



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

Hi Everyone!

How is everyone doing? We had an open house today and it was so great to see faces!!

During the Open House our friend, Lois asked if I would send along the donation information again. For you, Lois, of course!!

1. To sponsor a Needham Senior who is in need of a Trader Joe's Goodie Bag Delivery you can donate \$20 by making a check out to "Town of Needham" and earmarking the check "TJ's Sponsorship."
2. You can just make a straight donation to our wonderful Friends of the Center. You can make the check out to "**Friends**" and earmark "**COVID Support**."

Both can be mailed to "**300 Hillside Ave, Needham Heights, MA 02494**."

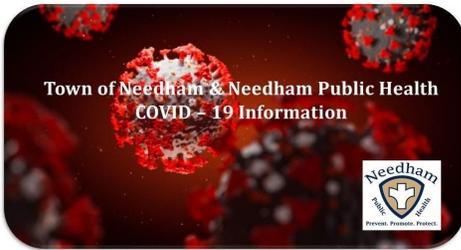
We have registered many of you for Freshness Delivered and Wonderful Wednesdays which is so great! We can't wait to deliver the goods!!

Again, 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

It's Monday so let's check in with our wonderful Public Health Department



[COVID - 19 | Needham, MA](#)

Find the latest COVID-19 information for the Town of Needham here: Reopening Needham ; Coronavirus (COVID-19) Information ; Testing Sites by appointment ; Receive daily COVID-19 updates via text/email: SIGN ME UP For more updates visit:

www.needhamma.gov

And here is the Mass Public Health Dashboard:

[Dashboard of Public Health Indicators](#)

9/20/2020 Cases to Date_conf 1/1 Massachusetts Department of Public Health COVID-19 Dashboard-Daily and Cumulative Confirmed Cases Data Source : COVID-19 Data provided by the Bureau of Infectious Disease and Laboratory Sciences ; Tables and Figures created by the Office of Population Health.

www.mass.gov

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](#)

DAILY

Topic: **One - on - One Sessions with a Personal Trainer***

Time: **Monday - Friday 7AM - 7PM**

To Schedule: **Email me or call the Center Line at 781-855-3629**

Cost: **\$50 per hour (Checks will be made out to "Town of Needham" and mailed to Center at the Heights, 300 Hillside Ave., Needham, MA 02494.)**

* We are now offering Personal Training Sessions with Stephen and Lisa Cadigan - our trusted trainers! Stephen or Lisa will have an introductory session to work out what exercise program (work on back, core, strengthening, recovery of surgery or injury, over zoom, over phone, in - person while socially distancing) is best for your needs during COVID 19. This sort of one-on-one program typically costs hundreds of dollars. Signup now to get the best exercise plan for specifically you!

MONDAY

Topic: **Author, Sharon Salzberg Discusses Her Best Selling Book: Real Happiness: A 28-Day Program to Realize the Power of Meditation***

Time: **Monday, September 21 @ 7:00PM**

To Register for Discussion [Click here](#)

*Harvard Book Store's virtual event series is excited to welcome SHARON SALZBERG—renowned meditation teacher and author of the acclaimed, bestselling book *Real Happiness: A 28-Day Program to Realize the Power of Meditation*—for a discussion of her latest book, *Real Change: Mindfulness to Heal Ourselves and the World*. She will be joined in conversation by celebrated meditation instructor TRUDY GOODMAN, founding teacher of InsightLA.

TUESDAY

SAVE THE DATE!!

Topic: **Dana-Farber's Mammography Van - For Breast Cancer Awareness Month**

Time: **Tuesday, October 20th @ 8AM - 3:30PM**

To schedule your mammogram: **Stay tuned.**

*This chart shows common screening recommendations for women who are at average risk for breast cancer:

	American Cancer Society	United States Preventative Services Task Force	American College of Radiology/Society of Breast Imaging
Age to Start Screening	Age 45, option to start at 40	Age 50, option to start at 40	Age 40
Age to Stop Screening	Life expectancy less than 10 years	Age 74	Life expectancy less than 5-7 years
Frequency	Annually ages 45-54; every 1-2 years at age 55 or older	Every 2 years	Annual

If you are due for your annual mammogram please join us at the Center Parking Lot. The Dana Farber Mammogram offers digital mammography (2D mammography). The van will come to the Center at the Heights Parking Lot and their friendly, professional staff will provide easy access to a vital screening. The entire process takes less than 20 minutes. And now with so many concerned about COVID 19 - this is a safe and easy way to get your mammogram. and Pre-registration is required, and most forms of insurance are accepted.

