



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

Hi Everyone!

Another gorgeous day - which is perfect as it's my mom, Dyla's birthday. Happy birthday, Mom! Wish we could be together. I am glad you, Dad and Martha had cake!

As always, theCenter 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 updates!

NEWS/UPDATES

Let's check in with the CDC and China.

CDC Global Health - China

Enhancing China's ability to contain infectious disease outbreaks before they spread globally is a shared priority of the U.S. and China. CDC collaborates with China CDC to improve its ability to detect and respond to emerging infectious diseases, including through surveillance sites in health care facilities.

You all know I love CBS Sunday Morning. This made me hopeful.



Sunday Journal: China emerges from the pandemic

Less than a year since the outbreak of the novel coronavirus in China's Wuhan Province, something nearly unthinkable has happened in this nation of 1.4 billion: a return to normalcy, or at least what looks like a "post-COVID new normal." Correspondent Ramy Inocencio reports from Shanghai.

www.cbsnews.com

REMOTE PROGRAMMING

2 DIFFERENT SURVEYS!??

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 Fitness Program Survey](#)

A NEW ONE!!

Anyone who participates in our **Remote Special Programs** such as Joy's Nature Programs, Talk the Walk, Current Events, Ron's History and Movie Discussions, Neil's Mindfulness, etc. (basically anything that isn't Fitness) please fill out this form/survey. This will help with funding as well as letting us know what other programs you want. Please remember to hit "SUBMIT." Thanks!

Here it is: [Center Special Program Survey](#)

NEW!!

Topic: **Showa Boston Students Pen Pal Program***

Time: **Weekly**

To Become a Pen Pal: email Aicha akelley@needhamma.gov

*We are continuing our great partnership with the Showa Boston School. (<https://showaboston.org>) Anyone who wants to help out, please send Aicha an email and we will connect with a student from Japan. Each week my contact will send out a weekly theme. The Japanese Students are happy to share some things about Japan and we can share things about the US of A. For example, sharing a picture of your hometown and write about it or tell how you got your name. The student and senior can either write an email or send a short video! This is a great way to learn about another culture and make a friend. It is also extremely helpful to the students. Send me your email today to join in the Pen Pal Program. (Also noted that it is very tech-safe.)

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!

TUESDAY

COMING SOON!!

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

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

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

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.

TUESDAY

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

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

To schedule your mammogram, please email Stacey at sfallon@needhamma.gov.

*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: **Creating Connections Presented by Substance Prevention Alliance of Needham (SPAN)***

Time: **Tuesday, October 20, 2020 @ 8:30 - 9:30 am**

To RSVP for the event: [Click here](#)

*Join us for a conversation on how creating connections with youth influences their development of their own ideas to create positive change. The presenter will be Ty Sells, Director of Training for Youth to Youth International, Ohio Certified Prevention Consultant, 2012 Prevention Innovator of the Year, awarded by Ohio Dept. of Mental Health and Addiction Services. For questions please contact: kshannon@needhamma.gov or visit: www.spanneedham.org

Topic: "Now Hear This" with Debbie Maibor*

Time: Tuesdays, 2020 @ 9:00AM

To Join Zoom Meeting [Click here](#)

Meeting ID: 841 0727 5397

Passcode: 254813

**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.

"Thanks, Debbie. I enjoyed it. Best Zoom of the week, in fact."

-Kathryn.

Topic: Gentle Fitness*

Time: **Tuesdays, @ 9:30AM**

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

Meeting ID: **853 9928 6741**

Passcode: **797598**

*Lisa (our fabulous barre and pilates instructor) has now added Gentle Fitness! Gentle Fitness is a strength and conditioning class which focuses on moving safely from one exercise to the next. You will work on balance strengthening, stability and flexibility. You will need a mat and optional weights.

Topic: **Metrowest Legal Clinic***

Time: **Tuesday, Oct. 13 @ 10/10:30/11/11:30AM**

To join Meeting: Email Aicha and she will schedule the appointment (First come, first served)

*Metrowest Legal Services is back!! He will do the Legal Clinics over the phone so register today. He is such a great resource and we are glad he is back.

Topic: **Coffee with Representative Denise Garlick***

Time: **Tuesdays, October 27 / December 15 @ 10AM**

To join Zoom meeting: Please RSVP to my email and I will send you the link.

**We were supposed to be heading to the State House for a tour and luncheon with Rep. Garlick. Since that can't happen I reached out to see if Rep. Garlick would want to talk to our crew. She will be hosting a Zoom Coffee Talk to discuss how she's been involved on the COVID-19 working group at the State House, how they are voting remotely and will give an update on other issues. As always, there will be some time for questions and answers.

