



C O U N C I L
O N A G I N G
Needham

8/29/2020

Hi Everyone!

Some ZOOM issues today. Not to worry - all fixed!

If you tried to get into "Now Hear This!" - the ID was not correct. She has updated it and it will be rolling next Friday. Thanks, Debbie!

NEW!!

Topic: **Now Hear This!*** (UPDATED PASSWORD!)

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

Join Zoom Meeting [Click here](#)

Meeting ID: **691 892 6899**

Also, our friend, Priscilla wrote to me about the Short Story Discussion Group (which is growing and they want more members) ***"I finally used the old password. 623397 which allowed me in." I have updated it to the old password! Thanks, Priscilla!***

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

Today's news is from our Public Health Nurse and friend, Tiffany.

"I have set out our first 2 flu clinics. The dates will be Saturday September 26th from 9am-2pm and Saturday October 3rd from 11am-4pm.

The first hour of each of those clinics will be for those 65 or older. We do have the high dose flu vaccine but in limited supply, so it will be first come first serve.

This year we will be giving flu vaccine to those 8 yrs and older.

This years clinic will be online registration with check in done while in your car and then they will remain in their car until told to come in. We will require masks and have social distancing in place.

Registration will be online and TBD.

If anyone has questions they can email me at tzike@needhamma.gov.

Thanks for all you do, Tiffany!

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](#)**

MONDAY

Topic: **Sandra Levy's Yoga***

Time: **Mondays, 2020 @ 9:00 AM**

To join Zoom Meeting [Click here](#)

Meeting ID: 856 4173 4234

*Sandi's has such a following that her class always ends up with a lengthy waitlist. Now you can all see how wonderful her yoga program is. No wait list on Zoom!

Topic: T'ai Chi with Scotty

Time: Mondays, 2020 @ 10:00 AM

Join Zoom Meeting [Click here](#)

Meeting ID: 897 6396 8005

Passcode: 609523

*So Scotty is a hit! (as we know he would be!) 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: Strength Training with Pearl*

Time: Mondays, 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.

Topic: Kerrie Cusack's Monday Meditation*

Time: Mondays, 2020 @ 11:00am

To join Zoom Meeting [Click Here](#)

Meeting ID: 137 719 908

Password: 713980

*We can't be in the cozy library, but Kerrie always finds a cozy spot in her new home to have us all relax and rid ourselves of anxiety. Even if you have never meditated before, now is the time to give it a try. You won't regret it - especially when Kerrie runs it!

Topic: **Ron's Historical Movie & Discussion Group***

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

Join Zoom Meeting [Click here](#)

Meeting ID: **850 1408 7723**

Password: **881305**

*Another of Ron's fun history courses! Every week you will watch a movie at your leisure. Then we will all ZOOM together on Monday at 1PM. We will be looking at the movie's historical competency. Were they accurate? Are they propaganda? What is good propaganda? He will not only discuss the historical relevance but he will discuss the plot, the characters, the cinematography and more. So watch the movie and then join the group to discuss on Monday afternoon. Ron wrote, "After our Opinion History Classes, I look forward to lively discussions." Ron has three graduate degrees in history and taught in three local colleges.

- August 31: **Triumph of the Will** ([Click here for full movie](#))
- September 14: **Die Wannseekonferenz** ([Click here for full movie](#))
- September 21: **The Fighting Seabees** ([Click here for full movie](#))

Topic: **Clutter Support Group***

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

To Join Zoom Meeting [Click here](#)

Meeting ID: **865 6904 4770**

*Our friend, Paul will be facilitating his regularly scheduled program **Clutter Support Group** via Zoom. Here is what Paul shared, "The Clutter Support Group is a gathering of men and women who meet weekly in order to solve their common problems of hoarding, cluttering and procrastinating. The only requirement to attend is the desire to change these negative habits and help one another. Our mission is to help to provide

members with the tools and skills needed to live a clutter free life. We offer understanding, trust and hope in a caring, compassionate and discreet environment. With support, our desire is to help our members live a better life physically and emotionally.