Dana-Farber's Mammography Van possesses a valid license and certificate of inspection issued by the Massachusetts Department of Public Health.

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: **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](mailto: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: **Dance With Urbanity***

Time: **Tuesdays, 2020 @ 10:30–11:45 a.m. (No classes on 11/24/20, 12/22/20, 12/29/20)**

To join Zoom Program: **email ask@urbanitydance.org** for a digital zoom invitation.

*This free class is designed for people with Parkinson's Disease (but anyone can take) keeps individuals moving in a fun, welcoming, and safe environment. The instructors will guide you through exercises designed to enhance and maintain mobility, flexibility, balance, posture, coordination, and strength, which are all easily modifiable for various levels of mobility. The professionally-trained instructors use live music, storytelling, and movement styles from around the world. In this social, creative outlet, participants can discover or rediscover the joy of movement. Caregivers and loved ones are welcome to attend, although not required. Urbanity's instructors are safety certified and have trained with David Leventhal of Mark Morris Dance Group, who codified the original Dance for PD curriculum in collaboration with Brooklyn Parkinson's Group. All are welcome; no previous dance experience required!

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: **Become a Spanish Art History Aficionado***

Time: **Tuesday, October 06, 2020 from 1:30pm - 2:30pm**

To Preregister for Meeting: **Click here**

*Experience a Spanish art history lesson with a local expert in Madrid.

Art history lovers, this one's for you. The Prado and the Reina Sofia are two of the most impressive museums in Europe, and it's hard to find anyone more inspired by them than art expert and local guide Federico. Join him in his hometown of Madrid, where he'll share the highlights of both museums while giving you an overview of Spanish art history. You'll learn about the different periods and styles of Spanish art, from the Renaissance and Baroque to Surrealism and Expressionism. Expect to meet the masters along the way—you'll get to know famous Spanish painters like Velázquez, Goya, Miro, Dalí, and Picasso. He'll also

reveal the inspiration and meaning behind some of their most compelling masterpieces, like Las Meninas. With Federico's signature flair for storytelling, you'll be whisked away to the art galleries of Madrid during this Online Escape.

Topic: **Women's Suffrage in Needham, Gloria Greis, Needham History Center & Museum**

Time: **Tuesday, Sep 22, 2020 01:00 PM**

To Join Zoom Meeting: **Click Here**

Meeting ID: **930 1651 0451**

Gloria Greis, Executive Director, Needham History Center & Museum

August 18, 2020 was the centennial anniversary of ratification of the 19th Amendment, giving women the right to vote. There has been a lot of discussion this year to hear about the national and statewide efforts to achieve women's suffrage – but this talk is an opportunity to look at how Needham responded to the national debate, and how our citizens and our leaders, and even a few surprising allies, took part.

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 22 @ 1:30PM**

To Join Zoom Meeting **Click here**

*Are you preoccupied these days? About anything in particular? Mindfulness affords the opportunity to “change our relationship” with our challenges – and those often include our preoccupation or obsession of the moment or those “sticky” thought patterns. The next session of A Series on Mindfulness with Neil Motenko will explore how mindfulness can cultivate awareness of what's arising in the mind, how we tend to get “stuck” sometimes with our thoughts, and how we can perhaps alleviate those obsessive tendencies. The session

will be interactive, reference neuroscience, and include guided practices. 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 22nd: Focus on Fixed Income

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

Topic: **Needham Author, Tom Keating Book Talk: Yesterday's Soldier***

Time: **Tuesday, September 29, 2020 @ 7:00 PM**

Join Zoom Meeting: **Click here**

Meeting ID: **896 1323 8218**

Passcode: **SOLDIER**

*Join us as Keating discusses his novel Yesterday's Soldier is a different Vietnam War memoir. (The Kindle version of his book is a Kindle New Release #1 Seller!) Packed into this tidy book is the story of a young man's coming of age in troubled times. The book is about his transformation from infantryman to conscientious objector and his experiences in Vietnam. War, religion, and morality are always in the background of his story and they move to the surface in every chapter.

