



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

Hi Everyone!

How are you?

Way to go, PATS!!! (For those of you who wanted them to win.) Before Tom starts his game - I am going to get these out.

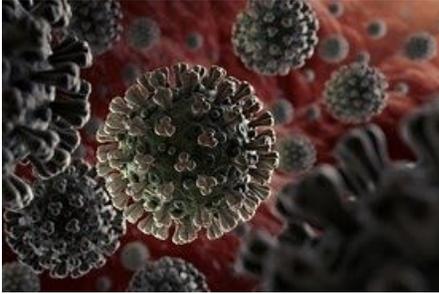
We haven't had many register for FRESHNESS DELIVERED. We will be delivering fresh produce Tuesday, September 15 to the first 50 people who register! We are working with Katsiroubas Brothers! We want to thank the Friends of the Center for funding the deliveries this first week!! Register today.

It is the weekend, but the Center Staff is here for you! Please email me or call the Center @ 781-855-3629 for Katie and we will help you.

Now for some highlights.

NEWS/UPDATES

Let's check in with the World Health Organization.



[Coronavirus](#)

Information on COVID-19, the infectious disease caused by the most recently discovered coronavirus.

www.who.int

And we haven't checked in with the National Medical Association - so let's have a look no

[COVID-19 Resources - National Medical Association](#)

National Medical Association | 8403 Colesville Road, Suite 820, Silver Spring, MD 20910 |
202-347-1895

www.nmanet.org

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

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!

NEW!!

Topic: Coffee and Chat w/ Amy & Jessica from One Wingate Way and Wingate Residences.

Time: Monday, September 14th @ 9:30am

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

Meeting ID 704 975 8115

Password: onewingate

*Join our friends Amy and Jessica from One Wingate Way and Wingate Residences for a casual yet informative chat to honor National Assisted Living Week. They are inviting local seniors to join them to answer any questions they may have for Independent or Assisted Living.

Topic: CATH- Virtual Open House* (NEW DATE!!)

Time: Monday, September 21 @ 10:00AM

To Join Zoom Meeting [Click here](#)

Meeting ID: 815 8041 3653

Passcode: CATH

*It's been awhile since we have seen many of you so we thought it would be a good idea to catch up. Also, some of you are new and want to put a face to a name. It will also be good to hear from you all about programs, new ideas, needs, etc. We hope to see you all there.

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.

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](#)

Topic: French Conversation Group*

Time: Mondays, 2020 @ 2PM

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

Meeting ID 769-2859-0292

Password k9Xcqi

*Are you conversational in French; intermediate or advanced? Come join Nathalie, a native speaker, to improve your conversational French. Prior to each session, participants will receive by email brief videos or documentaries in French to watch, or news articles or literature to read, to prepare for the group discussion. This is a fun way to improve your fluency in French, and make new Francophile friends. This is not a structured class, the goal is really to practice talking in a relaxed setting.

Any questions, email to: Wellesley.Nathalie@gmail.com

Topic: Music, Memories and More

Time: Monday, September 14 @ 2PM

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

Meeting ID: 819 5692 1484

Passcode: 511408

*If you want to keep your brain engaged throughout the aging process, listening to or playing music is a great tool. It provides a total brain workout." Johns Hopkins Medicine
Not only is listening to music fun and relaxing, music can reduce anxiety, blood pressure, and pain as well as improve sleep quality, mood, mental alertness, and memory. Come to this fun, interactive gym for the brain. You will leave with a customized playlist and some fond memories of sharing music together.

Topic: How to Talk to Your Doctor and Be Your Own Advocate!*

Time: Monday, September 21 @ 2:00PM

To Join Zoom Meeting [Click here](#)

Meeting ID: 913 2809 1965

Passcode: 513074

*In the current healthcare environment, patients must learn to become their own advocate. Lynn Croft is a Professional Healthcare Advocate . Her program not only educates with the keys to better communication, but includes useful handouts that can be used as guides. Her goal is to educate the public for better outcomes from their physician visits!

Topic: GMO's: Are you for or Against Genetic Modification?*

Time: Monday, September 28, 2020 @ 2:00PM

To join Zoom Meeting: Stay tuned

*Write up: Come and explore genetically modified foods with Joshua Hammond, Registered Dietitian, and Executive Director at Wingate Residences at Boylston Place. What is it? Where and how is it used? A look at the Pro's and Con's of genetic modification and its impact on our nutrition and our environment.

Topic: Caregiver Support Group

Time: Mondays, September 14 @ 4PM

TO Join Zoom Meeting Email Kerrie to Receive Zoom Invite: kcusack@needhamma.gov

This group offers the opportunity for members to share experiences, information and encouragement. Caregiving can be a lonely and isolating experience but, this group helps to connect individuals with others facing similar challenges. Group members share new perspectives, tools and approaches related to the caregiving journey. Guest speakers will also be invited to attend intermittently to provide information on local resources. Take time for yourself; caregivers need support too.