PLEASE READ THIS ARTICLE: [DECLUTTER ARTICLE](#)

TUESDAY

Topic: Gentle Fitness*

Time: Tuesdays, @ 9:30AM

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

Meeting ID: **853 9928 6741**

Passcode: **797598**

*Lisa (our fabulous barre and pilates instructor) has now added Gentle Fitness! Gentle Fitness is a strength and conditioning class which focuses on moving safely from one exercise to the next. You will work on balance strengthening, stability and flexibility. You will need a mat and optional weights.

Topic: Metrowest Legal Clinic*

Time: Tuesday, Sept. 8 / Oct. 13 @ 9:30/10/10:30/11/11:30AM

To join Meeting: Email Aicha and she will schedule the appointment (First come, first served)

*Leah, from Metrowest Legal Services is back!! She will do her Legal Clinics over the phone so register today. She is such a great resource and we are glad she is back!

Topic: Gentle Mat Yoga with Michelle*

Time: Tuesdays, 2020 @ 10:00 AM

To Join Zoom Meeting [Click here](#)

Meeting ID: 443 604 7877

Passcode: 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: **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: **CATH Garden Project**

Time: **Tuesdays, September 8th, October 13th, November 10th, December 8th@
11:00 AM**

To Join Zoom Meeting: **Stay tuned**

The CATH Garden Project is back in action and will meet remotely starting in September! Join us for garden-related presentations and group projects. Let's bring a little of the outdoors inside for the fall and winter months. Please contact Kristen at klindley@needhamma.gov to register for this course and receive zoom meeting information and supplies.

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: **Folk, Country and Rock Music Appreciation!***

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

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

Meeting ID: **880 3250 3991**

Passcode: **MUSIC**

*Join this weekly group to listen to old & new music. We will learn trivia, song meanings and interpretations, and more. Send Aicha any requests and she will research and play on the day of the class. Hopefully this will lead to reminiscing and discussion about the song or musicians.

Topic: **Mindfulness Series with Neil Motenko***

Time: **Tuesday, September 8, 22, & October 13, Thursday, October 29 @ 1:30PM**

To join Zoom Meeting [Click here](#)

<https://us02web.zoom.us/j/89599505698?pwd=SWxLb1BBdi9hTHBkaGp1TTErUjgrUT09>*

A Series on Mindfulness with Neil Motenko continues via Zoom, with a review of the many ways that mindfulness can benefit us, affording the opportunity to be more present in our lives, seeing things with more clarity and wisdom, and to cultivate qualities such as

patience, discernment, equanimity and compassion that can help us navigate life's challenges. Each session focuses on a specific topic (to be announced shortly in advance), is interactive, includes guided practices, and covers basic mindfulness principles.

*** Newcomers are always welcome. We gratefully acknowledge the sponsorship of Wingate Chestnut Hill.**

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: Women's Investment Club

Time: Tuesday's @ 6:00 - 7:00PM

To Register for Zoom Meeting email Aicha @ akelley@needhamma.gov for Invite

Join Chiquita Rice as she makes women Money- Smart! Each week a different topic:

- September 1st: Get the Most Out of Life Insurance. Pat Sherman, Dedicated Life Insurance Consultant with Prudential Life Distributors will join us.
- September 15th: Tax Free Investing
- September 22nd: Focus on Fixed Income

RSVP by responding to this email with date(s) that you would like to attend.

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

This weekend is St. Anthony's Festival in the North End... this year virtually! One of my favorite events!

[Saint Anthony's Feast The North End of Boston's Official Website](#)

Begun in 1919, by Italian immigrants from the small town of Montefalcione in Avellino, Saint Anthony's Feast has become the largest Italian Religious Festival in New England. Named the Feast of all Feasts by National Geographic Magazine, this authentic Italian street festival has it all for people of every age: parades, strolling singers, live entertainment, contests and religious services are ...

www.stanthonysfeast.com

Now we know about the event. Let's learn about the man. I would love to hear from anyone who found something they had lost.