The author, after years of studying for the priesthood in a religious seminary, leaves and is quickly exposed to the Selective Service. His belief in God and his country inspired him to enlist in the US Army during the Vietnam war, and he proceeds through the Army's infantry training cycle of weapons and war tactics, which clash with his years of prayer. His faith and his ideals caused him to struggle with being trained to kill, and so he became a conscientious objector. He survives the Army's systematic punishment ("the Treatment") during the long months of waiting for a decision in his case as he defies the will of his family, his church, and faces criminal charges by the US Army. Yesterday' Soldier is his story of that journey from prayer to war.

WEDNESDAY

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: **3 Keys to Right Sizing Your Next Move**

Time: **Wednesday, September 23 @ 10:00AM**

To Join Zoom Meeting: **Click here**

*Join Realtor Daryl Lippman as she brings her years of expertise on the best tips and how to navigate "The Three Keys to Right Sizing Your Next Move" . Whether looking to move in the next 6 months or wanting to start your move strategy, this presentation will show you how.

Topic **Opinion History with Ron* (TIME CHANGE!)**

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

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:

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

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

To Preregister for Zoom Meeting: **RSVP@maplewoodsl.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 23RD: Alternative Options to Caregiving at Home

Topic: **Coffee with Sen. Raush**

Time: **Wednesday, September 30 @ 4:00PM**

To Preregister for Zoom Meeting: RSVP [at this link](#)

*Join State Senator Becca Rausch for a virtual coffee hour over Zoom! This year has been a difficult year for many, and Senator Rausch wants to hear the good, the bad, and the ugly of your 2020. Senator Rausch also welcomes all to share their questions and opinions on state issues with her and her Beacon Hill team. Senator Rausch, a resident of Needham, serves as the Senate Chair of the Joint Committee on Municipalities and Regional Government and the Senate Vice Chair of the Joint Committee on Elder Affairs.

NEW!!!

Topic: **Beth Israel Deaconess- Needham Annual Meeting of the Boards***

Time: **Wednesday, September 23: Business Meeting: 5:30 - 6:15PM / The Race
Toward a COVID-19 Vaccine (research and development): 6:15 - 7:30PM**

To Join Zoom Meeting please RSVP to **Tracy Murphy: tvmurphy@bidneedham.org**

*Please join the business part of the meeting to be introduced to newly elected trustees and advisors. Following the business meeting, Dr. Szabo will inform us about the COVID 19 Vaccine.

Gyongyi Szabo, MD, PhD, Hon. ScD, is the chief academic officer of Beth Israel Lahey Health (BILH) and Beth Israel Deaconess Medical Center (BIDMC). She is a professor of medicine and the faculty dean for academic programs at Harvard Medical School.

Dr. Szabo is a doctor honoris causa recipient from the Semmelweis University and an elected member of the Hungarian Academy of Sciences. She earned her medical degree at the University Medical School in Debrecen, Hungary and her doctoral degree from the Hungarian Academy of Sciences. Dr. Szabo oversees BILH's robust research and teaching programs. In this role, she works with research and academic leaders across the system to amplify its collective academic impact by fostering coordination and collaboration across institutions; aligning research and education priorities while honoring commitments to existing academic partners; establishing common capabilities and infrastructure; and attracting and retaining world-class researchers and educators, supported by exceptional administrative teams.

In addition, Dr. Szabo serves as chief academic officer of BIDMC, where she supervises the medical center's robust science and teaching programs and identifies and supports a broad range of basic, translational, and clinical research priorities. She collaborates closely with BIDMC and Harvard Medical Faculty Physicians leaders to advance a shared commitment to extraordinary patient care, supported by world-class education and research. Her leadership focuses on enhancing the culture of diversity and inclusion throughout BIDMC's academic enterprise. She also leads pioneering advances through the BIDMC Innovation Hub and the BIDMC Technology Venture Office.

An internationally recognized leader in the field of liver immunology and a highly regarded educator, Dr. Szabo provides extensive knowledge and experience in scientific research and mentorship. Most recently, she served at the University of Massachusetts Medical School as vice chair for research in the Department of Medicine, associate dean for Clinical

and Translational Sciences, director of the MD/PhD Medical Scientist Training Program, and associate vice provost for Interprofessional Education in Research.

Dr. Szabo has published more than 200 peer-reviewed journal articles, and leads a research laboratory focusing on cures for chronic liver diseases. As a gastroenterologist and physician–scientist, her cutting- edge research focuses on the development of new therapeutic targets and the role of microRNAs, extracellular vesicles, and inflammation in liver diseases. She is a fellow of several professional associations, including the American Gastroenterological Association, the American College of Physicians, and the American Association for the Study of Liver Diseases, where she served as president in 2015.

