



COUNCIL
ON AGING
Needham

Hi Everyone!

I hope you are all doing well and enjoying less humidity and breezes! We had a town-wide staff meeting with many department heads, town manager, Kate Fitzpatrick and Katie King, the new Assistant Town Manager & Director of Operations. All departments are working tirelessly to keep Needham running as the great town it is.

The Programming Team had a staff meeting today to go over programs we will offer, brainstorm new ideas and have a look at Stacey's work on the new Compass! It looks so fabulous! Thanks, Stacey!

Katie was, again, very busy with the phones today so keep calling! The Center Staff is here for you! Please email me or call the Center Line @ 781-855-3629 for Katie and we will help you.

Now for some highlights.

NEWS/UPDATES

Our friend and Public Information Officer for Needham just posted the newest COVID - 19 updates for Needham and here they are:

[Needham MA Coronavirus Response Plan](#)

The state has launched the Contact Tracing Collaborative to help slow the spread of COVID-19. If you get a call from one of these phone numbers, 833-638-1685 or 857-305-2728 please pick up the call and participate in the discussion. You can help slow the spread of COVID-19. Online Services.

Needham offers: Online bill pay.
stories.opengov.com

And here are the State - wide stats on the Mass Public Health Dashboard.

[Click here for Dashboard](#)

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://maich.mp/eo3716e65d68/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)

Topic: Techie to the Rescue: One-on-One Technical Assistance*

Time: Anytime you schedule

To Book an Appointment: [Click here](#)

*Our Techie To the Rescue, Avrom is now offering one-on-one help with all things technical. As his nickname suggests, he is well-rounded in technology know - how, but if he doesn't know the answer to your question he will research, learn and teach! This is a paid program that you and Avrom will work out together.

FRIDAY

Topic: Balance, Posture, Core and More Class*

Time: Fridays, 2020 @ 9:30 AM

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

Meeting ID: 722 0848 3215

Password: **0ReAjR**

*Laila is back! You know her from Balance Deconstructed, one of our most popular programs at the Center. Now she is doing a virtual program for you to do at home. Balance is complex and multi-dimensional. This class will go over the components of good balance and will train you on how to improve it through a variety of exercises fir core and leg strengthening, posture awareness a d stretches for greater flexibility. **Please review the following User Agreement carefully before participating in this Zoom exercise class: You should understand that when participating in any exercise or exercise program, there is the possibility of physical injury. If you engage in this exercise or exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge Needham Council on Aging and its exercise instructor from any and all claims or causes of action, known or unknown.*

Topic: **Comfort Crew Coffee Hour***

Time: **Fridays, at 10:00am**

To Join Zoom Meeting

Meeting ID: **827 9871 2533**

Password: **12345**

*Comfort Crew is a program for families impacted by Alzheimer's/Dementia at varying levels. This is a virtual group for people experiencing Alzheimer's/Dementia and their caregivers intended to increase connectedness and provide families with comfort.

Please join us this week for a coffee hour. Bring your favorite beverage and join for a morning chat with the CATH social work staff and other group members.

Topic: **Strength Training with Pearl***

Time **Fridays, 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 thorough warm-up, strength training, and gentle stretching to increase flexibility and reduce muscle tension.

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](#)

Topic: **Techie to The Rescue Tech Talk***

Time: **Friday, June 26 @ 1:30PM**

To Join Zoom Meeting [Click here](#)

Meeting ID: **892 3752 3276**

Password: **025127**

*It's Friday and our Techie is back! Join Avrom to discuss all things technical! He will focus on new topics each week and you can also bring any questions you have - he's all yours! Don't stop joining or taking part in programs just because you aren't comfortable with technology. Avrom is your man!

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

Our friend and avid gardener, Sally sent us a link to some beautiful gardens to include daffodils, hydrangeas, Japanese Gardens, and more! Thanks, Sally!

[Garden Photos | Gibbs Gardens](#)

View our gallery to see photos taken throughout the gardens. For questions or information about the gardens, call 770-893-1881.

www.gibbsgardens.com

So this got me taking about our friends from the Showa School. I miss there visits. And now I miss our wonderful volunteer, Sandra who helped us make the partnership! Hi, Sandra! They, too, have Japanese gardens and more on their campus. Have a look see.

