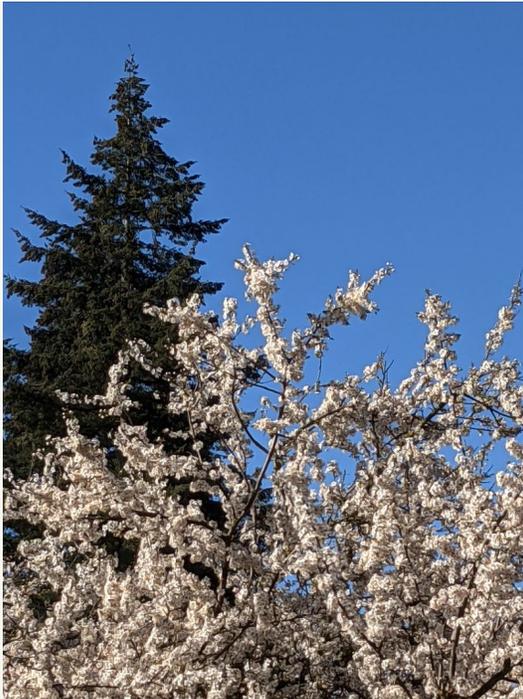


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Note from the editor: This long issue might get clipped automatically by some email programs. If that is the case for you, don't forget to click on the link at the end that says, 'read the entire message' or similar wording. Or just click on the top where it says, 'view this email in your browser'. Either way, we hope you will enjoy reading what's new and newsworthy with WLOO.

Spring Brings Color and our Annual Meeting



Like every year in April, Spring is in the air and it's time for a very important milestone for our Village. WLLO will be holding its **Annual Meeting** on Tuesday, April 20. That's a critical event in our organization's life because officers are being voted on, priorities set, and of course we are celebrating our members and volunteers. As a member, expect a small package the Saturday before. It includes a slate of officers so please keep that handy. As last year, this year's Annual Meeting will be hosted online as well. We sincerely hope it's the last virtual one for a while!



It is with great pleasure that we welcome and introduce our newest members to WLLO Village. Please join us in making Susan C., Marjorie S.,

Lois and Stuard E. feel welcome in our Village.



The NO-GUILT Book Club meets once a month on Zoom. In our April meeting, we will be discussing the books tied in with Africa, as a plot, as a place, by the author's origin...we're looking forward to your contributions.

As always, you can read whatever you want about the theme of the month, or nothing at all. If you enjoy books and like talking and hearing about them, feel free to participate even if you haven't read anything recently.

For the month of May, historical fiction is the name of the game. Read a book in which the characters and setting are in a time when you learn something interesting about a different time or place. Everyone is welcome!



April Birthdays

Karin M., Janet P., Lois E., and Jeanne K. will be celebrating their birthdays in April. We are joining their friends and families in wishing them a very happy birthday, good health, and all the best for the future.

Alluring Activities in April

Read all about our planned activities this month in the calendar below or on the website. Here are a few things we wanted to point out.

Tomorrow, on the last day of March, one of WLO's resident gardeners will answer questions and give tips about **how to ready the soil and plant a vegetable garden**. It's an online event so hurry to get log-in information for the 1 pm session on Wednesday, March 31.

Our **recycling activities** are scheduled for Tuesday, April 13. We are going to pick up electronics so take some time and go through your garage or storage and if there are old gadgets, our volunteers are happy to take them off your hands. Just call the office to schedule a pickup.

