



COUNCIL
ON AGING
Needham

9/8/2020

Hi Everyone!

How is everyone's Tuesday going? It was so great hearing from so many of you. Loved our bacon emails, Lois!

Our ballroom dance instructor and friend, Betty write about the bizarre Mass laws: ***"Good thing all those weird laws are not enforced!"***

I also heard from Naomi who wanted me to share this with you all.



"World's End, Hingham" watercolor by Naomi Wiles

Naomi Wilsey, Needham artist, art teacher and long-time resident, invites you to visit her one-woman online exhibit. The exhibit is titled, “Souvenirs in Art: Paintings by Naomi Wilsey” and is the artist’s way of taking you visually to other places and maybe remind you of your pleasant trips of the past. The exhibit is online through September 30th. Scroll to the bottom of the Needham Library homepage at: <http://www.needhamma.gov/4747/Library>

If you have questions or comments for the artist, please contact her at: nwilsey@verizon.net

Also, our friends at Wingate have a lovely invitation to you for a delicious, complimentary, express lunch on September 17! For more information please [click here!](#) Bon Appetit!

As always the Center Staff, is here for you! Please email me or call the Center

Now for some highlights....

NEWS/UPDATES

On Saturday, Mass updated it's travel order to include more low - risk states from having to quarantine or test.

COVID-19 Travel Order | Mass.gov

Effective August 1, 2020, all visitors and returning residents entering Massachusetts must follow new travel orders. The Commonwealth has made great progress to slow the spread of COVID-19 and gradually re-open the economy, and all visitors have a responsibility to help us keep transmission levels as low as possible.

www.mass.gov

We keep hearing about faulty testing and here we have an example from our own backyard.

Boston lab Orig3n
suspends COVID-19
testing after reporting at
least 383 false positives in
Massachusetts; Lab
director failed to give
direction, officials say -
masslive.com



Boston-based laboratory Orig3n halted its coronavirus testing in Massachusetts last month after reporting hundreds of false positive test results, with officials chalking up the mistakes to a lack ...

www.masslive.com

REMOTE PROGRAMMING

PLEASE, PLEASE, PLEASE TAKE THIS SURVEY!??

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](#)

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!

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: Low Vision: Tips and Talks

Time: Wednesday, September 16 & October 20 @ 10:30AM

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: **Look at your own lineage.**

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.

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: **FEMA on Financial Resilience Tools***

Time: **Wednesday, September 16, 2020 @ 1:00 pm**

To preregister for Zoom webinar: [Click here](#)

*The Federal Emergency Management Agency (FEMA) works with partners to promote individual and community resilience. In collaboration with the Federal Deposit Insurance Corporation (FDIC) and the Consumer Financial Protection Bureau (CFPB), FEMA will host a National Preparedness Month webinar on Wednesday, September 16, at 1:00 to 1:30 p.m. ET. Hear experts from the FDIC and CFPB give real-world examples of how to be more financially prepared for emergencies or disasters and share tools that can help individuals and communities increase economic resilience.

FDIC will focus on the financial preparation and disaster recovery information in their Money Smart for Adults curriculum, where you can find practical knowledge, skills-building opportunities, and resources. CFPB will feature its Start Small, Save Up initiative, which offers tips on building savings, including guides on starting an emergency savings account, saving at tax time, and opening a bank account. A booklet that users can fill out to plan their savings goals is also available. In addition, check out these free resources that can help you financially prepare:

- [Emergency Financial First Aid Kit \(EFFAK\)](#)
- [Financial Emergency Fact Sheet](#)
- [Your Disaster Checklist](#)

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

Time: **Wednesday, Sep. 9, 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 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, Oct 21, Nov 18, Dec 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.

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: **Flash Fiction Reading with Zvi and His Crew**

Time: **Wednesday, September 16, 2020 @ 4:00PM**

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

Meeting ID: 845 7989 9701

Passcode: Flash

*Join Zvi's crew to hear fabulous writing.