[Tea House & Gardens - Showa Boston](#)

"Japanese gardens possess a unique beauty derived from the combination and synthesis of various elements. There is a compositional beauty derived from a blending of natural plantings, sand, water, and rock, made unique by the natural beauty of Japan's landscape, seasonal change, and a symbolic beauty arising from the expression of Shinto beliefs and Buddhist intellectual conventions ...

showaboston.org

Sandra told me of a great movie about a dog (prepare yourselves - dog movies are almost always sad!) movie and then let me borrow her copy - which I had for far too long! If you are looking for a sweet movie - here is the trailer.



[HACHI: A DOG'S TALE \(2009\) - Official Movie Trailer](#)

Hachiko: A Dog's Story (2009)
Director: Lasse Hallström Starring: Richard Gere, Joan Allen, Cary-Hiroyuki Tagawa and Jason Alexander. I do NOT own this video or right to it. The rights of this video go towards the movie company and the people who created this movie.
trailer teaser sneak peak featurette interview new hq hd 2011 2010 2012 2013 ...

If you don't want to watch the movie - you can read this article.



[The Amazing And True Story Of Hachiko The Dog](#)

Maria is a Norwegian travel nerd who has explored more than thirty countries on four continents. She holds a master's degree in Computer Science, as well as an MBA.
nerdnomads.com

Haven't been to Tokyo in awhile - or ever - so let's head there now. If any of you have been there, share some stories of your experiences. (You just have to skip some ads!) I thought the BitCoin parts were interesting.



[Tokyo Japan Virtual Tour 4K HD](#)

This is a Virtual tour from Tokyo Japan in 4K HD. In the video we explore several of the parks around Tokyo and temples around the city. Also Ginza, Shibuya Crossing and the central areas around Tokyo. Island Hopper TV is a travel resource for adventure seekers looking to discover many destinations across the planet.

Having been
encouraged to ...
www.youtube.com

If you don't know much about Japanese Art - now is the time to learn. There are many beautiful pieces and many museums from which to choose.



[Here Are The Japanese Museums You Can Visit Virtually Now | Tokyo Weekender](#)

Here Are The Japanese Museums You Can Visit Virtually Now Culture, Guides & Insights. by Lisandra Moor. 2 months ago. Museums were among the first institutions to be hit by the coronavirus outbreak. In less than a month after WHO declared the COVID-19 outbreak a pandemic, we sat and witnessed with fear how art institutions around the world cut ...
www.tokyoweekender.com

Here is an article about a Japanese Chef stealing the NY Foodie Limelight.



[The Female Chef Making Japan's Most Elaborate Cuisine Her Own | The New Yorker](#)

The most prominent American kaiseki

restaurant is n/naka,
a small Los Angeles
establishment
owned and run by
the forty-four-year-
old Japanese-
American chef Niki
Nakayama. Japanese
cuisine, at the ...
www.newyorker.com

When our Showa Students came to visit the Center - they taught us how to do calligraphy. Many learned how to write their names. Our Center How-To is just that.



[The Four Basic Principles of Japanese Calligraphy \(Shodo 書道\)](#)

<http://gohitsushodostudio.com>
In this video I explain what I consider to be the Four Basic Principles of Shodō. These principles is what I consider necessary in order to produce art that creates emotion. Good calligraphy should reflect the character and spirit of the artist, and by following these basic principles, I feel one can accomplish ...
www.youtube.com

Here are some Japanese exercises called Radio Taiso.

[Radio Taiso Exercise Routine - English Language](#)

An e-Book detailing the movements in this routine is available from www.internalforcefitness.com Japanese radio callisthenics were born in 1928 and have been performed in schools



and workplaces ever since for building HEALTH. The programme is also used to build a sense of COMMUNITY in neighbourhoods, where the exercises are performed all ...
www.youtube.com

If you aren't up for the stretching, here are 3 -hours worth of Japanese Music to relax with, meditate to, or just enjoy for listening pleasure.



[3 HOURS of the Best Traditional Japanese Music - Relaxing Music for Stress Relief and Healing](#)

3 HOURS of the Best Traditional Japanese Music - Relaxing Music for Stress Relief and Healing
www.youtube.com

Our Center MAFA Song of the Day if from Brenda Lee.

[Brenda Lee - One Rainy Night in Tokyo \(English Version\)](#)



Brenda Lee - One
Rainy Night in
Tokyo (English
Version)
www.youtube.com

Our Center Quote of the Day is ***“THE WHOLE OF JAPAN IS A PURE INVENTION. THERE IS NO SUCH COUNTRY, THERE ARE NO SUCH PEOPLE.... THE JAPANESE PEOPLE ARE... SIMPLY A MODE OF STYLE, AN EXQUISITE FANCY OF ART.” – OSCAR WILDE***

Have a great evening, everyone and we will be together tomorrow! Aicha