Who is St. Anthony of Padua? | St Anthony Shrine

St. Anthony of Padua is one of the Catholic Church's most popular saints. Saint Anthony of Padua, patron saint of lost and stolen articles, was a powerful Franciscan preacher and teacher. He's typically portrayed holding the child Jesus—or a lily—or a book—or all three—in his arms. Many people give alms to St. Anthony Bread in [...]

www.stanthony.org

St. Anthony was born in Portugal and we haven't been there, yet. Until today. Let's take a tour of Coimbra.



Coimbra, Portugal - Summer Walk Tour in STUNNING Historic Riverfront City

A first-person perspective walk tour in Portugal

www.youtube.com

Go ahead and pick where you would want to visit.



10 Best Places to Visit in Portugal - Travel Video

Check out all the places seen in this video: <https://www.touropia.com/best-places-to-visit-in-portugal/> Located on the western coast of the Iberian peninsula, Portugal is one of Europe's most visited countries due to its idyllic climate, affordable travel costs and

exceptional attractions. Portugal's varied geography ranges from the verdant ...

www.youtube.com

One of the most iconic chefs from Portugal is Ljubomir Stanisic. Here he and his team prepare for the Presidential.



Ljubomir Stanisic @ The Presidential

Chef Ljubomir Stanisic and his team from 100 Maneiras and Six Senses Douro Vally participate in The Presidential Train for the first time. October 2017. Direction: Mónica Franco; Video: Abel Rosa / 100 Maneiras www.100maneiras.com Music: Espiral II, Rodrigo Leão www.rodrigoleao.pt

www.youtube.com

Here is his menu and his story.



Home - 100Maneiras

1 Restaurant with a tasting menu, 1 Bistro à la carte, 1 awarded cocktails bar, several printed books, 1 room made of art, an ambience that feels like home.

100maneiras.com

It's Friday so let's get cozy and watch a full length movie. It's not on its way to Portugal - but Munich! This is **Night Train to Munich**. *When the Nazis take Prague, Dr. Bomasch (James Harcourt) escapes, but his daughter, Anna (Margaret Lockwood), is taken to a concentration camp. There she meets Karl (Paul Henreid), a Czech man who helps her escape. She flees with Karl to England where her father is already working for the Royal Navy, guarded by undercover agent Dickie Randall (Rex Harrison). No sooner are they reunited when Karl, actually an SS agent, steals father and daughter back to Germany. It is up to Randall to save them.*



Night Train To Munich - Classic Movies

Night Train To Munich - Classic Movies

www.youtube.com

Our Comic Relief Clip of the Day is from Julia. Many Portuguese dishes have fish. Julia starts with seafood! Love her style and sense of humor and the way she and Dave act together.



Julia Child Collection on Letterman, 1982-1994

There was a rapport between Dave and Julia that other chefs could only pretend to have. She was the best of the best. Late Night: 1. October 6, 1983. Cooks French Toasted Ham and Cheese sandwich. 2. October 13, 1983. Viewer Mail with Gerard Mulligan as Julia. 3a. October 16, 1985. Penn & Teller's cockroach clip. 3b. October 17, 1985. Omelets ...

www.youtube.com

Our MAFA Song of the Day is a Portuguese singer.



Amália Rodrigues — Uma Casa Portuguesa (1953)

NO COPYRIGHT INFRINGEMENT INTENDED. For Entertainment Purpose Only. "Uma Casa Portuguesa/A Portuguese Home" with english subtitles. A mythical song of Portuguese culture. Subscribe to Marius MC : <https://www.youtube.com/user/mariusteel>

Follow me on Facebook for more news :
<https://www.facebook.com/HoT.cOID07>

www.youtube.com

Our Center quote of the Day is ***Oh salty sea, how much of your salt Is tears from Portugal? – Fernando Pessoa***

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