



7/20/2020

Hi Everyone!

So, I ran away from Walpole and the heat and headed to my favorite spot - our family home in Pemaquid. Many don't know about Pemaquid so please don't tell. I'll send videos tomorrow.

The Center Staff is here for you if you need anything. Please email me or call the Center Line @ 781-855-3629 for Katie and we will help you.

Now for some highlights.

NEWS/UPDATES

It's Monday so let's look at what Needham Public Health is doing concerning COVID 19.

[Public Health | Needham, MA](#)

UPDATE 6/16/2020: The Needham Board of Health has extended the Emergency Order requiring individuals to wear face coverings when entering any business, work site, government building, restaurant for take-out/dining, entering a residential or commercial building complex in common areas.. Employees of all business shall wear a face covering over mouth and nose when when interacting with the ...

www.needhamma.gov

Let's head from Needham to Boston!

[Governor Updates | Mass.gov](#)

The latest updates from Governor Charlie Baker and the Baker-Polito Administration

REMOTE PROGRAMMING

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

Also, we are trying a new format. We will have the schedule here and the Remote Programming descriptions will be at the very end of the highlights.

Let me know your thoughts!

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.)

NEW!!

Topic: **White Fragility: Why It's So Hard for White People to Talk About Racism: A Book and Discussion Group (Books will be dropped to you)**

Time: **There are multiple dates and times**

To Register for the Zoom Discussion Group **please register [by clicking here.](#)**

Topic: **DRUMS ALIVE**

Time: **M/W at 9:00 T/TH at 9:00 T/TH at 2:00 F at 9:00 (standing/chair supported)**

Here is a link to a signup page. <https://mailchi.mp/ec3716c65d68/drumsalivecoa>

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

Time: **Anytime you schedule**

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

Topic: **Wish You Could Use Zoom? Marjorie can help -- Remotely!***

Time: **Anytime you schedule** (Appointments are limited so sign up today)

To Book an Appointment Email Marjorie at mfreundlich@gmail.com

NEW!

Topic: **Chef-A-Thon Hosted by Lovin' Spoonful***

Time: **Monday, July 20 - Thursday, July 23 @ 6:00PM / Friday, July 24 @ 5PM**

Costs: **Individual, Daily Shows are \$15 or all 5 for \$50**

To see line up of chefs' shows, see show descriptions and pay for tickets [Click here](#)

*Chef-a-Thon is a virtual event series featuring cooking demos from professional chefs, mixology, and live Q&A. There are five chefs, five nights in your own home. Many are James Beard Award Winners, cookbook authors, restaurant owners and all are talented chefs! Chef-a-Thon is sponsored by Bank of America and Little Little Farms and proceeds raised benefit Lovin' Spoonfuls and restaurant partners impacted by the COVID-19 pandemic.

TUESDAY

Topic: **Current Events Discussion Group***

Time: **Tuesdays, @ 10:30AM**

To Join Zoom Meeting Email Gerry Koss (host) @ gerrykoss@gmail.com.

*Current Events meets every Tuesday from 10:30 to 11:30 on Zoom. A concise update of the past week's news is followed by a discussion. All are encouraged to bring up additional topics and all have the option of speaking and/or listening.

To ensure our meetings are secure, participants must have an initial Zoom invitation, which is good for all recurring meetings. To request a Zoom invitation be sent to you, please contact Gerry Koss (Host) at gerrykoss@gmail.com.

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

Time: **Tuesdays, 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, total body coordination, speed, spatial awareness, endurance and flexibility. **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: **Life Transition Binder Presentation with Sandra Batra***

Time: **Tuesday, July 21 & August 4th @ 1pm.**

Join Zoom Meeting [Click here](#)

Meeting ID: **755 9730 3811**

Password: **life**

*Are all your important details organized in one place so your family can easily access it if you were incapacitated? Could your family step-in and manage your affairs if you needed assistance? Join Sandra Batra, as she explains how she can work with you to create a customized binder that incorporates all your life details, including: personal data, property, financial, retirement and insurance

details, medical, and service provider information. Take control and act now so your loved ones have the information they need in the event of an emergency. This will give you and your loved ones peace of mind and provide them with direction and guidance.

Topic: **Financial Clinic with Galina***

Time: **Tuesdays, 2020 @ 2:00 PM & 2:30PM**

To Join Meeting : Email me and I will connect you with an appointment

*Some of you met with Galina during her Tuesday afternoon financial clinics last year where Galina answered your financial questions and gave you advice. A number of you also attended her financial presentations in the past.

Galina Pekurovskaya is a Financial Adviser with the Bulfinch Group in Needham.