Topic: **Gentle Mat Yoga with Michelle***

Time: **Tuesdays, 2020 @ 10:00 AM**

To Join Zoom Meeting [Click here](#)

Meeting ID: 443 604 7877

Passcode: 0DbGrY

*Everyone loves Michelle's Gentle Seated Yoga so we thought we would add something special in the evening - Gentle Mat Yoga! As always, Michelle will make it as personal as possible so if you have a special area you want to work on - let her know.

Topic: **Current Events Discussion Group***

Time: **Tuesdays, @ 10:30AM**

To Join Zoom Meeting Email Gerry Koss (host) @ gerrykoss@gmail.com.

*Current Events meets every Tuesday from 10:30 to 11:30 on Zoom. A concise update of the past week's news is followed by a discussion. All are encouraged to bring up additional topics and all have the option of speaking and/or listening.

To ensure our meetings are secure, participants must have an initial Zoom invitation, which is good for all recurring meetings. To request a Zoom invitation be sent to you, please contact Gerry Koss (Host) at gerrykoss@gmail.com.

Topic: **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: **Virtual Reiki with Valerie**

Time: **Tuesday, Tuesday, October 13th @ 11/ 11.30 / 12 / 12.30 (4 Spots left!)**

To join Zoom Meeting: email Aicha to book your 20-minute appointment and she will send you the Zoom link.

*Reiki is a Japanese relaxation technique that can also promote healing. It is the energy of the universe—around us and within us. Reiki also has an ancient tradition of being offered virtually, from a distance which is ideal for these Covid 19 times. Valerie Gaines, Reiki Master Teacher in the Usui Reiki system, will be offering Reiki sessions via Zoom for our own community. Valerie practices Reiki at Wellesley Women's Wellness Center and has been a Certified Hospital Reiki Volunteer at Brigham and Women's Hospital for five years. First come - first served.

Topic: **CATH Garden Project**

Time: **Tuesdays, October 13th @ 11:00M**

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

The CATH Garden Project is back in action and will meet remotely starting in September! Join us for garden-related presentations and group projects. Let's bring a little of the outdoors inside for the fall and winter months. Please contact Kristen at klindley@needhamma.gov to register for this course and receive zoom meeting information and supplies.

Topic: **Train the Brain with Stephen***

Time: **Tuesdays, 2020 11:30 AM**

To Join Zoom Meeting [Click here](#)

Meeting ID: 816 9119 6399

*This class will involve dynamic, bilateral movement and physical brain activities to improve stability, total body coordination, speed, spatial awareness, endurance and flexibility. **Please have the following items ready and available to use during the**

class (ALL ITEMS SHOULD BE NON-BREAKABLE AND UNABLE TO

HURT/INJURE/DAMAGE YOURSELF, YOUR PET OR THE FLOOR IF DROPPED):

- 1) 1 small Bean Bag, bag of frozen Peas or similar item.
- 2) 3 Paper Plates or Paper Bowls.
- 3) 1 Spoon (preferably a long one - maybe wooden) and (1) something that is roundish, and will fit easily in the spoon's scoop. EXAMPLES - a plastic Egg, a Walnut, a small bottle of Whiteout, etc.
- 4) 1 small Ball. EXAMPLES - a Baseball, or a Tennis Ball.
- 5) 1 small Pad of Paper and 1 Pen/Pencil - preferably a Pad of "Stickies" for the paper.
- 6) 1 small Personal Item. EXAMPLES - Old, empty Prescription Bottle, Aspirin/Tylenol Bottle, pair of Glasses, or ANY item you choose that

is small and non-breakable.

Topic: Let's Laugh Today Zoom Laughter Club

Time: Tuesdays @ 7:15PM

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: The Fuller Bird Journals Presented by Gloria Greis, Needham History Center & Museum

Time: Tuesday, October 20, 2020 @ 1:00 PM

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

Meeting ID: 941 1686 9645

*Timothy Otis Fuller (1845-1916) was a self-taught naturalist, who spent years studying the plants and birds of Needham. Fuller's observations of Needham's birds were kept in field journals, painstakingly compiled and revised over the years, and illustrated with his finely-detailed watercolor paintings. The Needham Historical Society owns Fuller's bird journals, dating from 1904 through 1912. In these, he recorded detailed comparisons, notes on habitats and behavior, and an annual census of where and when he saw specific creatures, how many he saw, and what date in each year they were first seen. He created a

priceless record that is not only beautiful, but can be compared to current data, to evaluate the changes in local climate over the last 100 years.