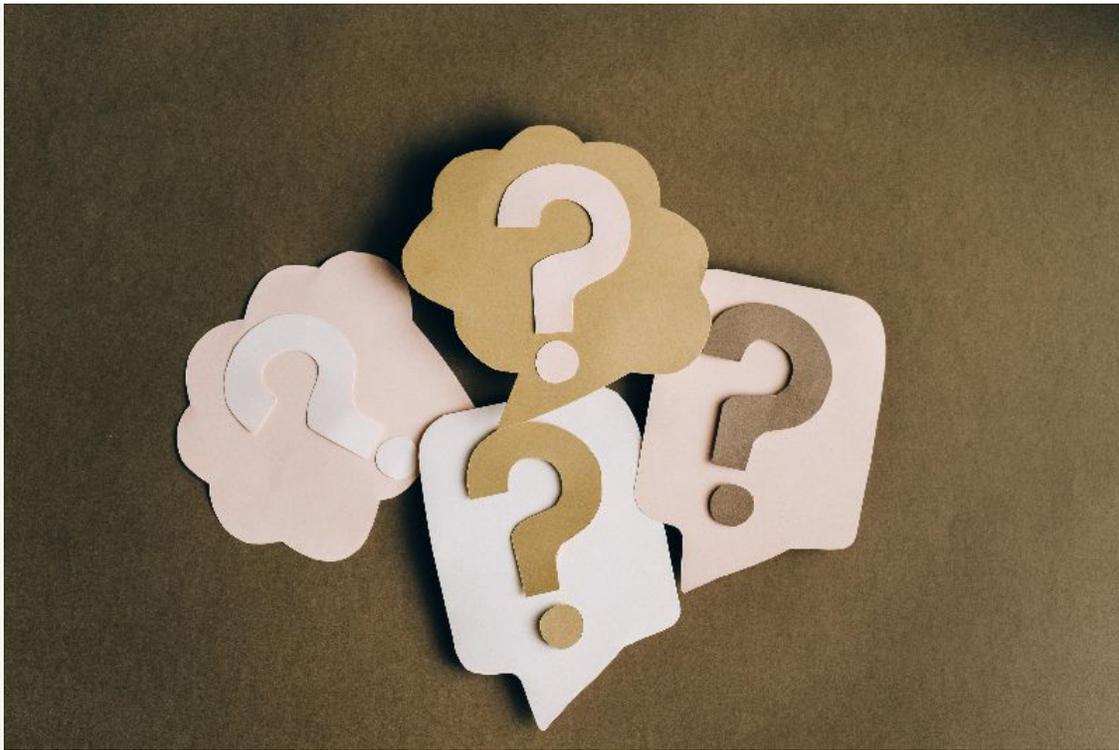
Thursday, April 22, is **WLO's Volunteer Appreciation Day**. We have a little surprise planned to say thank you to all the men and women who help out on a daily basis to make the lives of our members a little bit easier, and to bring them some joy.

One ongoing effort is our **puzzle exchange**. If you finished a puzzle or gave up on it (we won't judge), call the office for a contact-free pickup and exchange. Tell us your preferences for picture types (art, nature, scenic, abstract, etc.) and how many pieces you would like (500, 1000, etc.) and we will do our best to find one that fits. Share in the fun!



This is not an advertisement for Amazon, rather a suggestion to do good while shopping if you're one of the users of the site. Instead of shopping on www.amazon.com, enter www.smile.amazon.com in your browser. You won't be able to tell a difference since both sites have the same products and prices. A non-profit of your choice however will see a change. Why? Because Amazon allows you to select a charitable organization that will benefit from your shopping sprees - 0.5% of eligible purchases to be exact.

In the last quarter alone, Villages NW was awarded almost \$50 because of purchases made by people who had selected "Villages NW - Metro" as their charity. Pick a charity, any charity, and take advantage of this service.



If you're getting this newsletter and are not yet a member or volunteer, you might have questions about WLLO Village. You're in luck. We are going to conduct two introductory sessions in May. On Tuesday, May 4 at 5 pm, and on Wednesday, May 19, at 10 am, you'll have the opportunity to learn more about us and get your questions answered. Mark your calendar and watch for details in next month's newsletter.

Why Older People Managed to Stay Happier During the Pandemic

This maybe surprising statement is the headline of an article that was published in the New York Times on March 12, 2021. If you have a subscription, you can find it [here](#).

In a nutshell, the article says that "age and emotional well-being tend to increase together, as a rule, even as mental acuity and physical health taper off. (...) Compared with young adults, people aged 50 and over score consistently higher, or more positively, on a wide variety of daily emotions. They tend to experience more positive emotions in a given day and fewer negative ones, independent of income or education, in national samples (work remains to be done in impoverished, rural and immigrant communities)."