Galina is resuming her Financial Clinic every Tuesday at 2 pm. In the spirit of Quarantine, she will conduct it on-line. Pre-registration is required. Feel free to sign up for a Tuesday afternoon 2 pm session with Galina"

Topic: **Arthritis Class with Stephen***

Time: **Tuesdays @ 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.

Topic: **Gentle Mat Yoga with Michelle***

Time: **Tuesdays, 2020 @ 4:00 PM**

To Join Zoom Meeting [Click here](#)

Meeting ID: **443 604 7877**

Password: **0DbGrY**

*Everyone loves Michelle's Gentle Seated Yoga so we thought we would add something special in the evening - Gentle Mat Yoga! As always, Michelle will make it as personal as possible so if you have a special area you want to work on - let her know.

Topic: Needham Unites Against Racism Initiative

Time: Tuesday, July 21 @ 6:15PM

To Join Zoom Meeting [Click here](#)

*This virtual event is open to all. It is critical that the citizens of Needham show their support of this initiative and listen to the stories of those who have experienced racism in Needham. Together we can move forward and make Needham a more inclusive and welcoming community. Please sign on tomorrow at 6:15PM and listen. If you want to speak or ask a question, please email OTM@needhamma.gov

WEDNESDAY

Topic: **CATH Coffee Hour* (thru August)**

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!

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. The schedule is 9:20-10am: LineDance & 10:00-11 am: Nia class. 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: **Wednesdays, 2020 @ 10:00 AM**

To join Zoom Meeting [Click here](#)

Meeting ID: **823 9027 8244**

*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!

NEW! Do Not Miss This Fabulous Presentation!

Topic: **Long Term Care: The Risks & Issues and Our Solutions**

Time: **Wednesday, July 22 @ 10:00 AM**

To join Zoom Meeting [Click here](#)

Meeting ID: **881 7124 3567**

Password: **409651**

*Our friend, Allan Checkoway has spent his entire career advocating for seniors. Here are topics covered in this presentation:

- Discuss aging before you're "old." "Having 'The Talk' (so many couples avoid)
- Learn how Adult Children Can Be Sued for the Cost of Care of their Parents!!
- Family Physician Magazine warns. "Caregivers described as "hidden patients"
- Special Report on AccessABLE Travel for Seniors & Travelers w/Special Needs
- "Hybrid" Long Term Care [a \$100,000 single payment/creates a \$401,000 Immed. LTC Benefit & a \$134,000 Immed. Death Benefit!!]
- Conducting a Family Eldercare Meeting
- What Every Wife Wants Her Husband to Know . . . About Long-Term Care

There will be time for Q & A!

Topic **Opinion History with Ron***

Time: **Wednesdays, 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!

Theme for the day: **When the Battleship Maine blew up in Havana Harbor, did William Randolph Hearst want to sell newspapers or start a war?**

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.

NEW!!

Topic: **Exercise with Ease**

Time: **Wednesday, July 22 @ 1:00PM**

To join Zoom Meeting: Stay tuned

*Join Laila for a total body, low impact strengthening and stretching class to improve strength, joint mobility and decrease muscle tightness and stiffness. Please have hand weights (or alternative resistance "equipment"- cans or small water bottles) and mat for class.

Topic: **Women's Health Forum ***

Time: **Wednesday July 22, 2020 @ 2:00 PM**

To Join Zoom Meeting [Click here](#)

Meeting ID: **831 0857 0762**

*Now - more than ever our health is of the utmost importance! We want our CATH Ladies healthy and we have such a great resource with Lisa Cadigan, we decided to make a women's - focused health program. Women too often are taking care of 1000 things, yet not themselves. Each month will have a new topic, new speakers and time for questions and answers. There are a lot of confusing messages out there. Join us to get to the truth and get focused and motivated.

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!

FRIDAY

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

Time: **Fridays, 12:00 PM**

To Join Zoom Meeting [Click here](#)

Meeting ID: 853 0520 9804

Password: 623397

*Our **Short Story Group** is going great. They are always looking for new members to discuss the stories and more! For anyone who wants to join in, the story we will discuss on July 17 is "For our July 24 story discussion we decided to read *"The Garden of the Stubborn Cats"* by Italo Calvino. [For Story Click Here](#)

SATURDAY

NEW!

