



COUNCIL
ON AGING
Needham

Hi Everyone!

I heard from our friend, Barb today. She wrote, *"Watching the 35 year old performance of "We Are the World" brought back memories. So many familiar faces! There has been some talk about bringing back a new performance of this because it is so timely! I am adding a link to more info about this occasion. www.inthe80s.com/weworld.shtml."* Thanks, Barb!!

Reminder: Let us know by tomorrow (**Wednesday** - as who really knows what day it is...)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

A few are getting back out there so I thought we should check in with the MBTA and how they are dealing with COVID 19. Remember - home is your safe zone!

[Coronavirus Updates for June 24, 2020 | MBTA](#)

Official website of the MBTA -- schedules, maps, and fare information for Greater Boston's public transportation system, including subway, commuter rail, bus routes, and boat lines.

www.mbtta.com

Now let's check in with AAA. They also have good tips about online banking, pet tips and more.

[AAA Living - Insights on Auto, Home, Insurance, Money and Travel](#)

From owning a car to family vacation spots, find out what you need to know about auto, home, insurance, money, and travel with the help of AAA.

aaaliving.acg.aaa.com

REMOTE PROGRAMMING

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

NEW!

Topic: **One - on - One Sessions with a Personal Trainer***

Time: **Monday - Friday 7AM - 7PM**

To Schedule: **Email me or call the Center Line at 781-855-3629**

Cost: **\$50 per hour** (Checks will be made out to "Town of Needham" and mailed to Center at the Heights, 300 Hillside Ave., Needham, MA 02494.)

* We are now offering **Personal Training Sessions with Stephen and Lisa Cadigan** - our trusted trainers! Stephen or Lisa will have an introductory session to work out what exercise program (work on back, core, strengthening, recovery of surgery or injury, over zoom, over phone, in - person while socially distancing) is best for your needs during COVID 19. This sort of one-on-one program typically costs hundreds of dollars. Signup now to get the best exercise plan for specifically you!

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://mailchi.mp/ec3716c85-353/drumsalivcoa>

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.

WEDNESDAY

Topic: **CATH Coffee Hour***

Time: Wednesdays @ 9:00 AM

To Join Zoom Meeting [Click here](#)

Meeting ID: 409 252 1447

Password: 12345

*Join our Kristen for a time to socialize, catch up, see familiar and new faces and just talk. Anything is up for discussion in this friendly Coffee Hour! Pour a cup and join us!

NEW!

Topic: **DanceFitness Class with Showway***

Time: **Wednesdays @ 9:20 AM**

To join Zoom Meeting [Click here](#)

*Look who's back! Showway! Join her in your living room as we do Line Dance followed by Nia/Latin music inspired dance fitness. Participants need to start their Zoom at 9:20am to do a sound check with the instructor. Please bring water and set up a chair for cool down stretch. If you've never done a program with Showway - now is the time. Here energy and spirit are amazing!

Topic: **Word Games with Val***

Time: **Wednesday, June 24th, 2020 @ 10:00 AM**

To join Zoom Meeting [Click here](#)

Meeting ID: **345 445 0724**

*Back due to popular demand, welcome to Word Games with Val. Every Wednesday, we will learn new words as well as explore the history of old words--hopefully a logophile's paradise. We will enjoy word play with limericks, witticisms, famous quotes, trivia, jokes, and other word fun. We will play word games such as Dictionary and delve into the meanings and origins of words. We will also explore trends with words that have come and gone in popularity. Ideally, our word fun will spark your brain and memory, and maybe bring out a few laughs. Join Val for healthy fun!

Topic: **Needham Center - Social Check In!***

Time: **Wednesday, July 1, 2020 @ 10:00 AM**

To Join Zoom Meeting [Click here](#)

Meeting ID: **890 0202 3733**

Password: **818478**

*It's been awhile since we have seen many of you so we thought it would be a good idea to catch up. Also, some of you are new and want to put a face to a name. It will also be good to hear from you all about programs, new ideas, needs, etc. We hope to see you all there. And Special Guest Star will be Katie King, the new Assistant Town Manager & Director of Operations

Topic Opinion History with Ron

Time: **Wednesday, July 1, 2020 @ 11:00 AM**

To join Zoom Meeting [Click here](#)

Meeting ID: **861 2520 8844**

Password: **672425**

*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: **China-India Conflict**

Topic: Words of Wisdom Discussion Group*

Time: **Wednesdays, 2020 @ 12:00 PM**

To join Zoom Meeting [Click here](#)

Meeting ID: **409 252 1447**

Password: **12345**

*Join Kristen in her weekly discussion group. They had a great group last week. Anything is up for a discussion and chatting about simpler times, getting through these times, and just being together. She loves new faces so stop by!