One of the scientists referenced in this article is Susan Charles, a professor of psychology at the University of California, Irvine. Here is a

quote of hers towards the end of the article that summarizes some of the findings. "I think the older generation now, as much as it's been threatened by COVID, they're beginning to say, 'My life is not nearly as disrupted as my children's or grandchildren's,' and that is where our focus on mental well-being should now turn."



Don't forget to check out our new WLO video channel on YouTube. We have four videos posted so far. Here is [the link](#).

Events in the Month of April

If you know of any event that would be a great addition to our activities, or if you have comments or suggestions about an event you attended, we want to hear from you. Please email us at info@wlovillage.org or leave us a message at (503) 308 8223.

Wednesday, March 31
Vegetable Garden Tips
1:00 pm
Online

One of our resident gardeners will provide tips and answer questions about how to ready the soil for a vegetable garden and what to plant when. Call or email the office for sign-in or call-in information!
RSVP required to get the dial-in information.

Every Monday. April 5, 12, 19, 26
TED Talk & Discussion
1:00 pm
Online

Each week we will choose a brief TED Talk to watch together then have a short discussion. Call or email the office for sign-in or call-in information!
RSVP required to get the dial-in information.

Thursday, April 1
Online Happy Hour
5:00 pm
Online

Join us for our fun online gathering. Be prepared with your own beverage and snack and let's enjoy each other's company. Contact the office (503-308-8223) or email info@wlovillage.org to get log-in details and the

password.

RSVP required to get the dial-in information.

**Every Friday. April 2,
9, 16, 23, 30**

Friday Coffee

9:00 am

Online

WLLO is hosting a virtual gathering every Friday at 9 am. Contact the office (503-308-8223) or email info@wllovillage.org to get log-in details and the password.

RSVP required to get the dial-in information.

**Tuesday, April 13
The No-Guilt Book
Club**

10:00 am

Online

Join us for our no-guilt book club meeting where you can read whatever you want following a general theme. Africa is the theme for today's discussion!

Come prepared to talk about your favorite piece of literature. If you haven't read for a while, maybe you'll be inspired after our discussion! We will send out an email with the Zoom link to all members and volunteers a day or two before the gathering. Or call the office! 503-308-8223.

RSVP required to get the dial-in information.

**Tuesday, April 13
Recycling Pickup
Day**

All Day

We are picking up electronics. If you find some old electronics in your garage or storage. email info@wllovillage.org or call the office at 503-308-8223 to schedule a pickup. **RSVP required to get on the list!**

**Thursday,
April 8, 22
DEI Affinity Group**

2:00 pm

Online

The DEI Affinity Group meets via ZOOM on the second and fourth Tuesdays, 2:00-4:00 pm. All village volunteers and members are invited to join the Zoom video call and listen to speakers, get DEI resources, hear what is happening in the Village Movement California and more. Join the group and share your personal experiences with ageism, sexism, ableism, racism and more. Learn more about diversity, equity and inclusion and how these social issues affect villages. To get the ZOOM link or for more information contact Jurie Lewis, DEI Affinity Group facilitator, at realestatebyjury@msn.com. Or call the office and we will facilitate the connection.

Thursday, April 15
Online Happy Hour
And Games

5:00 pm
Online

Join us for our fun online gathering. Be prepared with your own beverage and snack and let's enjoy each other's company. Contact the office (503-308-8223) or email info@wlovillage.org to get log-in details and the password.

RSVP required to get the dial-in information.

Tuesday, April 20
WLO's Annual
Meeting

5:00 pm
Online

Join us for our Annual Meeting. We start out with some business including voting on officers but then quickly move on to celebrate our members and accomplishments. Contact the office (503-308-8223) or email info@wlovillage.org to get log-in details and the password.

RSVP required to get the dial-in information.

Thursday, April 22
WLO Volunteer
Appreciation Day

All Day

We are celebrating our volunteers with a little something. Stay tuned.



Last but not least: If you're stuck at home and bored, check out [our tips for PlayTime on our website](#). We're sure you'll find a distraction that will

brighten your day.



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