Topic: **The World Beyond Covid-19**

Time: **Saturdays, 2020 @ 2:00PM**

To Join Facebook Event: [Click here](#)

*Covid-19 is a turning point for humanity. In times of crisis, adaptation and reinvention are crucial. What can we learn from this? What started in Wuhan in late 2019, has now affected the entire world. Such historical events will have consequences on the future. This webinar series will talk about the impact of COVID-19 and how it has and will begin to influence our decisions. What can humanity learn from the global pandemic and how is sustainable development affected? We will be focusing on a variety of different areas including community preparedness, migration, entrepreneurship, tech and focusing overall on sustainability. Sustainability is a broad term that is not only limited to environmental sustainability. By definition, sustainable development is development that "meets the needs of the present without compromising the ability of future generations to meet their own needs." In times of crisis, adaptation and reinvention are crucial.

July 25: **Covid-19 & Technology: Privacy vs Community Protection**

August 1: **Covid-19's Impact on Refugees and Global Human Migration**

August 8: **Entrepreneurship in the time of Covid-19**

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

So my son and I headed up 95 to head to my home state of Maine. Which got me thinking about other highways and byways. One of the most famous is Route 66. So guess where we are headed.



[Most Amazing Views of Route 66 - An Aerial Documentary](#)

Thousands of miles, fuel, and dollars and over two and a half years of obtaining footage have resulted in never before seen perspectives of Route 66. I'm proud to show you Route 66 like it has never been seen before. From Chicago to LA, you'll get your kicks with this video from 66! This feature is so amazing, you'll want to share it with your ...

www.youtube.com

So interstate 95 runs from Maine to Miami so guess where we are headed now? That's right the southern tip of 95 - Miami.



[MIAMI BEACH, Florida - Aerials 4K Drone \(UHD 2160p\)](#)

#Miami Beach, #Florida, #South Beach, #Drone, #4K South Beach, Ocean Drive, Collins Avenue, South Pointe Park, Lummus Park, Loews, Edgewater, Colony, Lincoln Avenue, Bentley Bay, Icon South Beach, Viceroy, Continuum, etc. Its southern end, South Beach, is famed as a destination for models and celebrities, with a wealth of art deco buildings ...

www.youtube.com

A great read about traveling with a pup (yes, Chubbs is with us!) is "Travels with Charlie!

[Classic Review - Travels With Charley](#)

Travels With Charley, by John Steinbeck A review by Edward Weeks As his books reveal, John Steinbeck is a writer who is happiest when he gets down to earth. He is a rugged, broad-shouldered, six ...

www.theatlantic.com

Now we are getting adventurous and heading to Missouri - and it's like we are a hitchhiker (remember when people did that?).



[MIAMI BEACH, Florida - Aerials 4K Drone \(UHD 2160p\)](#)

#Miami Beach, #Florida, #South Beach, #Drone, #4K South Beach, Ocean Drive, Collins Avenue, South Pointe Park, Lummus Park, Loews, Edgewater, Colony, Lincoln Avenue, Bentley Bay, Icon South Beach, Viceroy, Continuum, etc. Its southern end, South Beach, is famed as a destination for models and celebrities, with a wealth of art deco buildings ...

www.youtube.com

So to travel these roads to get to these places - a car would be a help. Let's drive in a nice car.

[Here Are The Coolest New Cars For 2020 - Forbes](#)

2020 Chevrolet Corvette Stingray. Chevrolet. Though there is an assortment of brand-new and fully



redesigned passenger cars hitting the road for 2020 model year, their numbers are dwindling as ...

www.forbes.com

Our Comedy Clip of the Day is an oldie but goodie.



[Car 54, Where Are You?:
Who's For Swordfish |
Season 1 Episode 1 \(Full
Episode\)](#)

Watch "Car 54, Where Are You?" The Complete Series:

<http://www.shoutfactorytv.com/series/...>

Subscribe to SHOUTFACTORY:

<http://bit.ly/1nm0dKP> Follow us on TWITTER:

<https://twitter.com/shoutfactorytv> Like us on FACEBOOK:

<https://www.facebook.com/shoutfactorytv>
Toody and Muldoon run into trouble as they attempt to cook swordfish on an officer's ...

www.youtube.com

Our MAFA Song of the Day is from one of my favs and probably who I've seen in concert the most.

[Willie Nelson - "On The
Road Again" \(Live at the US
Festival, 1983\)](#)

Willie Nelson performs "On The Road Again" live at the US Festival, 1983. "On the Road Again" became Nelson's 9th Country & Western No. 1 hit overall in



November 1980. In addition, the song reached No. 20 on the Billboard Hot 100, becoming his biggest pop hit to that time. Nelson won Grammy Award for Best Country Song a year later. Buy the ...

www.youtube.com

Our Center Joke of the Day is ***This year was the first year I couldn't travel to Europe because of Covid-19. Before this I couldn't because I didn't have money.***

Our Center Quotes is: ***"Adventure is worthwhile."*** – ***Aesop***

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