Michael C. Keith bio

Michael C. Keith is the author of two dozen non-fiction books on media subjects, one of which was selected by President Clinton for his official summer reading list. He is also the author of an acclaimed memoir (published by Algonquin Books) and 15 short story collections, the latest being *Insomnia 11* from MadHat Press. Keith retired emeritus professor from Boston College in 2017. He has received numerous awards and nominations for his work as a scholar and writer.

Gregory Wolos Bio

More than ninety of Gregory Wolos's short stories have been published in journals like Glimmer Train, Georgia Review, descant, Florida Review, The Pinch, Post Road, Nashville Review, Yemassee, Baltimore Review, Los Angeles Review, PANK, and Tahoma Literary Review. Gregory is a six time Pushcart Prize nominee, and his work has won awards sponsored by descant, Solstice, the Rubery Book Awards, Gulf Stream, New South, Emrys Journal, and Gambling the Aisle. He is the author of three fiction collections: Women of Consequence, Regal House Publishing, 2019; Dear Everyone, Duck Lake Books, 2020; The Thing About Men, forthcoming, Cervena Barva Press, 2021). For full lists of publications and commendations, visit www.gregorywolos.com?

Rob Dinsmoor Bio

Rob Dinsmoor has written dozens of scripts for Nickelodeon and MTV and published stories in many literary magazines, two of which were nominated for Pushcart Prizes. The author of several memoirs, his latest book is collection of short stories titled Toxic Cookout. He hails from Bloomington, Indiana and now lives on the North Shore of Massachusetts with his dog Jack, a fellow Hoosier. Visit his Website at www.robertdinsmoor

Phil Temples Bio

Phillip Temples resides in Watertown, Massachusetts. He's published four mystery-thriller novels, a novella, and a short story anthology in addition to over 150 short stories. Phil is a member of the Mystery Writers of America and the Bagel Bards. You can learn more about him at temples.com.

Zvi A. Sesling Bio

Zvi A. Sesling is the Poet Laureate of Brookline, MA. He has published numerous poems and flash fiction. He edits Muddy River Poetry Review, He is author of War Zones, The Lynching of Leo Frank, Fire Tongue and King of the Jungle and three chapbooks Simple Game, Baseball Poems, Love Poems From Hell and Across Stones of Bad Dreams. He has been nominated for the Pushcart Prize four times and his books have been nominated for national and local awards. His flash fiction book Secret Behind The Gate will be published by Cervena Barva Press in early 2021. He lives in Chestnut Hill, MA with his wife Susan J. Dechter.

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.

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: **2yC50r**

*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: **Thursdays, 2020 @ 10:00 AM**

To Join Zoom Meeting [Click here](#)

Meeting ID: 841 2153 1726

Passcode: 569547

*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: **Virtual Hiring Fair with Seniors Helping Seniors**

Time: **Thursday, September 10 @ 11:00AM - 12:00PM**

To Preregister for Zoom Meeting To register and receive instructions for attending via Zoom meeting on your computer, please call Lisa at (617) 877-3163 by September 8th.

- *• Are you looking for meaningful, part-time flexible work to supplement your income?
- Is your heart open to helping socially isolated seniors?
- Do you feel ready to get out of the house and back into the community?

If you're retired/semi-retired and available at least 6 - 8 hours per week, *Seniors Helping Seniors of Greater Boston & Metrowest* may be the opportunity for you!

Our unique model of peers helping peers provides mature older adults who are still active a worthwhile way to enhance the quality of life for those who need it most.

