



COUNCIL
ON AGING
Needham

Hi Everyone,

Happy Father's Day to all you fabulous dad's out there! I hope many of you are getting spoiled. I know many can't be with those who make you dad's but I hope you get to connect on some level. Here are shout-outs to my dad, Don McIntire and my kids' dad, VJ Kelley!

We heard from many of you after our trusty volunteers delivered the Father's Day basil plants donated by Volante Farms! Our friend, Paula called Katie and Katie shared, ***"Would like to thank everyone for the basil plant. It was very thoughtful, we appreciate all that you do, Trader Joes delivery is the nicest part of the week for me, we want to express our greatest appreciation for everything you are doing and for your thoughtfulness in everything you do. Thank you very much."***

We heard from our dear friend, Anne. She wrote, ***"What an amazing job you are doing to help us stay connected and keep our sanity during these challenging times! Thank you for the great programs, the COA Daily Highlights and especially for the extraordinary acts of kindness you and "The Center Staff" provide. Armen is delighted with his Father's Day plant. With appreciation and gratitude."***

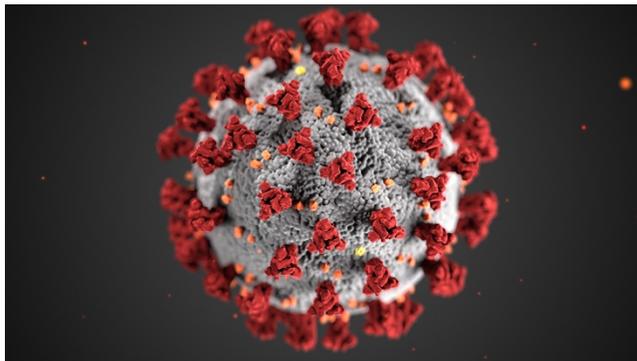
Again, if anyone wants to write Volante a thank you note, I know they would really appreciate it!

We also heard from our friend and very - much missed ballroom dance instructor, Betty. She wrote, ***"Loved that piano video of two strangers playing together! Brought back memories of the fun my father had playing piano for friends, he was always the hit of the party."*** What a sweet memory on Father's Day.

Now for some highlights.

NEWS/UPDATES

I know many are spreading their wings a little bit as phases of re-opening are occurring. Please, please be smart about social distancing and being safe. What a shame if the last three months were a waste of time. We can get through this and stronger on the other end, we just need to be patient. Here are some reminders and stats.



[Social Distancing, Quarantine, and Isolation](#)

Why practice social distancing? COVID-19 spreads mainly among people who are in close contact (within about 6 feet) for a prolonged period. Spread happens when an infected person coughs, sneezes, or talks, and droplets from their mouth or nose are launched into the air and land in the mouths or noses of people nearby.

www.cdc.gov

[COVID-19 Updates and Information | Mass.gov](#)

Resources & hotlines Sign up for text message alerts. Send COVIDMA to 888-777; Envíe COVIDMAESP al 888-777; Call 2-1-1 or use live chat for non-emergency questions and help; Email the Governor's Office or call (617) 725-4005; Abuse & assault. Domestic violence and sexual assault:

www.mass.gov

REMOTE PROGRAMMING

I want to remind everyone that when you are joining a Zoom program - please use the latest link as some have changed.

Topic: DRUMS ALIVE

Time: **M/W at 9:00 T/TH at 9:00 T/TH at 11:00 F at 9:00 (standing/chair supported)**

Drum Alive is back Daily! Kelly has been given the opportunity to provide Drums Alive classes at home for people of ALL AGES. The classes are being sponsored by Blue Cross Blue Shield and are FREE to all participants while we are in Stay At Home orders. Please email Aicha with any questions.

Let's get you started:

Here is a link to a signup page: <https://maichu.mp/ee3716c85d88/drumsalivecoa>

Once you fill out your contact info, I will send you more information to get going with classes at home.

1. Kelly will be sending out an ONLINE WAIVER Form you to sign. You can fill this out electronically. There are four spots for you to complete:
Location (your location will be your COA or Other), First and Last Name;

Date; and Signature. Your signature is electronic. You just have to "click" in the signature box and type your name. You will see a choice of fonts you can use for your "signature" and you are done. If you have any questions about it, please let me know. ksipe@bylfitandrec.org.

