests must be over the age of 12. Pets are not allowed, and all visitors must be monitored by a staff member at all times. Residents and visitors must stay at least six feet apart at all times, and there can be no physical contact.

Here at Taylor Home, outdoor visits will take place in the back parking lot, outside the atrium. We will be setting up two tents—one for the Resident, and one for visitors. We will ask guests to park here in the back lot, near the tents (there will be designated spots). We will ask you to please remain in your vehicle until the previous group has vacated the "visitor" tent. We will ask you to move directly from your vehicle to the visitor tent, and directly back to your vehicle at the conclusion of your visit.

If you have items to drop off to your loved one (like with the window visits, please keep these within reason!), please bring them in a box or bag, and place them at the back of your tent—the staff member overseeing the visit will be happy to pick them up, sterilize them, and will bring them to your loved one at the end of your visit.

We will likely start with these visits one day per week, and they will be replacing a day of window visits. We will expand availability as we are able. We will let you know once we pin down our schedule!

Similar to the window visits, scheduling will be done the same way (via email through me), and we will be scheduling half hour blocks to allow for roughly 20 minute visits, with time to sterilize the Resident area and bring Residents to and from the visit area between.

We ask for your patience as we work through the logistics of getting these outdoor visits set up and working smoothly, and your understanding that we may not be able to offer them as frequently as some families might like. Please be aware that the staff members who are facilitating these visits are also handling myriad other duties, in addition to trying to keep up with our "regular" jobs. The nurses and LNA's who work here every day are working hard to care for your loved ones—as they should be—and have little time to spare to add any additional duties to their days. So, please know that we will continue to do the very best we can with the resources we have (and we are working on adding MORE resources!)—both with the outdoor visits, as well as facilitating as much contact between Residents and families during these unprecedented times. We appreciate your understanding and patience!

~ Danielle Bertagna

Taylor Home and Ledgeview Window Visits



Window visits are being coordinated by Danielle Bertagna for Taylor Home residents and Diane Poh for Ledgeview residents.

Specific areas have been set up with tents and chairs for the Residents' visitors at each building:

- Taylor Home: patio area outside dining room
- Ledgeview 1st and 3rd Floor: patio area outside main dining room
- Ledgeview 2nd Floor: 2nd floor vestibule

Visits are scheduled Monday, Tuesday and Thursday mornings from 9am—Noon; and Wednesday and Friday afternoons from 1—4pm, with 20-minute visits scheduled each half hour. The ten minutes between visits will be used to sanitize the phone and the resident area inside, and to bring the next resident in for their visit.

Scheduling will be done via email. Please email Danielle, dbertagna@taylorcommunity.org for residents of Taylor Home; or Diane at dpoh@taylorcommunity.org for residents of Ledgeview. If possible, list a few date/time options that might work for you. Your visit date/time will be confirmed via email, and is not certain until you receive this confirmation.

A maximum of four visitors is allowed, and we must have all names in advance to provide to security at the gate as temperature/symptom checking will be required. Please do not visit if you have any symptoms; security will turn you away if you have any symptoms or a temperature over 100 degrees. If possible, please wear a mask.

Further instructions will be provided via email when you schedule your visit. We ask that you carefully follow all guidelines provided for the safety of all. *Thank you!*

Taylor Home Residents Create Wreaths & Lavender Sachets for the LNAs that Care for Them in Honor of National LNA Week



THANK YOU Taylor LNA's!

Campus Parcel Delivery Continues Wednesdays, 11am—Noon



A Taylor Community vehicle and staff will be in the Taylor Home parking lot to receive deliveries on Wednesdays, from 11am – Noon. We ask that if folks want to drop off items, they park on Walker Street and bring the item to the Taylor vehicle that will be located at the end of the Taylor

Home parking lot. Drop off items will not be accepted at the main entrance. Please have the items pre-labeled with the resident's name and address.

We ask everyone to be mindful of social distancing while dropping off packages and to respect the time window; we will only be accepting items during the specified period. If you have any questions, please call the Marketing Office at 366-1400. *Thank you!*

Ledges Residents, Not Sure Where to Pay Your Bill?

There's payment box in Woodside's front entryway. Helen will make sure it gets to the Business Office via interoffice mail.