THURSDAY

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. The article for September 15 is How to Make this Moment the Turning Point for Real Change by Barack Obama.

<https://obama.medium.com/how-to-make-this-moment-the-turning-point-for-real-change-9fa209806067>

FRIDAY

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. -

- Write about a silver ring
- After the last guest left
- The table in the corner
- Write about a small rebellion

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 18 is John O'Hara's

"Agatha." https://loa-shared.s3.amazonaws.com/static/pdf/OHara_Agatha.pdf

ENTERTAINING/INTERESTING?

Today is National Chocolate Milkshake Day so I hope some of you get to indulge. I love the McDonald's milkshake. (and their fries!!) Let's have a look inside.



Inside McDonalds: Behind the Doors of the World's Biggest Restaurant Chain | ENDEVR Documentary

Inside McDonalds: Behind the Doors of the World's Biggest Restaurant Chain | Business Documentary from 2013 It's the biggest restaurant chain in the world, feeding 69 million people a day. The food is fast but what McDonald's serves up takes years to make. ENDEVR goes inside the golden arches to find out what's in the secret sauce and how a ...

www.youtube.com

Let's take a quick glance at Des Plaines, Illinois - where the first McDonald's was built.



A brief look at downtown Des Plaines

The Metropolitan Square development in downtown Des Plaines represents an extensive makeover of an inner-ring Chicago suburb. The development comprised offices, retail, dining and residential components and significantly changed the downtown area. I stopped on a sleepy Memorial Day weekend Sunday

for a brief walk around downtown, and a look at ...

www.youtube.com

Des Plaines is 19 miles outside of Chicago. (Just like my town of Walpole is 19 miles outside of Boston!) So let's head to Chicago.



CHICAGO TRAVEL - USA, WALKING TOUR (2 HOURS 15 MINUTES), 4K(60FPS) - UHD

CHICAGO TRAVEL - USA, WALKING
TOUR (2 HOURS 15 MINUTES), 4K(60FPS)
- UHD - Magnificent Mile 0:00 - Michigan
Ave 15:18 - Downtown Commercial
District 31:45 - Millennium Park 1:23:18 -
Navy Pier 1:31:22 - Downtown Ohio Street
1:47:26 - Downtown Ontario Street 2:00:18
Videography by THE TABLE Copyright ?
2019 THE TABLE, All Rights Reserved.

www.youtube.com

Let's look at the top restaurants in Chicago. My husband loves Chicago!!



The 38 Essential Chicago Restaurants, Winter 2020 - Eater Chicago

Editor's Note: The Eater 38 is not getting regular updates due to the ongoing COVID-19 crisis. To find up-to-date guides to Chicago restaurants, with a particular focus on takeout and delivery...

chicago.eater.com

Chicago is famous for their certain style of hot dogs. I prefer a Fenway Frank but let's have a look.



The Best Chicago-Style Hot Dog In Chicago | Best In Town

Insider's Herrine Ro and friend Erin Kommor visit Chicago to find the best Chicago-style hot dogs in the city. They visit Superdawg Drive-In, Gene and Jude's, and Portillo's to find the best in town. Editor's note: This episode was filmed in February 2020. All restaurants remain closed to dine-in service, but are still open. For more, visit ...

www.youtube.com

The movie Ferris Bueller's Day Off celebrates Chicago. Here is the trailer.



Ferris Bueller's Day Off

(1986) - Trailer

Ferris Bueller's Day Off - Starring Matthew Broderick, Alan Ruck, Mia Sara, Jennifer Grey, Jeffrey Jones, and Charlie Sheen

Release Date: June 11, 1986

www.youtube.com

Let's work off those milkshakes.



30 Minute Senior Zumba

Cardio Workout

This fun Zumba cardio workout will give you your required 30 minutes of aerobic exercise and boost your mood in the process. --Find more free senior workouts, including Zumba, cardio, strength and more on my website:

<https://bit.ly/2VNYiZP> --Download my free list of 15 foods for a FLATTER STOMACH:

<https://bit.ly/2SWBX4D> --Order my FULL BODY ...

www.youtube.com

Our Comic Relief Clip of the Day is from one of my favorite shows of all time - The Bob Newhart Show. (Based in Chicago!)



The Bob Newhart Show - YouTube

Season 6

www.youtube.com

Our MAFA Song of the Day is the soundtrack from Chicago. Enjoy!



Catherine Zeta-Jones, Renée Zellweger - Overture - And All That Jazz - YouTube

HD

www.youtube.com

Our Center quote of the Day is: *"Let me tell you something. I'm from Chicago. I don't break."* —Barack Obama 44th President of the United States and longtime Chicago resident

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