Topic: PIIT with Lisa and Stephen (Personalized - Intensity Interval Training)*

Time: **Wednesdays, 2020 @ 1:00PM**

To join Zoom Meeting [Click here](#)

Meeting ID: **859 4613 1521**

*Today, one of the most popular trending fitness classes in the mainstream fitness world is "High Intensity Interval Training." Our fitness crew, Lisa and Stephen have put together a version of this for our Center participants: Personalized - Intensity Interval Training. It is defined by what works best for you! It builds cardiovascular fitness while improving muscular strength and endurance. This is more personalized and geared towards individual levels.

Topic: A Call to Action: Addressing Historical & Ending Contemporary Racial Inequities

Time: **Wednesday July 1, 3:30 – 4:30 p.m.**

To preregister for event [Click here](#)

* Hosted by the National Behavioral Health Council

Topic: Wellness & Me with Dr. Marga*

Time: **Wednesdays, 2020 @ 5:00 PM**

To RSVP (optional): [Click here](#)

*Please join Dr. Marga for a 30 minute physician-led session with breathing and introspection. This is a FREE Online STRESS-BUSTING event every Wednesday!

Topic: **Dial-A-Lawyer: Free Legal Advice by Phone for Elders***

Time: **July 1 & August 5 from 5:30 - 7:30PM**

To talk to lawyers: **Call (617) 338-0610 or (877) 686-0711**

*The Massachusetts Bar Association sponsors a monthly Dial-A-Lawyer program and encourages members of the public to call their hotline for free legal advice. Dial-A-Lawyer attorney volunteers are in good standing and have a wide variety of legal experience.

Attorneys are available at (617) 338-0610 or (877) 686-0711 to answer questions on a variety of topics, including family law, bankruptcy, employment, estate planning, real estate, consumer rights and more.

Topic: **Racism as a Public Health Crisis***

Time: **Wednesday, July 1, 6 – 8 pm ET**

To Preregister: [Click here](#)

*Hosted by Harvard Medical School DICP

THURSDAY

Topic: **Barre with Lisa***

Time: **Thursday, June 11, 2020 @ 9:30 AM**

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

Meeting ID: **832 3378 6121**

Password: **2yC5Or**

*Barre incorporates the fluidity of ballet, the flexibility of yoga, and the core strengthening of Pilates. It is a structured, easy-to-follow total body workout. This low impact workout combines light weights (optional) and is set to music that makes you want to move. You will need a chair, mat, optional light weights. Please read the risk statement below. Lisa is looking forward to seeing everyone tomorrow.

Topic: **Bereavement Circle with Nikki***

Time: **Thursdays, 2020 @ 9:00AM and 10:00 AM**

To join Zoom Meeting: Email me & I will put you in touch with Nikki & her sweet crew.

*Nikki, from West River Hospice is opening up her weekly Bereavement Circle to anyone who wants to join this compassionate, friendly and comforting group. If you have lost someone - now is not the time to be alone. Please consider joining this group. Even if you don't want to chime in - listening to the fact that you are not alone in your thoughts, could help.

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

Time: **Thursday, July 2, 2020 @ 10:00 AM**

To Join Zoom Meeting [Click here](#)

Meeting ID: **893 4783 8463**

Password: **544053**

*Scotty is a hit and you should join his program! 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: **Pilates with Lisa***

Time: **Thursday, June 11, 2020 @ 10:30 AM**

To join Zoom Meeting [Click here](#)

Meeting ID: **832 3200 1112**

Password: **9iBf8w**

*This class focuses on developing flexibility, balance and strength. In this class you will work on alignment, breathing, developing a strong core, and improving coordination and balance. You will need a mat. Please read the risk statement below. Lisa, looking forward to seeing you tomorrow and she is always accepting new students who could give it a try!

