



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

Hi Everyone!

It is National Voter Registration Day!!! Not sure if you are registered or not sure of your status, here is a site to help.

[National Voter Registration Day](https://nationalvoterregistrationday.org)

National Voter Registration Day is a holiday celebrated on the fourth Tuesday of every September. It's goal is to focus attention on the importance of registering to vote and voting in our

nationalvoterregistrationday.org

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

Needham 100 Day Challenge: The 100 Day Challenge is a new marketing campaign designed to support and promote the town's businesses and restaurants during the final 100

days in 2020. The campaign is a collaboration between the Newton-Needham Chamber's Needham Business Alliance committee, the Town of Needham, local businesses, civic leaders and community members. The Needham 100 Day Challenge will feature local merchants sharing stories about their businesses, with amplification from residents and community leaders about the many options for shopping and dining in Needham. Messages emphasizing mask wearing, social distancing and adhering to other safety protocols will also be incorporated. Here is more information:

[Needham | Newton-Needham Regional Chamber](#)

The Needham Community Guide provides information about the geography, government, and transportation for the Town of Needham. The Newton-Needham Regional Chamber has been proudly providing leadership, support and advocacy for Needham since 1969.

www.nnchamber.com

Medicare 101: Our fabulous SHINE ladies are hosting a special afternoon that they wanted me to highlight as it is so important and vital - especially now!!

Medicare 101

Thursday, September 24, 2020

4:00 - 5:30 pm

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.

To preregister: [Click here](#)

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](#)

VIDEO PROGRAMMING:

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

[Click here for video recording](#) You will need to add the Passcode: sD3PgjK!

DAILY Program:

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!

WEDNESDAY

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.

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

NEW!!!

Topic: **Beth Isreal 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.

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.

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: **Thursdays 2020 @ 9:30 AM**

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

Meeting ID: **832 3378 6121**

Password: **2yC5Or**

*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: **Pilates with Lisa***

Time: **Thursdays at 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. The article for tomorrow this Thursday is: [Understanding white privilege: 20 everyday examples](#)

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: **Social Isolation Virtual Summit**

Time: **Thursday, September 24, 2020 @ 2:00-4:30 PM**

To preregister for event and see complete agenda: [Click here](#)

Join engAGED: The National Resource Center for Engaging Older Adults for an interactive discussion with leaders from the Aging Network who will discuss ways to reduce social isolation and increase engagement among older adults.

Hear about the latest research on social isolation and loneliness, as well as innovative social engagement best practices that respond to current challenges. National leaders and local experts will highlight innovations that address social isolation in diverse communities and

how technology is helping to foster engagement during COVID-19. The Summit will also offer an opportunity for participants to provide input and share resources.

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.

FRIDAY

Topic: **Short Story Discussion Group**

Time: **Friday, @ 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

There is a great art resource right over in Worcester. They have online exhibits, classes and more. Let's have a look.

[Collections – Worcester Art Museum](#)

Explore the Collections. Welcome to the WAM Collections Search. Below are highlights from our collection of 38,000 objects from around the world and spanning 8 millennia.

worchester.emuseum.com

Since there is an exhibit about Paul Revere. Let's learn more.

[BIO: Paul Revere](#)

BIO: Paul Revere

www.youtube.com

I love silver and his pieces are gorgeous.

[Revere Silver - Paul Revere House](#)

Revere Silver What Did Revere's Shop Make? Paul Revere was a versatile craftsman. He eagerly met the needs of his customers, not hesitating to create new forms or adopt the latest styles.

www.paulreverehouse.org

Another local silver smith was Towle out of Medford. Here is the history of Towle. Do any of you have any? I have candlestick holders.

[Towle Sterling Silver](#)

Although Towle Silversmiths was not founded until 1857 (as Towle & Jones) and then 1873 (as A.F. Towle & Son); its progenitors included several members of the Moulton family, whose silversmiths dynasty is claimed to have the longest continuous span of silversmithing of any American family.

www.sterlingtowle.com

Looking for a great movie to watch? Here is one of my favorites.

[Silver Linings Playbook - Official Trailer \(HD\)](#)

<http://www.joblo.com> - "Silver Linings Playbook" - Official Trailer After spending four years in a mental institution, a former teacher moves back in with his mother and tries to reconcile with his ex-wife. Director: David O. Russell Writers: Matthew Quick (novel), David O. Russell (screenplay) Stars: Bradley Cooper, Julia Stiles, Jennifer ...

www.youtube.com

Let's check on how silver coins are made. Do any of you collect? My Grampy used to and I loved looking at them in their cases - all shiny!

[How to Mint Silver Coins, Rounds, Bars - Quality Silver Bullion Tour](#)

<http://qualitysilverbullion.com/> This week we chose a couple of questions asking about our mint and our minting process. Follow our staff through a personal tour of QSB and find out how YOUR silver rounds and bars are made. For more info on the products minted at QSB check out our website at <http://qualitysilverbullion.com/> and thank you for ...

www.youtube.com

I try to avoid politics on here as this is meant to be an excuse, but this is one of the greatest burns of all time. Politics aside, Ann Richards was a hoot! Yes, there is a "silver" reference.

[Ann Richards' 1988 DNC speech](#)

Some of the best moments from Ann Richards' 1988 Democratic National Convention speech.

www.youtube.com

Our Comic Relief Clip of the Day is with a very young Jason Bateman. (One of my favorite actors.) Here is Silver Spoons.

[Classic Silver Spoons Moments : Derek's Crush on Kate Summers \(Stars Erin Gray & Jason Bateman\)](#)

In the 1980's family sitcom Silver Spoons there were many funny moments throughout the five seasons of the TV show. One of the funny ongoing gags was Derek's infatuation with Edward Stratton's girlfriend and personal assistant, Kate Summers. In this collection of classic moments you'll see the crush that young Derek Taylor (Jason Bateman) had ...

www.youtube.com

Our MAFA Song of the Day is one of my all-time favorite songs. I hope you enjoy Silver Springs. For those who don't know, Stevie Nicks and Lindsey Buckingham who arena the forefront of this video, used to be a couple so watching this video - look for the chemistry.

[Fleetwood Mac - Silver Springs \(Official Music Video\)](#)

You're watching the official music video for Fleetwood Mac - "Silver Springs" from the 1977 album "Rumours". The new Fleetwood Mac collection '50 Years – Don't Stop' is available now. Get your copy here <https://lnk.to/FM50> and check out North American tour dates below to see if the band is coming to a town near you. Subscribe to the channel ...

www.youtube.com

Our Center quote of the Day is ***“The Moon is a silver pin-head vast, that holds the heaven’s tent-hangings fast.” – William R. Alger***

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

- Aicha