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: Short Story Discussion Group

Time: Friday, September 18 @ 12:00PM

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

Meeting ID: **894 4350 9457**

Passcode: **623397**

*Our Short Story Group is going great. 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 25 is: Madhuri Vijay “You Are My Dear Friend”

<https://www.newyorker.com/magazine/2020/08/17/you-are-my-dear-friend>

You should always consult with your physician before engaging in any physical activity program. By participating in this online exercise class, you assume all dangers, hazards and

risks of such participation. The exercises demonstrated by the instructors in this online class are physically demanding. If you are unable to safely perform these exercises, please modify them for your own safety or choose a different set of exercises.

ENTERTAINING/INTERESTING

Today's quirky holidays are International Peace Day, Miniature Golf Day, and World Gratitude Day. Gratitude - Attitude!! Our friend, Paul let me know about this passage. "The longer I live, the more I realize the impact of attitude on life. Attitude, to me, is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think, say or do. It is more important than appearance, giftedness or skill. It will make or break a company... a church... a home. The remarkable thing is we have a choice every day regarding the attitude we embrace for that day. We cannot change our past... we cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play the one string we have, and that is our attitude... I am convinced that life is 10% what happens to me and 90% how I react to it.

And so it is with you... we are in charge of our Attitudes.

The single most significant decision I can make today is my choice of attitude."

— Charles R. Swindoll

Ghandi was also someone who promoted a life of gratitude. Let's have a look into his galleries of his museum.

[HISTORY - National Gandhi Museum](#)

History of the Museum. The origin of this Museum goes back to the period soon after the assassination of Mahatma Gandhi on the fateful evening of January 30, 1948, when the slow process of scouting for, collecting and preserving the personal relics, manuscripts, books, journals and documents, photographic and audio-visual material, all that could go into a Museum on the life, philosophy and ...

Let's have a walk through New Delhi.



[Walking in New Delhi \(India\)](#)

New Delhi is the capital of India and one of Delhi city's 11 districts. Although colloquially Delhi and New Delhi are used interchangeably to refer to the National Capital Territory of Delhi, these are two distinct entities, with New Delhi forming a small part of Delhi. The National Capital Region is a much larger entity comprising the entire ...

www.youtube.com

I love Indian Food. Let's have a look at some great dishes.



[Gordon Ramsay's Top 5 Indian Dishes](#)

We found 5 of the best and most interesting Indian recipes from the channel, including some footage from Gordon's time spent in India.

www.youtube.com

Let's watch some Bollywood Dance. The costumes are so beautiful.



[BEST BOLLYWOOD](#)
[DANCE - Maiya Yashoda](#)
[- Hum Saath Saath Hain](#)
[Subscribe Like](#)

BEST BOLLYWOOD DANCE - Maiya
Yashoda - Hum Saath Saath Hain
Subscribe Like

www.youtube.com

One of the most beautiful movies is Life of Pi. Here is the trailer.



[Life of Pi - Official Trailer](#)
[\(HD\)](#)

<http://www.joblo.com> - "Life of Pi" -
Official Trailer Director Ang Lee

www.youtube.com

Yoga is believed to have originated in India. So let's do some.



[30 minutes practice of Sivananda Yoga for beginners to intermediates](#)

30 minutes practice of Sivananda yoga for beginners to intermediates inside Sivananda Ashram in Neyyar Dam. A.

www.youtube.com

Our Comic Relief Clip of the Day is from SNL.



[Aziz Ansari Stand-Up Monologue - SNL](#)

Host Aziz Ansari describes how different groups of people have reacted to Donald Trump's election.

www.youtube.com

Our MAFA Song of the Day is a performance.



[Anoushka Shankar plays 'Pancham Se Gara'](#)

Like us on Facebook!

<https://www.facebook.com/SnapshotsFoundation>

and visit <http://www.snapshotsfoundation.com/>

Innovative sitar player and composer Anoushka Shankar plays 'Pancham Se Gara' by Ravi Shankar with Tanmoy Bose (tabla) and Kenji (Tampura) at the Neurosciences Institute.

<http://www.anoushakashankar.com>

<https://twitter.com> ...

www.youtube.com

Our Center quote of the Day is: *The best thing about the future is it comes one day at a time.*"- Ignacius Pelt

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

- Aicha