



COUNCIL
ON AGING
Needham

8/31/2020

Hi Everyone!

Thank you so much for sending me birthday wishes. I am humbled and it took the sting out of turning 51! Stacey and our crew made me a sweet birthday video and it was so great to see so many faces from the Center! I'm a lucky gal!

I also heard from many of you about other things. This was one of my favorites, from our wonderful T'ai Chi instructor, Scotty. (If you have never taken his class - now is the time! He gets rave reviews and T'ai Chi is so great for you! So many benefits...) Here is what Scotty wrote about his marriage: **"Charlotte and I were married on June 25. We celebrate our *moniversary* on the 25th of each month. Sept will be our 591st *monaversary*."** What a way to make each month special! Love it!♥

Our friend, Jerry wrote about our wonderful Joy's program, ***"Just wanted to let you know I thoroughly enjoyed Joy's presentation about her Bears and Beyond in Alaska and showing different parts of Alaska. It was really great to see, and then at the end, she said she will have another similar program at the end of Sept. I'm looking forward to that one too. I liked how she spoke about her trip as she knew what she was talking about, seeing on how she works with different animals too."***

We love our Joy!!

Our friend, Sally takes part in so many programs. Good for you, Sally! Here is what she wrote about our Women's Investment Club, ***"Yes, I would be interested in all three events. I used to belong to a Women Investment Group which met monthly in Lexington in the***

evening. Thank you for another wonderful program." You are *welcome Sally and more of you should join this great group!*

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

Our friend, Brenda sent us this valuable article. Thanks for thinking of our crew, Brenda!



Recognize Misinformation on the Internet - The New York Times

Identifying reliable information online is especially urgent, and especially for seniors. By Amy Yee Older people are vulnerable to misinformation online even under normal circumstances. But the ...

www.nytimes.com

Here is another one that has happened to dozens of my friends and some of our staff. Beware!!



Are these package delivery text messages real? No, they're a scam!

Many of us are thrilled to get updates on the status of our package deliveries. But these

text messages are not what they appear to be.

www.komando.com

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](#)**

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 @ 9:30/10:30/11:30AM

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 @ 11:00M**

To Join Zoom Meeting: **Please contact Kristen at klindley@needhamma.gov**

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: **Sip Wine & Tour a Tuscan Vineyard***

Time: **September 22, 2020 from 12:00-12:45 pm EDT.**

Cost: **\$25**

To Preregister and Pay for the Tour: [Click here](#)

*Pack your bags because we're going on a virtual vacation!!

Go behind the scenes at Tuscan vineyard for a lesson in Italian wines.

Grab a glass and join Italian winemaker Pierluigi, or his family member, as he welcomes you to his family's vineyard in Tuscany for an expert lesson and wine tasting tips. In this Online Escape, you'll learn about the history of Tenuta Torciano, the vineyard where Pierluigi's family has been making wine for 300 years. Learn about the different types of wine produced in San Gimignano, one of the great wine regions of Tuscany, and get a behind-the-scenes look at the vineyard. You'll see what it takes to make a great bottle of wine, then get expert tips for tasting wines at home. Not sure how to tell if your Chianti is from Chianti? Wondering what the "swirl and sniff" is all about? Well, whether you're already an oenophile or aren't sure where to get started, this Online Escape will give you the knowledge you need to select, sip, and savor the best wines at home. The link below will allow participants to register and pay for the class. They will then receive emails reminding them of the class and giving them information of what they'll need prior to the class.

EF Go Ahead Tours new Online Escapes! As the world's largest private education company, EF draws on over 50 years of experience and a vibrant network of local Tour Directors, historians, and experts to create one-of-a-kind journeys for curious travelers. Online Escapes are live, interactive experiences so you can interact with your host, ask questions in real-time, and have the chance to get to know your host and meet others from your phone, tablet, or computer.

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* (UPDATE WRITE UP!!)

Time: Tuesday, September 8 @ 1:30PM

To Join Zoom Meeting [Click here](#)

*It is natural to feel stressed, anxious and worried about the upcoming election, the pandemic, and other challenges these times present. How can we deal with those feelings more skillfully, with a measure of equanimity, without getting overwhelmed? The next session in A Series on Mindfulness with Neil Motenko will review basic principles of mindfulness-based stress reduction and the benefits of meditation practice in helping us better handle these natural reactions to current events. The session will be interactive, refer to evolving science of mindfulness, and include guided practices. Newcomers are always welcome. We gratefully acknowledge the sponsorship of Wingate Chestnut Hill.