(Please note: During the COVID-19 pandemic, Personal Protective Equipment (PPE) is provided to caregivers when placed.) **Seniors Helping Seniors has been voted one of the Top Places To Work by the Boston Globe in 2018 & 2019!**

Topic: **Pilates with Lisa***

Time: **Thursday, July, 2020 @ 10:30 AM**

To join Zoom Meeting [Click here](#)

Meeting ID: **899 9086 2700**

Passcode: **029133**

*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: **Talk the Walk Discussion Group**

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

To Join Zoom Meeting [Click here](#)

Meeting ID: **844 9177 4337**

Passcode: **WALK**

We are all aware that diversity is a hot topic now. But no-one can walk in someone else's shoes, so let's investigate and learn. Let's have discussions to move forward with a better understanding of many things involved in diversity. They may be uncomfortable, but the more we have them, we believe it will get easier for many. Once a week we will read an article or watch a TED talk and that is what will begin the discussion. We will see where the discussion leads. The rules are: respect, manners, time limits for having the floor. If anyone has any articles, talks or speakers which they think would benefit the group send to Aicha. Sept. 3rd item to read: [*I'm black and my mom is white. This is the talk we had to have about George Floyd's killing.*](#)

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, total 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: **After Lunch - Gentle Yoga with Michelle***

Time: **Thursdays @ 1:00PM**

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

Meeting ID: 443 604 7877

Passcode: 0DbGrY

*Michelle is a fabulous yoga instructor and can make this a Seated Yoga as well!

NEW!!

Topic: **Hearing Aid 101**

Time: **Thursday, September 17, 2020 @ 1PM**

To join Zoom Meeting: Stay tuned

Paul would host a hearing aid clinic to repair and clean and upkeep our hearing aids. Since that can't happen, Paul will give a presentation on tips on how best to care for your hearing aids.

Topic: **Tips for Dementia Caregiving at Home***

Time: **Thursday, September 10 @ 1:30-2:45 PM**

To Preregister for Zoom Meeting: [Click here](#)

*Managing daily care for a loved one with Alzheimer's Disease or other dementia-related illness can be isolating and stressful. With fewer outside supports available due to COVID-19, many caregivers are facing longer hours of hands-on care at home.

Learn tips, strategies, and activities to engage loved ones with dementia. Join other caregivers to discover ideas that can make a big difference in your day.

NEW!!!

Topic: **Famed Photographer, Lou Jones and COVID19 Through the Lens of a Camera**
(\$200 but looking for sponsor)

Time: **Thursday, September 10 @ 2:00PM**

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

Meeting ID: **864 2866 0949**

Passcode: **Jones**

*Lou is presenting a moving photo-documentary look at how people have been dealing with the pandemic both creatively, bizarrely & isolated.

Topic: **Beyond Big Bend***

Time: **Thursday, Sept 24 @ 2pm**

Join Zoom Meeting [Click here](#)

Meeting ID: **849 3709 9361**

Passcode: **958044**

*Southwestern Texas is known for wide open spaces, cattle ranches and even a well known National Park, but just outside the borders of Big Bend there are still many things to see in the Chihuahuas Mountains and nearby. Summer rains bring life to the desert as flowers seem to pop out everywhere. In the hills and lowlands, wild animals of all sizes can be found. From mountain sheep to hummingbirds, big cats and wild javelina, there is much to see beyond Big Bend.

This program is available to our participants due to the wonderful generosity of Whitney Place. Thanks, Ellen and Whitney Place Staff!

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.

Topic: **Medicare 101***

Time: **Thursday September 24, 2020 @ 4:00 - 5:30 pm**

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

*Join us for a Medicare 101 educational meeting hosted by the MetroWest SHINE program on Zoom. This program is an overview of Medicare for people turning 65 or those just signing up for Medicare. We will be discussing Medicare enrollment as well as information about the parts of Medicare and coverage options. The meeting will include time for Q&A. Space is limited and registration is required.

