



Hi Everyone!

I hope you are well and drying out for the rain and storms. Everything is green and glorious today.

I have heard from many of you this week inquiring about how to donate to the Center. Thank you! These donations will go towards scholarships for food deliveries and remote programs while we aren't charging. You can write checks out to "FRIENDS OF CATH" and mail to "300 Hillside Ave, Needham Heights, MA 02494."

This is a long weekend but please remember 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

So look like Phase 3 is right around the corner. Governor Baker announced today. The website isn't updated at the time I wrote this, but it should be when you read this. Please remember - reopening can only happen safely if you socially distance and wear a mask. Home is still the safest. <https://www.mass.gov/info-details/reopening-massachusetts>

[Reopening Massachusetts | Mass.gov](https://www.mass.gov/info-details/reopening-massachusetts)

The Baker-Polito Administration's comprehensive plan to safely reopen the Massachusetts economy, get people back to work, and ease social restrictions while minimizing the health impacts of COVID-19.

www.mass.gov

And now we will be nose and see what Rhode Island's Governor is doing.

[RI COVID-19 Information: Department of Health](#)

State of Rhode Island: Department of Health

health.ri.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.

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** and - our trusted trainers and Michelle Lawlor - our trusted fitness trainer and yoga instructor. They 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/ec3716c95d59/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: **OReAjR**

*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: Needham Creative Writing with Beth*
Time: Friday, July 3 & 17 / August 7 & 21 2020 @ 10:00 AM
To Join Zoom Meeting [Click here](#)
Meeting ID: 836 1068 9044

Beth Knaus, owner of *That's a Spade Writing Services*, will teach you tools and tips and motivate you to hone your hobby (or start your new hobby) of writing. The group also helps one another with discussion of writing techniques, sharing writing, and just talking about the love of writing. All types of writers are welcomed - fiction, non-fiction, short stories, essays, journaling. (which can also be therapeutic at times like these.) Always looking for new participants. Beth shared some prompts but your own are great too. Here are some prompts for your writing pleasure: *Write about:***

The full moon / He/She asked you to dance / Driving a rented truck

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: **Fridays, 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 on **July 3** is *The Lottery* by Shirley Jackson: [The Lottery](#)

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, Gerry sent us this touching video.



[Elephant and Piano Player](#)

and share it all with friends, family, and the world on YouTube.

[youtu.be](#)

Then I found more and beautiful music



[Debussy "Clair de Lune" on Piano for 80 Year Old Elephant](#)

Debussy "Clair de Lune" for a gentle female elephant called Ampan. Ampan is 80 years old and lives with us as Elephants World in Thailand. She is blind in one eye and can barely see with the other. 80 years old is very old indeed for an elephant, it's about 10 years past the natural life span of an elephant in the wild. My recording of ...

www.youtube.com

I love elephants so much and have always wanted to take an African Safari. So why not today!



[BOTSWANA TRAVEL DOCUMENTARY | 4x4 Safari Road Trip feat. Victoria Falls](#)

Get 5% off your 4x4 rental using my discount code LUCAS@ASCO at <https://www.ascocarhire.com/> WEBSITE: <http://www.ruggedroadtrips.com> Music by Epidemic Sound - Get a free trial: <https://www.epidemicsound.com/referra...> Instagram: <http://www.instagram.com/lucastjahn> NAMIBIA: <https://youtu.be/bmFViYHZA> COSTA RICA -

[https://youtu.be/jJRvm8jbyEY ...](https://youtu.be/jJRvm8jbyEY...)

www.youtube.com

One minute we are in Africa and then we can hop back to Washington, D.C. to see what are in the walls of the Africa Art Museum.

[Collections – National Museum of African Art - Smithsonian Institution](#)

eMuseum is a powerful web publishing toolkit that integrates seamlessly with TMS to bring dynamic collection content and images to your website, intranet, and kiosks.

africa.si.edu

Here are some examples of African Music and Dance and it happened right here in Massachusetts!



[West African Music and Dance](#)

Performance of West African music and dance by Balla, Sekou, and Jossira Kouyaté and Sidi Mohamed "Joh" and Tiemoko Camara as part of the showcase concert, "Hiding in Plain Sight: Folk Masters of Massachusetts" presented by Mass Cultural Council at the Shalin Liu, Rockport, MA 5/14/2017. Shot and edited by Daniel Jacobs, Blake Road ...

www.youtube.com

Here is a great show about African delicacies in Ghana! It also shows the coast line and the villages. Very interesting!



[West African Food - EXOTIC DELICACY in GHANA!](#)

SUBSCRIBE for 2 new videos per week:

<http://bit.ly/MarkWiensSubscribe> T-shirts and caps available now: <https://migrationology.com/store/> Bushmeat is a term that is used to often describe wild game meat in Africa. And while there some types of bushmeat that are not good or unsafe to eat - grasscutter - also known as a greater cane rat, is safe ...

www.youtube.com

One of my favorite movies is *The Africa Queen*. Who agrees? Here is the trailer for those who have never heard of it.



[The African Queen \(1951\) Trailer](#)

The African Queen (1951) Trailer

<http://www.imdb.com/title/tt0043265/> Humphrey Bogart, Katharine Hepburn, Robert Morley, Peter Bull, Theodore Bikel

www.youtube.com

Mask. Masks. Masks! It's all we hear about lately. Well here is a different kind. Our Center How-To is all about masks! Please share with me if you try this!



[African Masks](#)

This video is about making a paper collage African mask.

www.youtube.com

Our Comic Relief Clip of the Day is from none other than Johnny himself! Here are some funny scenes with animals from all over the world - including Africa!



[Johnny Carson Animal Hi Jinks](#)

Johnny Carson Animal Hi Jinks! Johnny, Ed McMahon and crew mess with animals live on stage during The Tonight Show which he hosted at NBC. Johnny Carson would often have these shows with animals, I remember Jack Hanna the best, he always had a lot of animals at his disposal and would bring some cute, but also wild animals sometimes. Johnny was ...

www.youtube.com

Here is a great song Paul Simon played in Africa. He studied African music to put together this album. Enjoy!



[Paul Simon - Diamonds On The Soles Of Her Shoes \(from The African Concert, 1987\)](#)

Music video by Paul Simon performing Diamonds On The Soles Of Her Shoes. (C) 2012 Sony Music Entertainment
#PaulSimon #DiamondsOnTheSolesOfHerShoes #Vevo #Pop
#VevoOfficial

www.youtube.com

Our Center Quote of the Day is ***“They say that somewhere in Africa the elephants have a secret grave where they go to lie down, unburden their wrinkled gray bodies, and soar away, light spirits at the end.”*** — Robert R. McCammon, *Boy's Life*

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