Topic: Lawrence of Arabia: His Impact on the Past & Present as Presented by Bill Begin

Time: Tuesday, September 15 @ 1PM

To join Zoom Meeting: Stay tuned

*After his very well-received presentation on Gertrude Bell: Desert Queen, Bob is coming back with a related talk on Lawrence of Arabia. (*He was supposed to do this on the day the Center closed.*) A little over 100 years ago, the world was engulfed in the struggle of WWI. In the Middle East, the conflict between the Allies, England & France against the Ottoman Empire & the Germans. Both sides were trying to enlist the support of the Arabs. The Arabs would align themselves with England, in part due to the efforts of and Archeology student, T.E. Lawrence. He was completely taken by the lure of the Middle East. After many fascinating happenings and conflicts, he realized he could not serve the Crown and The Arabs at the same time. This is a tale of false diplomacy and broken promises. Decisions made in the interest of the Empire still haunt us today.

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.

WEDNESDAY

Topic: **CATH Coffee Hour***

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!

NEW!

Topic: **Wake up and Drum with Joe!***

Time: **Wednesdays, September 2 & October 7 @ 9AM**

To join Meeting: [Click here](#)

Meeting ID: **4050865832**

Password: **5TnSmM**

**Joe always brings laughter, stories and yes, music!! We will be waking up and having a virtual drum circle. Project Resiliency says of drumming together, "Drum Circles also provide an opportunity for participants to feel connected with others and gain a sense of interpersonal support. A drum circle provides an opportunity to connect with your own spirit at a deeper level. Group drumming alleviates self-centeredness, isolation and alienation." So roll out of bed, grab a pail, empty coffee container, a table top and join us drumming!

WATCH THIS VIDEO TO MEET JOE!!

Topic: **DanceFitness with Showway**

Time: **Wednesdays, 9:20-11:00 am**

- 9:20 am : sound check and meet time for class
- 9:30 am : Line Dancing
- 10:00 am: Nia Class

To join Zoom Meeting [Click here](#)

Meeting ID: 822 2741 6903

Passcode: 916946

*Showway is just the best!! 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 / yoga mat for cool down stretch. If you've never done a program with Showway - now is the time. Here energy and spirit are amazing!

Topic: **Coffee with the President of Beth Israel Deaconess Medical Center - Needham, John Fogarty***

Time: **Wednesday, September 16 @ 10:00AM**

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

Meeting ID: **862 0758 9781**

Passcode: **BIDM**

*Join Beth Israel Deaconess Hospital Needham President, John Fogarty, for a Zoom coffee hour and hospital update. John will speak to the hospital's response to COVID-19, recovery after shutdown of non-essential services, and plans for the future. Please come prepared with questions and a cup of your favorite coffee or tea!

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: **Was the American Civil War necessary?**

Topic: **Words of Wisdom Discussion Group* (Thru Dec)**

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.

Topic: **Exercise with Ease**

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

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

Meeting ID: 254 025 0890

Passcode: 443362

*Join one of our fan favorites, 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: **Bridgewater State's Senior College Information Session**

Time: **Wednesday, September 2 @ 1:00PM**

To join Zoom Meeting Preregister email BSUSeniorCollege@bridgew.edu

*Join this informational program to learn about the offerings, meet instructors, chat with other participants and ask any questions! (For only \$55 - you can register for as many classes as you like - here is a link to tell you more: [BSU Senior College.](#))

Topic: **Men's Health Forum***

Time: **Wednesday, Sep. 9, Oct 14, Nov 11, Dec 9, Jan 13, 2020 @ 2:00 PM**

To Join Zoom Meeting [Click here](#)

Meeting ID: **889 4707 3717**

*Men typically don't make their health a priority and now, more than ever, it has to be a priority! It's time to change that. Men statistically are more stubborn about discussing, learning, taking care of their health. The program was spearheaded by our own, Stephen Cadigan and is ALL about men's health. Bring your Q & A's!

Topic: **Dementia Caregiving Basic Training: A Virtual 6 - Week Series***

Time: **Wednesdays @ 2:00PM**

To Preregister for Zoom Meeting: RSVP@maplewoods1.com. Login instructions for Zoom will be forwarded upon preregistration.

***Are you looking for answers? Join us for a series of events that are specially designed to give care-givers a broad overview of important information, planning tools, and practical strategies to provide care for an aging loved one with dementia.**

- **SEPTEMBER 2ND: Working with the Healthcare Team**
- **SEPTEMBER 9TH: Tackling Challenging Behaviors in Dementia**
- **SEPTEMBER 16TH: Caregiver Self-Care**
- **SEPTEMBER 23RD: Alternative Options to Caregiving at Home**

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

Time: **Wednesday, Sep 16, 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.