Topic: **Stocks: The Nuts and Bolts**

Time: **Thursday, September 10th @ 4:30pm - 5:30pm**

To Join Meeting: Email Aicha @ akelley@needhamma.gov

**Financial Workshop for Women Investors Series third program focuses on when you are considering your long-term financial goals, how do stocks measure up? During our presentation, you'll learn the differences between common and preferred stock, the importance of dividends, ways to craft your stock strategy, and different ways to own stock.*

Topic: **Patriots and Pirates: NC Wyeth in Needham** A Gloria Greis Presentation

Time: **Thursday, September 10, 2020 @ 7:00 PM Eastern Time**

Join Zoom Meeting [Click here](#)

Meeting ID: 958 5569 2941

Passcode: 952182

Join Needham's most popular historian, Gloria Greis from The Needham Historical Society for a presentation about Artist NC Wyeth raised his children "to live like patriots and think like pirates." He wanted them to be vigorous and self-reliant, and to think and act for themselves, but to be rooted in the values and history and traditions that made America a beacon. Much of Wyeth's art also reflected this attachment to an American idealism that grew out of his own family history.

Artist NC Wyeth was born in Needham and raised on South Street. His childhood was spent rowing on the Charles, riding his horse along its banks, and exploring the town's woods and farms. Needham landscapes and town scenes are among his earliest works. Wyeth left Needham as a young man, but despite this long absence, he maintained a nostalgic longing for Needham and his family. This nostalgia was an inseparable part of his art – a source of inspiration and identity. Needham images, especially his houses and his family, would be recurring themes in his work.

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: Needham Creative Writing with Beth*

Time: Friday, September 18, 2020 @ 10:00 AM

To Join Zoom Meeting [Click here](#)

Meeting ID: 836 1068 9044

**Beth Knaus, owner of *That's a Spade Writing Services*, will teach you tools and tips and motivate you to hone your hobby (or start your new hobby) of writing. The group also helps one another with discussion of writing techniques, sharing writing, and just talking about the love of writing. All types of writers are welcomed - fiction, non-fiction, short stories, essays, journaling. (which can also be therapeutic at times like these.) Always looking for new participants. Beth shared some prompts but your own are great too.

Topic: COVID-19 and Your Estate Plan with Attorney Denise McCarthy*

Time: Friday, September 18 @ 11:30AM

To join Zoom PreRegister in for this meeting: [Click here](#)

(After registering, you will receive a confirmation email containing information about joining the meeting.)

*Denise will be able to discuss topics such as the healthcare proxy and power of attorney.

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

Topic: **Now Hear This!***

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

Join Zoom Meeting [Click here](#)

Meeting ID: **691 892 6899**

*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: **Virtual Memory Cafe***

Time: **Friday, September 11 @ 10:00AM - 12:00PM**

To Preregister for Zoom Meeting: **email @ bsoltzberg@jfcsboston.org or call 781-693-5628 by September 9th.** (Email is preferred if possible.)

*This group is for families of and people with Alzheimer's / Dementia. Each Cafe will have something fun and interesting for everyone to enjoy. This one will welcome Cornell Coley, M.Ed. for an exploration of African-roots rhythms, songs and culture from Brazil, the Caribbean and Latin America. Cornell is an award-winning percussionist, dancer, teacher and public performance artist. He uses various instruments from his collection and encourages our guests to participate from home. If you love music - join this!!

Topic: **Coffee with the Cops***

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

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

Meeting ID: **896 3879 2229**

Passcode: **COPS**

*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***

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 11 will read: "The Open Boat" by Stephen Crane.

https://americanenglish.state.gov/files/ae/resource_files/the-open-boat.pdf

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

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

Join Zoom Meeting [Click here](#)

Meeting ID: **87651968245**

Password: **806103**

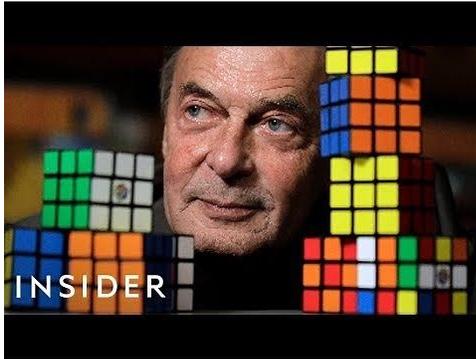
*It's Friday and our Techie is back! Join Avrom to discuss all things technical! He will focus on To new topics each week and you can also bring any questions you have - he's all yours! Don't stop joining or taking part in programs just because you aren't comfortable with technology. Avrom is your man!