2. When you have submitted it, Kelly will send you the complete schedule of classes and you will be able to join any (or all) of them you choose.
 - o The Drums Alive classes are M-F at 9:00 AM and T/TH at 2:00 PM (the FRI 9:00 classes is a seated/standing class but open to everyone)

MONDAY

Topic: **Sandra Levy's Yoga***

Time: **Monday, June 22, 2020 @ 9:00 AM**

To join Zoom Meeting [Click here](#)

Meeting ID: 867 9291 9750

*Sandi's has such a following that her class always ends up with a lengthy waitlist. Now you can all see how wonderful her yoga program is. No wait list on Zoom!

Topic: **T'ai Chi with Scotty**

Time: **Monday, June 22, 2020 @ 10:00 AM**

To Join Zoom Meeting [Click here](#)

Meeting ID: 830 1525 3335

Password: 642623

*So Scotty came back last week and was a hit! (as we know he would be!) T'ai Chi is a slow-motion, moving meditative exercise for relaxation and health. Scott has studied various forms of martial arts since 1983, including T'ai Chi. Studies have shown that T'ai Chi can help you live longer, improve muscle strength, balance and flexibility, boost cognitive function, improve COPD symptoms, get better night-time sleep quality, improve symptoms of fibromyalgia, see improvements in cardiovascular fitness, reduce risk of falls, obtain moderate benefits for chronic nonspecific neck pain and more. Try it!

Topic: **Strength Training with Pearl***

Time: **Mondays, 2020 @ 10:30am**

To join Zoom Meeting [Click here](#)

*This SEATED exercise class is designed to accommodate mature individuals of various fitness levels. This class includes a a thorough warm-up, strength training, and gentle stretching to increase flexibility and reduce muscle tension.

Topic: **Kerrie Cusack's Monday Meditation***

Time: **Mondays, 2020 @ 11:00am**

To join Zoom Meeting [Click Here](#)

Meeting ID: 137 719 908

Password: 713980

*We can't be in the cozy library, but Kerrie always finds a cozy spot in her new home to have us all relax and rid ourselves of anxiety. Even if you have never meditated before, now is the time to give it a try. You won't regret it - especially when Kerrie runs it.

Topic: Western Gunslingers with Daniel Seligman*

Time: Monday, June 8 @ 11:00 AM

To join Zoom Meeting [Click here](#)

Meeting ID: **848 4743 2052**

Password: **430296**

*The course consists of ten Powerpoint seminars on the life and times of gunslingers who lived in the American West in the late 19th century and are well known in American popular culture. The seminars are broken up into two series: five on the “Good Guys” and another five on the “Bad Guys.”

The American West has been portrayed extensively in westerns and other media and subjected, on the one hand, to broad exaggeration, and, on the other, to a more recent tendency to uninformed debunking. The intent is to present the unvarnished truth, as far as it can be ascertained from historical records.

The Good Guys series consists of the following five seminars:

22-Jun	11:00 - 12:30	Buffalo Bill
29-Jun	11:00 - 12:30	Annie Oakley
6-Jul	11:00 - 12:30	Jesse James
13-Jul	11:00 - 12:30	Billy the Kid
20-Jul	11:00 - 12:30	Belle Starr
27-Jul	11:00 - 12:30	Black Bart
3-Aug	11:00 - 12:30	Butch Cassidy

Topic: Clutter Support Group*

Time: Mondays, 2020 @ 1:00 PM

To Join Zoom Meeting [Click here](#)

Meeting ID: **865 6904 4770**

*Our friend, Paul will be facilitating his regularly scheduled program **Clutter Support Group** via Zoom. Here is what Paul shared, "The Clutter Support Group is a gathering of men and women who meet weekly in order to solve their common problems of hoarding, cluttering and procrastinating. The only requirement to attend is the desire to change these negative habits and help one another. Our mission is to help to provide members with the tools and skills needed to live a clutter free life. We offer understanding, trust and hope in a caring, compassionate and discreet environment. With support, our desire is to help our members live a better life physically and emotionally.