COVID-19:

Know How to Protect Yourself & Others

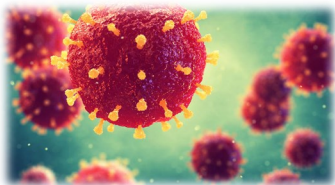
- Know how it spreads
- Wash your hands often
- Avoid close contact with others
- Cover coughs and sneezes
- Clean and disinfect
- Monitor your health



Visit the Centers for Disease Control and Prevention's website for more information:

<https://www.cdc.gov/coronavirus/2019-ncov/prevention-getting-sick/prevention.html>

Back Bay Gardeners Have Green Thumbs Too!



COVID-19 Testing Update

The 3rd round testing of all staff has again come back with 100% negative results.

We continue to be COVID-free on campus.

***This is a snapshot in time.
Do not let your guards down.
Keep washing those hands!***



In Memoriam

Emily Johnson
September 27, 1926 – June 17, 2020
Taylor Resident Since 2001

Stewart Stringfellow
December 7, 1925 – June 25, 2020
Taylor Resident Since 2014

Eleanor Swain
September 9, 1943 – June 26, 2020
Taylor Resident Since 2017



Woodside Theater Listing — Showtime 1:00pm

RSVP is required to Brenda at bkean@taylorcommunity.org or 366-1226.

Movie attendance is limited to ten individuals.



Monday – July 6 – **Lawrence of Arabia** – Winner of 7 Academy Awards including best Picture (1962), this is the restored director's cut of the breathtaking masterpiece. Run time 3:47.



Monday – July 20 – **Good Will Hunting** – Matt Damon stars as a young, headstrong working-class genius, cleaning the floors of America's top university and failing at life until he meets a psychology professor (Robin Williams), who may be the only person who can reach him. Run time 2:06.



Tuesday – July 7 – **Evan Almighty** – Steve Carell at his hilarious best as junior congressman Evan Baxter, whose wish to "change the world" is heard by none other than God. When God appears with the perplexing request to build an ark, he's sure he's losing it. Run time 1:35.



Tuesday – July 21 – **American Graffiti** – Coming of age classic, directed by George Lucas, following four teenagers in the early 50s on their last summer night before college. Stars Harrison Ford, Richard Dreyfuss and Ron Howard. Run time 1:53.

Wednesday – June 24 and Thursday – June 25 – **Cirque Du Soleil – Amaluna** – Cirque Du Soleil presents *Amaluna*, a captivating one-hour TV special. *Amaluna* invites the audience to a mysterious island governed by Goddesses and guided by the cycles of the moon. Run time 0:52.



Wednesday – June 24 and Thursday – June 25 **The King and I** – Set in 1860s Bangkok, the musical tells the story of the unconventional and tempestuous relationship that develops between the King of Siam and Anna, a British school teacher whom the modernist King, in an imperialistic world, brings to Siam to teach his many wives and children. One of the finest scores ever written including *Whistle a Happy Tune*, *Getting to Know You*, and *Shall We Dance*. Run time 2:39.



Friday – July 10 – **John Szarkowski on Ansel Adams** – During his nearly 3-decade tenure as Director of The Department of Photography at The Museum of Modern Art in New York, Szarkowski recast the world's thinking about the art of photography. He tackles the deeper significance of Adams' work beyond his enduring popularity as an environmental pioneer and rhapsodist of the American West. Run time 0:39.

Monday – July 13 – **Toy Story** – Woody, a cowboy doll, is Andy's favorite. But when Buzz Lightyear arrives, the space hero takes Andy's room by storm! Their rivalry leaves them lost and in a nightmare with Sid, a toy-torturing boy next door. To escape they need to work together. Run time 1:21.



Friday – July 24 – **The Sandlot** – During a summer of friendship and adventure, one boy becomes a part of the gang, nine boys become a team and their leader becomes a legend by confronting the terrifying mystery beyond the right field wall. Run time 1:41.

Monday – July 27 – **Grease** – *Grease* is the one that you want! Go back to high school with Pink Lady Sandy (Olivia Newton John), leader of the bad-boy T-Birds Danny (John Travolta), and a rockin' and rollin' all-star cast. Run time 1:50.