Topic: **Let's Get Social From A Distance***

Time: **Thursday, June 11, 2020 @ 11:00 AM**

To Join Zoom Meeting [Click here](#)

Meeting ID: **691 892 6899**

*?Deb wrote, "Welcome to our weekly Zoom sessions of "Let's Get Social-From a Distance." Our focus is on meeting new people and having fun interacting with each other. We have and will continue to talk about our backgrounds, interests, the new classes we've been trying on Zoom (thank you Aicha and the team for such great programming!) We've discussed different ways of interacting, such as Skype, What's App? House Party, etc., during the "stay-at-home" period. Please join us each week on Zoom (or whenever you can!) Looking forward to connecting with you!"

Topic: **Train the Brain with Stephen***

Time: **Thursdays, 2020 @ 11:30 AM**

To join Zoom Meeting [Click here](#)

Meeting ID: **816 9119 6399**

*This class will involve dynamic, bilateral movement and physical brain activities to improve stability, tootle body coordination, speed, spatial awareness, endurance and flexibility. Give it a try! **Please have the following items ready and available to use during the class (ALL ITEMS SHOULD BE NON-BREAKABLE AND UNABLE TO HURT/INJURE/DAMAGE YOURSELF, YOUR PET OR THE FLOOR IF DROPPED):**

- 1) 1 small Bean Bag, bag of frozen Peas or similar item.
- 2) 3 Paper Plates or Paper Bowls.
- 3) 1 Spoon (preferably a long one - maybe wooden) and (1) something that is roundish, and will fit easily in the spoon's scoop. EXAMPLES - a plastic Egg, a Walnut, a small bottle of Whiteout, etc.
- 4) 1 small Ball. EXAMPLES - a Baseball, or a Tennis Ball.
- 5) 1 small Pad of Paper and 1 Pen/Pencil - preferably a Pad of "Stickies" for the paper.
- 6) 1 small Personal Item. EXAMPLES - Old, empty Prescription Bottle, Aspirin/Tylenol Bottle, pair of Glasses, or ANY item you choose that is small and non-breakable.

Topic: **Gentle Yoga with Michelle***

Time: **Thursdays @ 2:00PM**

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

Meeting ID: 443 604 7877

Password: 0DbGrY

*Michelle is a fabulous yoga instructor and can make this a Seated Yoga as well!

Topic: **Arthritis Class with Stephen***

Time: **Thursdays, 2020 @ 3:00 PM**

Join Zoom Meeting [Click here](#)

Meeting ID: 816 8790 1740

*This class is a mostly seated exercise class that does not encourage activities that might exacerbate arthritis symptoms and sore joints. It addresses range of motion, strength, flexibility, endurance balance and coordination. *Motion is lotion in this exercise class! This program includes range of motion, strengthening/flexibility, aerobic/endurance & balance & coordination exercises. Mindful relaxation completes the class. You DO NOT have to have arthritis to take part. Any movement is great these days - and always.

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

?One of the best trips my family took was from London to France to Ireland. We got from London to France on the Eurostar which goes under the sea by a 31-mile Channel Tunnel. It was very neat. Here are some interesting facts about the building of the Channel.

[This Is How They Built](#)



[The Eurotunnel | Super Structures | Spark](#)

Eurotunnel paints a vivid and exciting portrait of human ingenuity and the unflagging nature of mankind's pioneering spirit. Join the 13,000 workers in their 6-year effort to complete an almost unimaginable technological feat - the 3.5-mile Euro tunnel. Subscribe to Spark for more amazing science, tech and engineering videos - [https://goo.gl ...](https://goo.gl...)

www.youtube.com

Want to head to Norway. Here is a 9+ hour (Yes, 9+ hour - almost 10 hours) train ride where you see countryside, waterways, mountains and more. It's a little hypnotic and relaxing, but if you i don't have 9 hours you can fast forward to see the beautiful ride.

?

[\[9:56 Hours\] Train Journey to the Norwegian Arctic Circle, SPRING \[1080HD\] SlowTV](#)



Enjoy the beautiful Norwegian landscapes aboard the renowned Nordland Line (Nordlandsbanen), while you get to choose your favorite season. All four seasons here: <https://www.youtube.com/watch?v=cNiN7...>

Map (the green part):

<http://raildata.info/sca04/sca0409k.jpg>

Source:

<https://nrkbeta.no/2013/01/15/nordlan...>

www.youtube.com

Who has played Monopoly? Me!! Well there really is a B&O Railroad and they have a Museum. Too bad we can't buy that in the game.