Topic Opinion History with Ron

Time: Wednesday, June 24, 2020 @ 11:00 AM

To join Zoom Meeting: Stay tuned

*Look who's back!! Ron! Did you have a hard time in history class? Was it a mass of memorizing a continuous batch of presidents, kings, and battles that felt meaningless and you forgot all about them very quickly. This course is very different.

First, there are no right answers.

Second, there are only your opinions.

Third, I am the moderator. I do not have an opinion. I want to hear your thoughts and help to sharpen your opinions. All research will be done by you individually. I will not try

to sway you by giving you material to study. GOOGLE, GOOGLE, GOOGLE and THINK!

The topic is:

Slave Owners, Statue, and more. Hint: Don't forget Wilson Institute / Brown University

THURSDAY

Topics: Exploring the Sky Islands*

Time: Thursday, June 25 @ 1pm

To Join Zoom Meeting : [Click here](#)

Meeting ID: 822 5101 1557

Password: 903690

*Joy is back!! We get so much out of her presentations. The Sky Islands of Arizona are among the most diverse ecosystems in the world and contain the highest biodiversity in the US. Due to their rapid elevation from the desert below, some areas remain temperate even on the hottest summer days. It is this variety of climate zones, from desert to tropical and temperate climates, that support a vast range of wildlife. This diversity includes over half the bird species of North America, 29 bat species, over 3,000 species of plants, and 104 species of mammals. From the brilliant feathers of the elegant trogon and the camouflage of the tiny whiptail lizard to the striking pattern of the Arizona sister butterfly and the agile coatimundi with its long furry tail, the Sky Islands have many creatures that are rarely seen. See images of some of these rarely seen creatures and learn about current challenges to these Sky Island ecosystems from climate change to invasive species and more.

FRIDAY

Topic: **Center Short Story Discussion Group***

Time: **Friday, June 26, 2020 12:00 PM**

To Join Zoom Meeting [Click here](#)

Meeting ID: 853 0520 9804

Password: 623397

*We met last week and decided to make our Book Group a **Short Story Group** as this will make it less pressure to read a full book and make it more social. For anyone who wants to join in, the story we will discuss And/Or, by Sterling A. Brown. [Click here for Short Story](#)

You should always consult with your physician before engaging in any physical activity program. By participating in this online exercise class, you assume all dangers, hazards and risks of such participation. The exercises demonstrated by the instructors in this online class are physically demanding. If you are unable to safely perform these exercises, please modify them for your own safety or choose a different set of exercises.

ENTERTAINING/INTERESTING

This is a great website with many interesting article and videos of history, science, animals , strange news and more. This article is 9 years old but answered my question of how Father's Day came to be. [Click here for Father's Day and Neat Website](#)



[Father's Day Turns 100: How Did It Begin? | Live Science](#)

Father's Day is celebrating its 100th anniversary this year on June 19, and it all began when a young woman wanted to honor her dad. In May of 1909, Sonora Smart Dodd of Spokane, Wash., sat in ...
www.livescience.com

How many of you knew that Emperor Penguins are fabulous dads? I did because of the movie March of the Penguins. Here is the official trailer.



[March of the Penguins Official Trailer #1 - \(2005\) HD](#)

March of the Penguins movie clips:
<http://j.mp/1Ly5nhu> BUY THE MOVIE:
<http://bit.ly/2cyWZFE> Don't miss the HOTTEST NEW TRAILERS: <http://bit.ly/1u2y6pr> CLIP DESCRIPTION: An intimate look at the journey of Antarctica's emperor penguins. FILM DESCRIPTION: Emperor penguins overcome daunting obstacles in order to return to their breeding grounds for ...
www.youtube.com

Here is great article on the Emperor Penguin:



[Male emperor penguins are good dads | Earth | EarthSky](#)

By the time the female returns, sleek and full of food, the male may have lost 45 percent of his body weight. Ravenously hungry, he leaves to feed at sea. The offspring grow rapidly in summer when ...
earthsky.org

Here is a lesson about a place many dads would like to watch from afar: Antartica And I learned a new word! **Frigophilia**: Who knows what it is? Enjoy this lesson.