Tuesday – July 14 – **The Philadelphia Story** – Katharine Hepburn, the snooty daughter of a wealthy family, is about to marry for the 2nd time. In walks her cunning ex-husband Cary Grant with tabloid reporter James Stewart in tow. Run time 1:52.



Tuesday – July 28 – **The Goonies** – Ordinary kids discover a secret treasure map and their sleepy seaport lives are transformed into a fun-filled rollercoaster ride. Run time 1:53.

Wednesday – July 15 and Thursday – July 16 – **Les Miserables** – In celebration of 25 amazing years of the landmark musical, the occasion is marked with two sell-out shows at The O2, and live relays to cinemas around the world where audiences stood, clapped, cried and cheered. An awe-inspiring spectacle with cast including Nick Jonas, Matt Lucas, Lea Salonga, and Alfie Boe. Run time 2:50.



Wednesday – July 29 and Thursday – July 30 – **The Wind in the Willows** – Join Ratty, Badger, Mole and the impulsive Toad as they embark on a series of riotous adventures spiraling from Toad's insatiable need for speed! Featuring eye-poppingly beautiful design, exuberant choreography and a gloriously British score. Run time 2:22.



Friday – July 17 – **Steel Magnolias** – A warm and witty celebration of friendship, Southern style. Sally Field and Dolly Parton topline an all-star ensemble cast in this smash hit. Run time 1:58.



Friday – July 31 – **Something's Gotta Give** – A perennial playboy who's never dated a woman over thirty finds that love is as serious as a heart attack when he falls for his girlfriend's mother. Too bad she's now dating his young doctor! Run time 2:08.

Remaining Virtual Programming for July

Touchtown TV Channel 98 at 6:30pm:



Monday – July 6 – **Blues Music: Keb Mo Live on LRBC** – Run time 1:28. <https://www.youtube.com/watch?v=1BIL39J7agw>

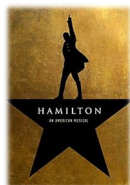


Monday – July 20 – **Natalie Cole, The Unforgettable Concert** – Run time 1:29. <https://www.youtube.com/watch?v=vyZu331aBkl>

Tuesday – July 7 – **Ballet: Alice in Wonderland** – NY State Ballet. Based on the 1865 novel by Lewis Carroll, it tells of a young girl named Alice, who falls through a rabbit hole into a subterranean fantasy world populated by peculiar, anthropomorphic creatures. Run time 0:56. <https://www.youtube.com/watch?v=c2wWq25p5Sk&t=627s>



Tuesday – July 21 – **Ballet: Le Corsaire** Adolphe Adam's Ballet in Three Acts. A pirate ship sails across the high seas, captained by our hero Conrad and his faithful pirate crew, on a mission to rescue Medora, Conrad's love, from the hands of the slave trader who is selling his slave girls in a busy marketplace. Run time 1:54. https://www.youtube.com/watch?v=DtU_pqpxvi4&list=PLhgllft-Tg-BepvKRNGT2-EIX55GXA-ab&index=14



Wednesday – July 8 – **Musical: Hamilton** – Music, lyrics, and book by Lin-Manuel Miranda. *Hamilton* tells the story of American Founding Father Alexander Hamilton through the use of modern storytelling methods. It has been described as being about "America then, as told by America now." Run time 2:27. <https://www.youtube.com/watch?v=WxfqOf6NCQU>



Wednesday – July 22 – **Movie: Anything Goes** Bill Benson (Bing Crosby) and Ted Adams (Donald O'Connor) team up as headliners in an upcoming Broadway play. While vacationing separately in Paris, each actor finds his own leading lady for the show without consulting the other. When the two men run into each other on an ocean liner heading home, they must sort out the mess and decide on only one girl for the starring role. Run time 1:45. https://www.youtube.com/watch?v=NVy_x7q2jDw&t=43s

Thursday – July 9 – **Opera: The Pirates of Penzance** – Indiana Wesleyan University presents Gilbert and Sullivan's *Pirates of Penzance*, Phillippe Performing Arts Center in Marion, Indiana. Run Time 1:49. <https://www.youtube.com/watch?v=3KRbCTFqTIE&t=1056s>



