



7/21/2020

Hi Everyone!

Another glorious day in Maine. My son just shucked fresh oysters and my work office is here!

It was so nice to hear from so many of you about Pemaquid. The craziest story was from one of my favorite couples at the Center Zvi and Susan. She wrote, "***I am so glad that you went to Pemaquid. We went there for about 10 summers, until the grandkids grew up and went away to summer camp. We had glorious times there. We rented the same big house which had 4 separate apartments to accommodate all of us and our families. I love Pemaquid. Where is your family home located? That is another great connection I have with you. It was near a fort with a museum down the block near our house. We were on a road which we walked up to town to get ice cream. Walked thru the marsh down a small path to the beach. Drove to boats to go out to see puffins.***" Ends up they are right across the bay from us! We could have waved to one another! Here is a little video of the fort!

Our friend, Ludmilla researched and wrote to me, "***Bristol, known from 1632 to 1765 as Pemaquid is a town in Lincoln County, Maine, United States. The population was 2,755 at the 2010 census. A fishing and resort area, Bristol includes the villages of New Harbor, Pemaquid, Round Pond, Bristol Mills and Chamberlain. The name "Pemaquid" is an Abenaki Indian term meaning "situated far out." At this location in the 1600s, English immigrants established a settlement.***" All great information!!

Our sweet, Katie heard from many of you. She wrote to me, "***I just spoke to the nicest woman who was calling to get some info about the CATH because her parents are staying with/moving in with her. So I was telling her about everything we have going on and told her how to access the schedule and daily highlights and she was blown away, she was so, so impressed with the schedule and the highlights and she kept saying this is amazing, this is fantastic she could not believe everything the CATH is doing. She loved the idea of some of the classes for her mom to try and she is going to have her dad listen in on Rons History and possibly the coffee hour. She was very appreciative of everything.***" I love when we make new connections!

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

Let's check in with the BBC to hear some news.



[Coronavirus: Oxford vaccine triggers immune response - BBC News](#)

A coronavirus vaccine developed by the University of Oxford appears safe and triggers an immune response. Trials involving 1,077 people showed the injection led to them making antibodies and T ...

www.bbc.com

And another news source.



[Coronavirus pandemic](#)

Coronavirus pandemic. Iran records highest daily death toll from coronavirus: Live. Iran sees a record 229 deaths from the new coronavirus in the past 24 hours, health ministry figures show.

www.aljazeera.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.

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!

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!

THURSDAY

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: **Barre with Lisa***

Time: **Thursday, July, 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: **T'ai Chi with Scotty***

Time: **Thursday, July 23, 2020 @ 10:00 AM**

To Join Zoom Meeting [Click here](#)

Meeting ID: **893 6656 4081**

Password: **439004**

*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, July, 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* (thru Oct)**

Time: **Thursday, July, 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, tottle 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: **Learn How to Protect Yourself, Your Loved Ones, and Your Assets***

Time: **Thursday, July 23th at 2 PM**

To preregister for Zoom Meeting [Click here](#)

* The compassionate professionals from Dennis Sullivan & Associates will host a free, live webinar so you can discover the benefits of proper planning and the essential documents everyone needs right now. You will hear about the following topics and more:

- How to protect your health, home, life savings, family, and legacy
 - Why an outdated estate plan can be worse than having no plan at all
 - The costly consequences of failing to plan—for both you and your family
 - How to ensure people you trust can make medical and financial decisions on your behalf in the event of incapacity
 - How to control the care you receive (and don't receive) in a medical emergency or end-of-life situation
 - How to control when and how your heirs receive their inheritances after you pass away
 - How to protect your children's inheritances against threats like creditors, divorce, lawsuits, and their own poor decisions
 - How to protect your loved ones from the delays, frustration, and needless expense of settling your estate through probate
 - How to protect your assets from recent changes to the law that accelerate taxes on IRAs, retirement plans, and estate plans
- You owe it to yourself and your family to attend this LIVE webinar. You'll have the opportunity to ask questions and get answers immediately.

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.

NEW

Topic: **Aloha Alive!***

Time: **Thursdays, 2020 @ 9:00PM**

To Join Aloha Alive: [Click here](#)

***Topic:** Aloha Alive is a series of weekly, live performances brought to you from wherever we happen to be. Brian and Rowena play a bit of music, have some fun, dance some hula. Their goal is to put the entire world on "pause" and enjoy ourselves for 90 minutes! Admission to this event is **FREE!** Although our TIP Jar loves to get fed!

Just log on to our site, **Brian and Rowena Promotions on FaceBook**. If you don't have an account, just sign up for one. You don't have to use the social media part, just have it so you can join them!

They also wrote, "We Humbly Ask....Please share these emails to your friends and relatives, even if we don't know them yet! We love bringing people together to enjoy themselves. Your support is helping to keep us in a position so we can be ready when the ships sail again! Mahalo Pono!"

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

I said I wanted to keep Pemaquid a secret but then I felt badly. Here is some information and a live cam for the beautiful Pemaquid Point.

