



MONDAY, FEBRUARY 1ST, 2021



The original plan for this month's issue was to highlight equipment and services Centers are using to create, host and promote their virtual programs. BUT, the overwhelming feedback we received after last month's issue was to talk more about the virtual programs out there and which are most popular. So we will!

### It's Time To Vote!

It's time for the 6th Annual MySeniorCenter Network Logo vote! 50 more logos have been submitted, and it's time again to vote for your favorites from across the Network. Coming up with a new logo and/or branding message is an important strategic goal for many Senior Center boards, so we'll recap all of your votes and present an aggregated view next month so you'll be able to share the results. Congratulations to last year's [Gold Medal Winners](#): Barnstable Adult Community Center, Saratoga Area Senior Coordinating Council, Colonie Senior Services and Lexington Recreation & Community Programs! Which Centers will be next to join them at the top of the podium?

It'll take less than 2 minutes to scroll through all the logos and cast your votes. Click the big thumb to get started.



We also have broadcasting tips for vaccination plans and some exciting news that can help with your virtual offerings.

And don't forget to vote for your favorite logos! We'll recap the results next month. See the section on the left called "It's Time To Vote!" for more information and just **click on the big thumb** to vote for your favorites. At some point we'll be done with this pandemic and evaluating your brand will come back to the forefront. Plus it's fun to see all the great logos!



Welcome to...Fun Facts - the  
*Virtual Reality*  
edition

Enjoy!

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### Banana Pancakes

Last month we highlighted how virtual cooking classes have become popular across the Network. Dozens of emailers wanted to know specifics about the classes so they could try a few on their own. Before showing the most popular classes, here's some context about the broad types that have been popular. We grouped these manually just for some perspective:

If you didn't get a chance to submit your logo but would like to include it for the next vote, [please click here to send us an email and include a copy of the logo.](#)

### Printable Version Of This Issue?



### Vaccination Station

In addition to using Voice Connect to broadcast information about vaccination options in your community, you can also use the text broadcast function. Texting is useful because it provides two-way communication and reduces the number of inbound phone calls. We're also building a Campaign Manager that will allow you to broadcast to a specific number of people and then track if they've received the email, call or text. Here's a [sneak peek at the interface](#). If you need help with Voice Connect or texting, [just drop us a line](#).

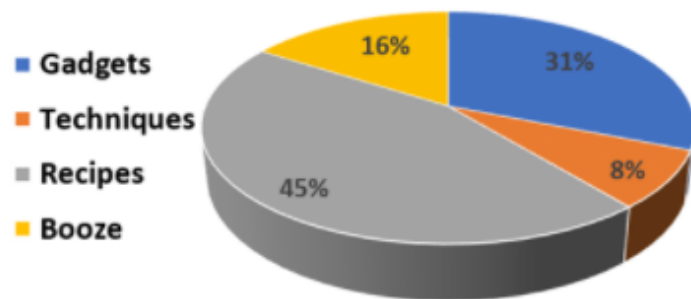
### Crowdsourced Memes

Thank you for submitting more memes. We've selected a few for your giggling pleasure:



To those who still wear their mask below the nose, it's been almost a year now; it takes less time to potty train a toddler.

### Cooking Classes by Type



For reference, any class called "Cooking with Chef Naomi", or similar, was put in the *Recipes* category and then the *Daily Meals* grouping. Here are the most popular groupings for each category:

#### Gadgets

Air Fryer  
Bread Machine  
InstaPot  
Juicers/Blenders

#### Booze

Wine tasting  
Daily cocktails  
Mocktails  
Seasonal beers

#### Recipes

Daily meals  
Baking  
Brunch

#### Techniques

How to roast  
Meat temps  
Sous vide  
Steaming  
Stir-fry

Here's a fun [daily cocktail class](#) complete with costumes. Feel free to share with your group or keep it to yourself. Whatever works - we're not judging :)

### Eye of the Virtual Tiger

According to the 2018 [Physical Activity Guidelines for Americans](#) report, adults need two types of physical activity per week - aerobic and muscle strengthening - for healthy aging.

Here are the most popular types of virtual fitness programs across the Network for the month of January:



'We've moved a few things around. Travel books are in the Fantasy section, Politics is in Sci-Fi, and Epidemiology is in Self-Help. Good luck.'