NEW!!!

Topic: **Fiddler on the Roof: A Conversation on Family Relationships**

Time: **Wednesday, September 2, 2020 @ 4:00PM**

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

Meeting ID: **831 4278 5328**

Passcode: **265886**

*There have been 5 Broadway revivals of *Fiddler on the Roof* and a recent successful off-Broadway production of it in Yiddish. Although the story is about a poor Jewish dairyman and his family, the theme is universal. Tevye, represents every parent with a point of view on intergenerational conflict otherwise known as the "generation gap."

In *Fiddler on the Roof*, we meet three of Tevye's five daughters – each one's choice of husband moves their papa further away from his tradition and beliefs. Fiddler also addresses change of a way of life, a theme we can certainly relate to today.

In addition, we will discuss the history, the collaboration, the scenes and songs that comprise the 1964 production of *Fiddler on the Roof*. **This is a great program for men and women! Things to think about...**

- **Tevya is a father who has daughters that he loves is why he has to go with the times. And ultimately his daughter's happiness is important to him.**
- **Tevya's loving and generous, hot tempered and short amalgamation makes him human.**
- **Men transfer their own fathers when they are connected to Tevye**
- **Fiddler is about a father's ability to rebound in the face of catastrophe**

Topic: **CBD - Myths, Truths and Benefits***

Time: **Wednesday, September 9 @ 10:00AM**

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

Meeting ID: **740 7785 4818**

*Anna Schickel, owner of Your CBD Store in Needham, will give a talk on the history of hemp and the myths vs. facts of hemp-derived CBD, also known

as cannabidiol. Anna is a Speech-Language Pathologist who experienced a severe back following a car accident. Unhappy with the side effects of pharmaceuticals, Anna discovered CBD after visiting a friend's CBD store in her hometown of Ithaca, NY. CBD has allowed Anna to return to living an active lifestyle of running, hiking, biking and skiing, without addictive qualities or negative side effects of medication. Please join us to learn more about the history of hemp and CBD, a non-psychoactive and organic alternative.

Topic: **Sing Along with Margie at the Piano***

Time: **Wednesday, September 2 @ 1:00PM**

To join Zoom Meeting [Click here](#)

*Margie's back!! Join our fun and talented pianist, Margie as she hosts us in some singing and fun. She takes requests!!! It was so much fun last week. A good escape for some old favorite songs. Grab your favorite Vintage Voice-r and join us!

Topic: **Let's Laugh Today Zoom Laughter Club***

Time: **Wednesdays, 2020 @ 7:30 - 8:15PM**

To join meeting [Click here](#)

Password: **014657**

*Laughter is the best medicine so join this fun-loving crew to end the day with laughs and love! Anyone can do these easy, healthful breathing techniques along with simulated laughter that always seems to turn into real laughter! All ages and levels of physical ability are welcome. There are no fancy poses and no jokes or comedy is involved. There's plenty of free parking at all our venues. Since laughing is dehydrating, please bring your water bottle.

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! 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 September 4 is John Steinbeck's *The **Chrysanthemums*** <https://literaryfictions.com/fiction-1/the-chrysanthemums-by-john-steinbeck-2/>

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 this amazing (and I don't over use that word!), amazing video. Imagine the time and talent this takes. <https://www.youtube.com/watch?v=mITAh6LN80>



These Sculptures Made Out Of Paper Will Blow Your Mind

Li Hongbo's mesmerizing sculptures are currently on view at Klein Sun Gallery in New York. After years of trial and error, he's perfected his method of layering thousands of sheets of paper and carving them into busts, replicas of nature and human forms.

Produced by Alana Kakoyiannis ...

www.youtube.com

Let's learn a little bit more about my great state of Maine and the history of paper!



Maine Logging History | Maine Logging, Timber Harvesting, and Forest Management - Maine Logging - W.C. Tripp Forest Products

The Beginnings Logging in Maine goes back to the colonial period, when the narrow strip of Eastern North America belonged to England. The British Royal Navy quickly claimed the best stands of light and strong

Eastern White Pine for the masts, spars, and planking for their fast and maneuverable ships.

www.wctrippforestproducts.com



Logging in Maine

SUMMARY The subject is the movement of cut timber from the forest to the mill. The few scenes that make up the film are loggers performing the various operations necessary to prevent logs from jamming together. The men keep them headed with the flow of the water toward the lake on which the mill is located. The activities of approximately a ...

www.youtube.com

The US, China and Japan are the countries who make the most paper. Japan has made it an art form.