Thursday – July 23 – **Opera: La Boheme** – An opera in 4 acts, composed by Giacomo Puccini, set in Paris around 1830, and showing the Bohemian lifestyle of a poor seamstress and her artist friends. Run time 1:52. <https://www.youtube.com/watch?v=I1OeE3nZLBc>



Monday – July 13 – **Jazz Music: Kenny G** – Full Concert 2019, Newport Beach, CA. Run time 2:06. <https://www.youtube.com/watch?v=IQiDaqdbCbs>



Monday – July 27 – **Beethoven 9** – Chicago Symphony Orchestra, Riccardo Muti. Run time 1:21. <https://www.youtube.com/watch?v=rOjHhS5MtvA&t=112s>

Tuesday – July 14 – **Ballet: Mata Hari** – The most intriguing thing about Mata Hari's story is not the biographical facts, but rather her ability to keep transforming herself. At every change in her eventful life, she succeeded in reinventing herself: as dancer, diva, and spy. She never gave up. Run time 1:53. <https://www.youtube.com/watch?v=xAJHZiyIjs4>



Tuesday – July 28 – **Ballet: La Bayardère** – Set in the Royal India of the past, a story of eternal love, mystery, fate, vengeance, and justice. The ballet relates the drama of a temple dancer, Nikiya, loved by noble warrior Solor, and also loved by the High Brahmin. Run Time 1:00. <https://www.youtube.com/watch?v=64RluPP8Q90&list=PLhgllft-Tg-BepvKRNGT2-EIX55GXA-ab&index=39>



Wednesday – July 15 – **Documentary: Michael Palin and the Mystery of Hammershoi** – Vilhelm Hammershoi (May 15, 1864—February 13, 1916) was a Danish painter who was known for his poetic, subdued portraits and interiors. Run time 0:58. https://www.youtube.com/watch?v=fhQmS8KJeUo&list=PLxnp-02xLyMp17_uS-tFTI2SGs8z5lpSW



Wednesday – July 29 – **Documentary: The Doobie Brothers — Listen to the Music** – Run time 1:01. <https://www.youtube.com/watch?v=dr98hGGC8zg>

Thursday – July 16 – **OPERA: H.M.S. Pinafore; or The Lass That Loved a Sailor** – a comic opera in two acts, with music by Arthur Sullivan and a libretto by W.S. Gilbert. Run time 1:43. <https://www.youtube.com/watch?v=HWm-hOTwyXk>



Thursday – July 30 – **Opera: Madame Butterfly** – A short story by American lawyer and writer John Luther Long, based on the recollections of his sister, Jennie Correll, who had been to Japan with her husband, a Methodist missionary, and was influenced by Pierre Loti's 1887 novel *Madame Chrysanthème*. Run Time 2:26. <https://www.youtube.com/watch?v=9FfhWTMjKQk>





The Taylor Wheelies:

Paul Krampfert, Fred Neinas, John Ford, Forrest Seavey, Mike Burnham

From Mike:

- ◇ Our Motto: "Quiet Resolve"
- ◇ We maintain social and mental distance
- ◇ We 'mask- erade' (when masks are required)
- ◇ We carry water
- ◇ We carry squirt-devices (occasionally, watch out!)



Good Morning, Mr. Seavey! Mind if I have a bite? No? Thank you! See you tomorrow?

Resistance Exercises from Russ Jones:

Seated Leg Extension (from Page 6)

1. Sit in a chair with back perpendicular to the floor and up against the back of the chair.
2. Position your feet flat on the floor about shoulder width apart.
3. Position your knees over your ankles and flexed about 90 degrees.
4. Extend one of your feet out and away from your body until the leg is parallel to the floor.
5. Return your leg to the starting posture.
6. Repeat with the other leg, and then alternate sides.



Table Push-Up (from Page 6)

1. Stand close to a sturdy table.
2. Comfortably place your hands about shoulder width apart on the edge of the table.
3. Walk your feet back and away from the table until your body is comfortably supported by your arms and the posterior aspect of your body is straight heels to head.
4. Keeping the posterior aspect of your body straight, lower your heart towards the table by allowing your arms to flex.
5. Stop when you are about to lose peripheral sight of your hands.
6. Move your heart away from the table and back to the starting posture by extending your arms.
7. Repeat as many times as can be safely executed.