ENTERTAINING/INTERESTING

Today in 1974, President Ford pardoned President Nixon and Evel Knievel failed jumping Snake River Canyon. He landed at the bottom of the canyon, suffering only minor injuries. Both lucky people for very different reasons! ??

It got me wondering what inventions happened in 1974 and it was the Rubik's cube. But it was not just a toy! Erno Rubik was an architect and teacher.

How The Rubik's Cube Became One Of The Bestselling Toys In History



Everyone knows the Rubik's Cube, but not everyone can solve it. The colorful brain teaser is one of the most popular toys of all time, and it dates back to the 1970s in Hungary. We spoke with the inventor of the cube, Erno Rubik, to find out how he came up with the idea.

#RubiksCube # ...

www.youtube.com

Let's have a look at failed inventions.

Fantastic Failures: 10 Wacky Failed Inventions From the Past | Urbanist



There are some inventions that will forever be remembered fondly even after they are made obsolete by other technology. And then there are the other ones...the failures that never quite took off, or were replaced so rapidly as to have completely disappeared from our collective memory.

weburbanist.com

Looking for something to watch. Here is a great (and creepy) documentary.

The Inventor: Out for Blood in Silicon Valley (2019) | Official Trailer | HBO



From Academy Award-winning director Alex Gibney comes a documentary about the rise and fall of Theranos, the one-time multibillion-dollar healthcare company founded by Elizabeth Holmes. Premieres March 18 on HBO. #HBO #HBODocs
Subscribe to the HBO YouTube Channel:
<https://goo.gl/wtFYd7> Donb

www.youtube.com

Let's head back to D.C. I know we go there a lot but there are so many places to visit.

About the Museum | National Inventors Hall of Fame®



Located at the United States Patent and Trademark Office Headquarters, Madison Building, 600 Dulany St., Alexandria, Virginia 22314. Please note: The National Inventors Hall of Fame Museum and Museum Shop are closed until further notice.

www.invent.org

Medifacts.com says, "***It was created in the 1920s by the physical trainer Joseph Pilates (1880-1967) for the purpose of rehabilitation. Some of the first people treated by Pilates were soldiers returning from war and dancers such as Martha Graham and George***

Balanchine (to strengthen their bodies and heal their aches and pains)." Let's do some pilates.

Standing Pilates for Seniors- 30 minutes of exercise to Improve Strength Build Confidence



I've created this workout based on a request from an older viewer who said 'could you do something for us older people who are getting a bit stiff and achy'. So this is a Senior pilates standing workout for the 60+ age group. I've taught these exercises twice weekly to my Senior clients in London, they are ages 60- 83. What I have done is put ...

www.youtube.com

Our Comic Relief Clip of the Day is Gilligan's Island versus Batman on the Feud! They had to invent things on the sailed if you were looking for a connection.



Family Feud: Gilligan s Island Vs. Batman

Family Feud: Gilligan's Island Vs. Batman

www.youtube.com

Our MAFA Song of the Day is a beautiful piano piece called "Invention in C Minor."

Billy Joel, Hyung-ki Joo -
Invention In C minor
(Audio)



"Music video by Billy Joel;Richard Joo performing Invention In C minor. (C) 2001 Sony Music Entertainment"

www.youtube.com

Our Center quote of the Day is ***“Invention, it must be humbly admitted, does not consist in creating out of void but out of chaos.”*** ? *Mary Shelly*

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

~Aicha

♥~Aicha