[Virtual Tour - B&O Railroad Museum](#)

Virtual Tour of the Museum; Visitor Amenities . SITE SEARCH Go . Virtual Tour of the B&O Railroad Museum. Baltimore Campus. You may also be interested in viewing episodes from the B&O TV Network. Connect with us: Follow us on

Twitter Become a Fan on Facebook Watch videos on YouTube. B&O Junior Junction; Home;

www.borail.org

Time to do a little Strength "Train"-ing!!!!



[Strength Training for Seniors and Beginners](#)

Some basic exercises for Seniors and Beginners that only require a pair of dumbbells and a chair.

www.youtube.com

Our Center How-To is Origami! Let me know if you try it!

?

[Origami train || how to make a paper origami train|| paper train || special train craft](#)



How to make paper origami train easy tutorial for home decoration - Join with us on facebook-

<https://www.facebook.com/celestialbdo...>

Join with us on twitter-

<https://twitter.com/celestialbdoffi> Visit our

blog/web- <http://celestialbd.blogspot.com>

Our youtube channel link-

<https://www.youtube.com/c/CelestialBD...>

Goggle+ - [https://plus.google ...](https://plus.google...)

www.youtube.com

It's Friday night so let's make that popcorn and get comfy and watch this suspense thriller - ***The Runaway***. *The lives of 200 people hang in the balance as railroad officials and passengers struggle to stop a runaway ski train.*

[Runaway! Full Length Uncut Train Movie from](#)



1973 -- Starring Ben Johnson

Before there was Unstoppable (2010), or Runaway Train (1985), there was Runaway!, Universal Pictures made for TV Movie that aired on ABC's Movie Of The Week back on September 29, 1973. It is an action thriller involving skiers trapped on a runaway train speeding down a mountain. The Denver & Rio Grande Western's Ski Train equipment and Rio ...

www.youtube.com

Our Comic Relief Clip of the Day is from the movie Planes, Trains and Automobiles. Who has seen that movie?

Those Aren't Pillows! - Planes, Trains & Automobiles (10/10) Movie CLIP (1987) HD



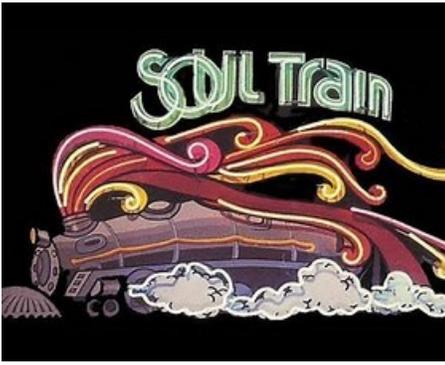
Planes, Trains & Automobiles movie clips: <http://j.mp/1L5y0IY> BUY THE MOVIE: <http://amzn.to/vSNHP5> Don't miss the HOTTEST NEW TRAILERS: <http://bit.ly/1u2y6pr> CLIP DESCRIPTION: After sharing the same motel bed, Neal (Steve Martin) wakes up to find Del (John Candy) spooning with him. FILM DESCRIPTION: Were it not for its profanity-laden opening ...

www.youtube.com

Our Music Appreciation from Afar Song of The day is MANY songs. Enjoy some great music with the Best of Soul Train! I dare you to not get up and boogie a little in your living room! Also, check out the outfits! Gotta' love the '70s!

?

[The Best Of Soul Train - \(1971 - 1979\) Vol.6 HD](#)



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https://www.youtube.com/channel/UCitQK1mEu7UkrIrgPLMd1wg?view_as=subscriber 01. So Very Hard to Go—Tower of Power 02. Yes We Can Can—Pointer Sisters 03. What Is Hip?—Tower of Power 04. Put Your Hands Together—The O'Jays Soul TrainDancers 06. For the Love of ...

www.youtube.com

Our Center Quote of the Day is ***“At least when I get on the Boston train I have a good chance of landing in the South Station***

And not in that part of the daily press which is reserved for victims of aviation.”

Ogden Nash, Hard Lines

Our Center Quote of the Day is was sent in by our friend, Paul. ***Happiness is when what you think, what you say and what you do are in harmony.***

— Mahatma Gandhi

Have a great night everyone and we'll talk tomorrow! ♥~Aicha