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***

Time: **Tuesday, October 13 @ 1:30PM**

To Join Zoom Meeting [Click here](#)

*** What are the many ways by which mindfulness can benefit our lives? A Series on Mindfulness with Neil Motenko continues with both a review of the basics and a deep dive into the many ways mindfulness can benefit our physical and mental health and overall well-being. This session will be interactive, reference supporting research, and include guided practices and a discussion of how we can integrate practice into our daily lives. Newcomers are welcome at any time. *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: **Singing Songs of the 70s**

Time: **Tuesday, October 13 @ 7:00PM**

TO join Zoom Meeting [Click here](#)

Meeting ID: 829 2568 2162

Passcode: 369612

*Musician Pam Steinfeld recreates the age of the singer/songwriter. She brings the songs of James Taylor, Carole King, Carly Simon, and Joni Mitchell to life, on guitar, vocals, and piano. An award-winning singer/songwriter herself, Pam peppers the show with anecdotes about the artists, songwriters, and often lyrical meaning behind the songs. Come join the party!

"Pam was a tremendous find for our musical programming. She is extremely talented." Aicha Kelley

WEDNESDAY

NEW!

Topic: **Wake up and Drum with Joe!* (\$50)**

Time: **Wednesdays, October 14 @ 9AM**

To join Meeting: [Click here](#)

Meeting ID: 4050865832

Password: 5TnSmM

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

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: Word Games with Val*

Time: Wednesdays, 2020 @ 10:00 AM

To join Zoom Meeting [Click here](#)

Meeting ID: 814 5930 3053

Passcode: 329939

*Back due to popular demand, welcome to Word Games with Val. Every Wednesday, we will learn new words as well as explore the history of old words--a logophile's paradise. We will enjoy word play with limericks, witticisms, famous quotes, trivia, jokes, and other word fun. We will play word games such as Dictionary and delve into the meanings and origins of words. We will also explore trends with words that have come and gone in popularity. Ideally, our word fun will spark your brain and memory, and maybe bring out a few laughs.

Topic: **Coffee with Sen. Raush**

Time: Wednesday, October 14 @ 10:00AM

To join Zoom please register at <https://rb.gy/nsknsr>

*You are invited to join a meeting: Virtual Coffee with Senator Rausch. After registering, you will receive a confirmation email about joining the meeting. This event is reserved exclusively for seniors of the Bristol, Norfolk, and Middlesex District. This year has been a difficult year for many of us, so come share your questions and opinions on state issues with Senator Rausch and her Beacon Hill team. Since the event will be on Zoom to keep everyone safe, this event is BYOB – bring your own beverage and your favorite mug! Fill out this form to register for the event and receive the Zoom meeting link in your e-mail. Senator Becca Rausch represents the Norfolk, Bristol and Middlesex District, comprised of Attleboro, Franklin, Millis, Natick, Needham, Norfolk, North Attleborough, Plainville, Sherborn, Wayland, Wellesley, and Wrentham. Currently in her first term, Senator Rausch 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.

Topic: Low Vision: Tips and Talks

Time: Wednesday, October 20 @ 10:30PM

To Join Conference Call: Need to call Chaz - 617-992-1874

*TBD

Topic **Opinion History with Ron***

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: Julius II Excluded from Heaven

<https://fliphtml5.com/xjwn/xuxh/basic>

Please read pages 1-7

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: **Poets Live Forever: Featuring Edgar Allan Poe***

Time: **Wednesday, October 28, 2020 @ 1:00 PM**

To join Zoom [Click here](#)

Meeting ID: 869 9321 0466

Passcode: 385685

*Presenting readings and life histories of poets from all ages, Val sparks conversation and reflection on what inspired their brilliant creations. Alongside their poems, we will explore in depth the challenges, passions, and callings of great poets. Each one-hour class is devoted to one particular poet as we learn about the life and works of that individual. Here is the schedule, based on classes on the 2nd and 4th Wednesdays of the month at 1pm:

Oct. 28, Edgar Allan Poe

Nov 11, Maya Angelou

Nov 25, Robert Frost

Dec 9, Mary Oliver

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

Time: Wednesday, Oct 14, 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: **Women's Health Forum ***

Time: **Wednesday, 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: **A Great Songwriter's Astonishing Story Presented by Frank King***

Time: **Wednesday, October 21st at 4:00 PM**

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

Meeting ID: **848 3861 8088**

Password: **696750**

*Frank King will tell the heartbreaking story of an unknown composer (we are keeping it a mystery!), who fought crippling adversity to become one of our most prolific and celebrated songwriters. Also included: the story behind 3 big hits from 1953; one of the most infamous moments in the history of American broadcasting, featuring Arthur Godfrey and Julius LaRosa; a lovely "September Song" medley; the beautiful "lost" ballad from "Peter Pan"; and more.

This program is available to our participants due to the wonderful generosity of One Wingate Way and Wingate Residences. Thanks, Amy and Wingate Staff!

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

Time: **Wednesday, October 13, 2020 @ 1:00PM**

To join Zoom Meeting [Click here](#)

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

NEW!!

Topic: **Poetry Reading with Somerville Bagel Bards**

Time: Wednesday, October 14, 2020 @ 4:00PM

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

**Have a great evening everyone and we will
chat tomorrow! ~Aicha**

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