[Pemaquid Point Association](#)

Pemaquid Point Cam. About the Pemaquid Point Cam. The camera location is provided courtesy of the Sea Gull Restaurant and Shop and it has been in operation since September, 2007. The camera is normally pointed a little west of due south and overlooks the town of Bristol's Lighthouse Park and the Gulf of Maine beyond. This is the scene that inspired Jud Caswell's song "Pemaquid Sunset."

www.pemaquidpoint.org

Have a look at some crazy storms in lighthouses!



[Lighthouses in HUGE storms! Biggest waves ever...](#)

<http://OpenRoadAdventures.biz> - Lighthouses caught in the biggest storms you'll ever see.

www.youtube.com

The stairs would be tricky but worth the view!



[On the look out for a quirky home? This converted lighthouse is for sale - Ideal Home](#)

Homes don't come much quirkier than this converted lighthouse, packed with character and original features spread over eight circular floors. Burnham High Lighthouse is a Grade-II listed local landmark, transformed into a family home with a difference.

www.idealhome.co.uk

It can't be an easy job but it has it's perks!



[life inside a lighthouse. A Lighthouse Keepers Story.](#)

This is my video record of what it was like on a wave - washed lighthouse. This was filmed in 1994 on video tape. The object was to try and record for posterity the passing way of life of us Lighthouse Keepers. The Hanois Lighthouse is just off Guernsey in the Channel Islands,No scripts, we aren't actors and there are 3 Keepers doing 28 ...

www.youtube.com

Our Center How - To is more cardboard work!

[DIY Lighthouse | How To Make Lighthouse Of Cardboard And Solar Garden Light](#)

Subscribe:

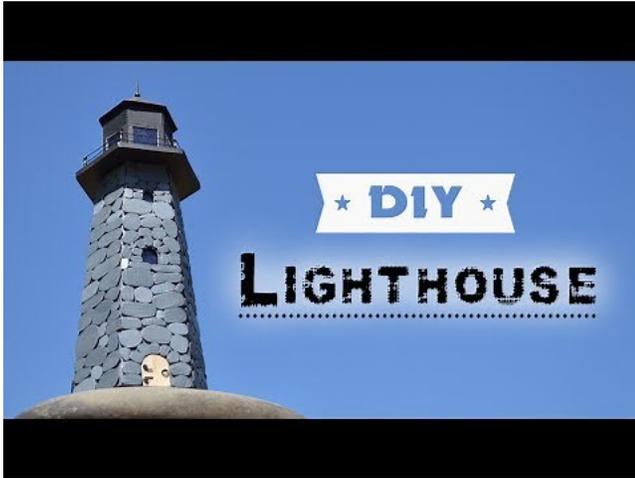
<https://www.youtube.com/channel/UC7LW...>

Google+:

<https://plus.google.com/u/0/105035195...>

DIY Sky Balloon:

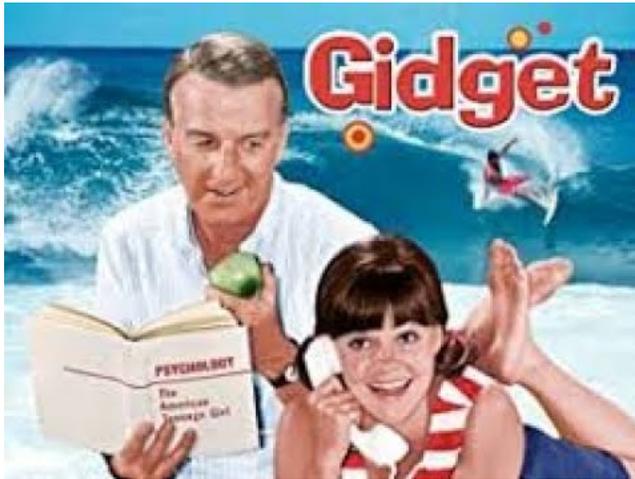
<https://youtu.be/R7Xf61euaQ4> DIY



Lighthouse Cardboard Lighthouse Lamp
How To Make Lighthouse Of Cardboard And
Solar Garden Light

www.youtube.com

There aren't a lot of comedies about lighthouses, but there is an oldie but goodie about a beach comber named Gidget.



[Gidget S01 E08 "Image Scrimmage" Originally aired on November 3, 1965 - YouTube](#)

Gidget has a crush on Larue's cousin Roger from New York, and goes to extremes in hopes of being invited to his "kidnap" party. If you enjoyed this video and would like to see more like it. Please ...

www.youtube.com

Our MAFA Song of the Day is Burl Ives!

[Burl Ives - Eddystone Light \(English folk song\)](#)

American folk singer Burl Ives sings an English folk song/sea shanty about a lighthouse in the West Country called "The Eddystone Light."



www.youtube.com

Our Center Joke of the Day is ***There was a lighthouse owner that noticed the tide was coming way too high and might wash away his home. So he called 911***

It was an emerging sea.

Our Center Quotes is: ***"I wish to spend a lifetime near a lighthouse where loneliness will be the glimmer of luminous prancing upon ocean waves... rising and falling only for my breathing."***

– Munia Khan

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