



# December 2020

## COVE Activity Calendar via Zoom

Sun	Mon	Tues	Wed	Thur	Fri	Sat
		1 <b>"Giving Tuesday" Yoga 6PM</b>	2	3 Adj to Sight Loss 10AM	4	5
6	7	8	9	10 Adj to Sight Loss 10AM	11 AT Teck Talk 11AM	12
13	14	15	16	17 Adj to Sight Loss 10AM	18 Book Club 2PM	19
20	21	22	23	24 <b>Christmas Eve</b>	25 <b>Christmas</b>	26
				COVE CLOSED		
27	28	29	30	31 New Year's Eve	Jan 1 New Year's Day	2
				COVE CLOSED		

## **COVE's December Zoom Meetings**

We will miss our annual Holiday Potluck this year, with our special Santa visit. All of us at COVE wish Good Health to all of you in the coming weeks. We can still continue to meet remotely. The links are below.

If you are looking for a gift item, the COVE Store is open, although you will need to call ahead. Contact COVE at 209-722-8118 or [cove.merced@gmail.com](mailto:cove.merced@gmail.com) to make an appointment. Masks are required to enter at COVE.

The following Zoom links will connect you to any of the group meetings. We have simplified the process and you can use the same link for any of the meetings. Be sure to log in within 10 minutes before the start times, so that you don't miss anything.

Connect with COVE via Zoom, using one of these options:

Computer: <https://us02web.zoom.us/j/383007031> ; or

One tap mobile (smartphone/tablet):

**+16699009128,,383007031#** ; or

Phone Dial-in: **669-900-9128**

Meeting ID: **383 007 031**

### **Adjusting to Sight Loss Group**

**Thursdays: 10:00 – 11:00am**

This weekly meeting is open to all who are dealing with sight loss. Family members and caregivers are also

welcome. A different topic is presented each week with time for sharing.

### **Beginner Yoga Class**

**Tuesday, December 1<sup>st</sup> at 6:00 – 7:00pm**

Come learn and practice Yoga with extra description for the visually impaired. Wear comfortable clothing and have a mat ready.

### **AT Tech Talk**

**Friday, December 11<sup>th</sup> at 11:00am - noon**

The group meets the 2nd Friday of the month. This month's topic: Hosting your Own Holiday Teleconference

### **COVE Book Club**

**Friday, December 18<sup>th</sup> at 2:00-3:00pm**

**The COVE Book Club meets on the 3<sup>rd</sup> Friday of the month to review the month's book, as well as other good reads. December's book is *A Woman of No Importance: The True Story of the American Spy Who Helped Win WWII* by Sonia Purnell (DB095178).**

If you do not have access to BARD, COVE can download the book for you.

### **COVE Men's Group**

**Next meeting is cancelled due to the Holidays.**