Papermaking of Japanese paper (Tosa washi)

The material of Japanese paper is made from the bark of woods. This bark is manufactured into fine white fibers by various processes such as boil, bleaching, beating and disentangle. After these treatment, this fibrous material is put into the shallow container filled with water and the viscous liquid made from a plant. After stirring well, the ...

www.youtube.com

Our Center How - To is making paper out of paper!



how to make handmade paper • DIY tutorial [papercraft]

☆ after leaving my improvised mould and deckle untouched for almost three weeks, I finally got around to giving DIY handmade paper a go! I am so happy with how my sheets turned out, I rarely fall in love with the things I create. I'm happy to report this is one of those rare moments just to let you know, this tutorial is sort of like a vlog ...

www.youtube.com

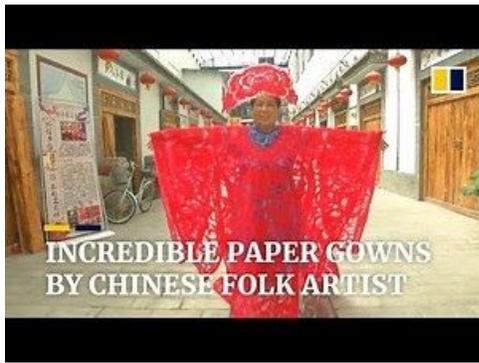
Who knew we had a paper museum right in our own back yard?

Research Institute of Paper History & Technology

The Research Institute of Paper History and Technology is a non-profit organization, established in October of 1994. It occupies a handsome, 100-year old building, originally used as a carriage house.

www.papermakinghistory.org

When I was little, my aunt went to China and brought me home very dainty and exquisite paper cuts. Here are some paper gowns from China. These are not for paper dolls!

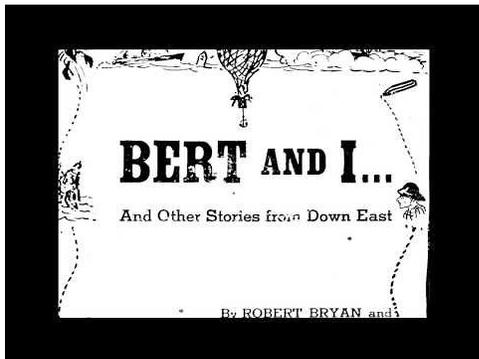


Incredible paper gowns made by Chinese paper-cutting master

Subscribe to our YouTube channel for free here: <https://sc.mp/subscribe-youtube>
Chinese paper-cutting master, Yang Caixia, has made nine gowns out of red paper. All the gowns are decorated with traditional auspicious patterns, and have their own matching headpieces. Paper-cutting is one of the oldest traditional Chinese artforms, and declared ...

www.youtube.com

Our Comic Relief Clip of the Day is an audio! If any of you are from Maine and over the age of 50 (Which now I am...) you know the comic sketches of Bert and I. Here is an example for those of you who don't know. Gotta' love the accents!!!



(1/2) "Bert & I... And Other Stories from Down East" by Robert Bryan and Marshall Dodge (Side A)

"Bert & I... And Other Stories from Down East" by Robert Bryan and Marshall Dodge. A spoken word album of folk yarns "to bring a taste of northern New England into homes everywhere", told with "a warmth and a pace and an accent which are beyond the dimensions of the printed page". Side 1

tracks: 1. Bert & I 2. Kenneth Fowler Goes
Hunting 3 ...

www.youtube.com

Our MAFA Song of the Day is from Ella.



Ella Fitzgerald & Delta Rhythm Boys - It's Only A Paper Moon 1945

Decca Records 23425 A - Ella Fitzgerald
And Delta Rhythm Boys.(They had a similar
sound that matched The Ink Spots and The
Mills Brothers.) Ella Jane Fitzgerald (April
25, 1917 -- June 15, 1996), also known as
the "First Lady of Song" and "Lady Ella," was
an American jazz and song vocalist. "It's
Only a Paper Moon" is a popular song.
Published ...

www.youtube.com

Our Center quote of the Day is ***I put a piece of paper under my pillow, and when I could not sleep I wrote in the dark. ~Henry David Thoreau***

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

♥~Aicha

♥~Aicha