**THIS SUMMARIZES  
MY LOVE LIFE**



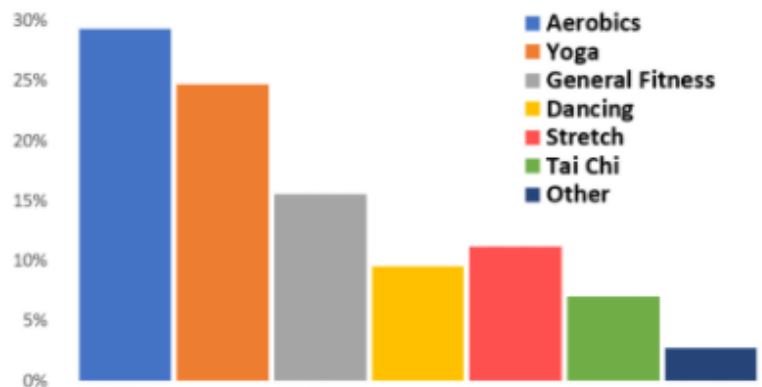
**I'M THE GUY IN  
BLUE**

Tomorrow  
is National  
Stay in  
Bed Reading Day.  
I just made  
it up.  
Tell the others.

### Important Tutorials

- [Voice Connect](#)
- [MyActiveCenter Overview](#)
- [Creating Event Series](#)
- [Accepting Online Payments](#)

### Virtual Fitness by Popularity



Aerobics and yoga make up over 50% of the virtual fitness spectrum. Makes sense given what's outlined in the CDC report!

### Two Martini Lunch

We heard from Rachel in Oregon, WI that she's been hosting "**virtual**" **congregate meals**. Anyone can call into the conference line, say hi, listen to piano music and enjoy their own lunch. Any kind of "togetherness" is worth it right now. Speaking of conference calls, bingo still seems to be the biggest hit. **Telephonic Bingo**, as Deanna from the Thompson Center in VT calls it, has all the rush and socialization of regular bingo. Cards can be mailed out beforehand or there are dozens of websites available for home printing if that's an option.

Conference call **birthday parties** were popular in January. Here's how it works: everyone having a birthday in a given month calls in on a certain day and time - just like going to a party. To get the conversation started (if it's even needed), start with the oldest person on the line and have them talk about their school days, favorite foods as a kid, first book, first memory of a newsworthy event, whatever. Go around the "room" from there. From what we've heard, you'll want to do it every month. Great stuff!

As Michelle at the Haywood County Center in NC has discovered in the last couple of weeks, just hearing their voices again and letting them talk to each other has been amazing. Parties, bingo and other themes are great to get the ball rolling, but just having a time for people to call in, share a virtual cup of coffee and shoot the breeze is a great thing.

## MySeniorCenter Fun Facts Printable Version: *Virtual Reality*

Page 4 (links not active)

Bill has created some tools to help you efficiently navigate MyTutorialCenter and even create custom lists for your staff. He calls them *Tutes Tools* and you can check those out [here](#).

If you'd like training on MySeniorCenter, either as a refresher or for new staff, just send an [email to our training team](#) or use the self-guided tutorial process [here](#). You'll need to create a login name but it's well worth it!



### **Forward to a friend or subscribe yourself**



Know someone who might be interested in this topic? Why not forward this email to a friend.

If you **DID** receive this from a friend and would like to subscribe to future issues, just click here: [to send us an email](#) and we'll add you to the list.

MySeniorCenter  
Boston, MA 02205-5071  
866.739.9745  
[www.myseniorcenter.com](http://www.myseniorcenter.com)

We've launched a super-simple conference service that provides you with a local number and doesn't require participants to dial a code or password. Just dial the number from any phone and you're in. If you'd like more information on MySeniorCenter's conference calling service, [send us a note](#).

### **Livin' in a Virtual Reality**

To help you with your virtual programming initiatives, we're pleased to announce we are working on an integration into Zoom so you can schedule your programs right through MySeniorCenter. Email reminders with the proper joining information will automatically be sent to all registrants. We'll have much more to share in the next few weeks, but here's a [look at the interface](#). To help you get started, everyone will get one free Zoom meeting per day and then for a flat annual fee, you can schedule as many Zoom meetings as you want, all through MySeniorCenter. We are looking for some people to help us in the next phase of testing, so if you're interested, you can contact Ann Marie [here](#).

### **Let Your Thumbs Do The Walking**

Help out the Network by [voting for your favorite logos](#). Your opinions will greatly benefit Centers who are looking to re-brand in the near future. Keep an eye out for the results next month!

**Happy Valentine's Day**

**Stay Safe!**