[Antarctica: A Virtual Reality Exploration | National Geographic Society](#)

Antarctica: A Virtual Reality Exploration Antarctica: A Virtual Reality Exploration Join National Geographic photographer Paul Nicklen for an unparalleled virtual reality tour of Antarctica, where he took incredible 360-degree footage of the breathtaking landscape and his encounters with wildlife.
www.nationalgeographic.org

Here is a work out geared towards dads and men - but I have a feeling it would benefit everyone.



[5 Core Exercises for Men Over 60 : Senior Fitness](#)

Subscribe Now:

http://www.youtube.com/subscription_c... Watch More: <http://www.youtube.com/ehowfitness> One great core exercise for men over 60 is the "dying cockroach." Learn about five core exercises for men over 60 with help from one of New York's hottest fitness experts in this free video clip. Expert: Jacques Laventure Filmmaker: Nicholas ...
www.youtube.com

Are you a stats person? Here are some interesting facts on Father's Day and gifts by the National Retail Foundation. What did you get other than basil? My hubby got a cooler, a tee shirt and a chiminea. My dad got 2 lilac bushes!

[NRF | Father's Day Data Center](#)

Father's Day Data Center Every year, Americans look forward to treating their dads on Father's Day and retailers offer up a variety of gift options that create new memories. NRF has been conducting its annual Father's Day survey with Prosper Insights & Analytics since 2003 to see how Americans celebrate dad on his special day.

nrf.com

Weren't able to get out to get a gift. Our Center How-To is how to make a Father's Day gift while staying home!



[8 Amazing Father's Day Gift Ideas During Quarantine | @Artkala](#)

Hey Guys, Father's Day is a celebration honoring fathers and celebrating fatherhood, paternal bonds, and the influence of fathers in society. In Catholic Europe, it has been celebrated on March 19 (St. Joseph's Day) since the Middle Ages. This celebration was brought by the Spanish and Portuguese to Latin America, where March 19 is often still ...

www.youtube.com

Many dads would want to be sitting down to watch our Sox play today. But, we have no baseball - yet! - so here are some video clips to keep the sport alive in your heart.

[Click here for Bball Endings](#)



[Craziest Endings In Baseball History!](#)

Thanks For Watching! Make sure to like, comment, and subscribe! New Videos Coming Soon! Comment video ideas in the comments!

www.youtube.com

Our Comic Relief Clip of the Day is funny for many reasons! Enjoy! [Click here for Fathers Knows Best](#)

[Father Knows Best: Bud Takes Up The Dance | Season 1 Episode 1 \(Full Episode\)](#)

Watch Father Knows Best: The Complete Series: <http://www.shoutfactorytv.com/series/...> Buy Father Knows Best: Season One: <https://www.shoutfactory.com/product/...>

Subscribe to SHOUTFACTORY: <http://bit.ly/1nm0dKP> Follow us on TWITTER: <https://twitter.com/shoutfactorytv> Like us on FACEBOOK:

<https://www.facebook.com/shoutfactorytv> Bud uses



an old ...
www.youtube.com

We are going to have 2 MAFA Songs of the Day. They are both very special to me and now, I hope they become special to you, all. Listen to the words!

Here is one of my favorite songs of all time. [Click here for Father & Son](#)



[Cat Stevens / Yusuf Islam - Father & Son - LIVE 2007 - #FiqueEmCasa e assistam vídeos #Comigo](#)

Vídeo extraído da coletânea de DVD "AMAR É ... no formato AVI.
www.youtube.com

And another one of my favorites that I don't think gets enough credit! Love you, Dad!! [Click here for Father & Daughter](#)



[Paul Simon and Friends \(1/6\) "Father and Daughter" \(2007\) HD](#)

In 2007 Alison Krauss, Stevie Wonder, Lyle Lovett, Ladysmith Black Mambazo, Marc Anthony, Art Garfunkel and a host of others joined Paul Simon in Washington, D.C., to honor Paul as the first recipient of the Gershwin Prize for Popular Song. Here he performs "Father and Daughter". Want to see more? Buy the DVD here: <http://www.shoutfactory.com> ...
www.youtube.com

Our Center Quote of the Day is from my Dad! ***"Patience is a virtue and God knows you have a lot of virtue!" ~Donald F. McIntire***