



COUNCIL
ON AGING
Needham

Hi Everyone!

Hope you are all doing well! We got a little rain today which is absolutely what we needed! How are your lawns looking?

I loved hearing from many of you. I heard from our friend, Nancy and all about her puppy Hope! I heard from our friend, Irene about her trip to Maine and listening to the loons and relaxing by the lake. I heard from our friend Barbara and how she got to visit our dear friend, America! I love hearing from all of you!!

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

Here is a very important video to watch about the importance of getting a flu shot! Thanks to our friend and new-er SHINE program coordinator, Michelle for sharing with us!



[Medicare & You: Flu Prevention - YouTube](#)

A one minute video about how annual flu vaccinations and Medicare is involved in the effort to limit the spread of the annual flu viruses.
www.youtube.com

And now here is new information from the RMV for license renewal.

Older drivers | Mass.gov

Many older drivers are able to self-determine if they should drive based on their mental and physical ability. There is no age at which driving privileges are revoked, however if you are 75 or older, you have to renew your drivers license in person at an RMV Service Center to take an eye test. You can also present a vision screening certificate rather than take an eye test.

www.mass.gov

REMOTE PROGRAMMING

Reminder: Anyone who participates in our Remote Fitness Programs, if you would please fill out this form / survey for **each** fitness program you have taken. It will help for funding and more. There are just 10 easy questions and then you hit "**submit.**" **Here it is: [Center Participation Survey](#)**

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 core components of good balance and will train you on how to improve it through a variety of exercises for core and leg strengthening, posture awareness and 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 [Click here](#)

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](#)

Meeting ID: **872 3869 8176**

Passcode: **8119**

*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.

NEW!!

Topic: **Now Hear This!**

Time: **Fridays, 2020 @ 11:00 AM**

Join Zoom Meeting [Click here](#)

Meeting ID: 827 1520 3241

Passcode: 009522

This social, Zoom, get together will focus on Hearing Loss and how it affects communication with others. Please join us for an informal discussion to support your

concerns, comments, and questions about hearing and hearing loss. This fabulous program is led by Debbie Maibor, M.S., CCC-SLP, Speech/Language Pathologist.

Topic: **Coffee with the Cops**

Time: **Friday, September 25 @ 11:00AM**

To Join Zoom Meeting: **Stay Tuned**

Let's join our favorite women and men in blue to discuss how things are going in Needham. Bring your questions as they have the answers!

Topic: **Center Short Story Discussion Group* (NEW PASSWORD!!)**

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

To Join Zoom Meeting [Click here](#)

Meeting ID: **853 0520 9804**

Password: **SHORT**

*Our **Short Story Group** is going great! Record number of participants today! 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 Aug 28 is One Day Less by Clarice Lispector. [One Day Less](#)

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

Time: **Fridays, @ 1:30PM**

Join Zoom Meeting [Click here](#)

Meeting ID: **87651968245**

Password: **806103**

*It's Friday and our Techie is back! Join Avrom to discuss all things technical! He will focus on To 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

Today in history Veronica & Colin Scargill of England complete tandem bicycle ride around the world, a record 18,020 miles (29,000.4 km). Here is a great interview!

SUZE, CYCLING: Interview with Veronica and Colin Scargill

After our interview, I learned that besides climbing Col de Marie Blanche (1035m) and Col du Soulor (1474m) last September you also rode up Col d'Aubisque (1709m) Col du Tourmalet (2115m) Col d'Aspin (1489m) and Col de Peyresourde (1568m) These are all famous Tour de France climbs and absolutely inspirational!

susancycling.blogspot.com

One of the best movie scenes with a bike was ET! Here is the trailer.



ET The Extra Terrestrial (1982) Official 20th Anniversary Trailer Movie HD

ET The Extra Terrestrial (1982) Official 20th Anniversary Trailer A troubled child summons the courage to ...

www.youtube.com

We all know about Lance Armstrong. Let's hear it from his perspective. (You will have ads - just let it keep going.)

The image shows the word "LANCE" in large, white, bold, sans-serif capital letters against a solid black background.

30 for 30: 'LANCE' Trailer | ESPN - YouTube

Sneak peek into the 30 for 30 on Lance Armstrong. ...

www.youtube.com

Let's have a "How is it done" moment. Let's learn about how bikes are made.



How Are Carbon Fibre Bikes Made? | LOOK Cycle Factory Tour

How is a carbon fibre road bike made? Well, look no further... ..

www.youtube.com

Who has been to the Tour de France? Now let's do it!



Giro della Donna 2019 - Tour de France winner Carlos Sastre GoPro video

This is the full video taken by my GoPro on the bike of Carlos Sastre, at the 2019 Giro de Donna..

www.youtube.com

Let's head to the Bicycle Museum to learn more about the mode of transportation.

Bicycle History – THE BICYCLE MUSEUM OF AMERICA

1875 Ariel: The Highwheel Era begins in the 1870s as James Starley makes the "penny-farthing" commercially available. The large front wheel acts as a gear ratio: a larger wheel means more ground can be covered with each rotation of the pedals.

www.bicyclemuseum.com

Our Comic Relief Clip of the Day is short but sweet. It's Pee Wee Herman!



Pee-Wees Bike

The scene when Pee-Wee get's his bike out of the hidden spot of his backyard. I love this scene...

www.youtube.com

Our MAFA Song of the Day is a musical score from the Wizard of Oz. Imagine if the music wasn't there.



The Wizard Of Oz _ Miss Gulch Into The Wicked Witch

Dorothy imagines Miss Gulch as the Wicked Witch.

www.youtube.com

Our Center quote of the Day is ***"Nothing compares to the simple pleasure of a bike ride."*** ***John F. Kennedy***

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

♥~Aicha