



COUNCIL
ON AGING
Needham

Hi Everyone,

It was nice hearing from many of you today!

Thank you for the recipes! Keep them coming and I love the stories that go with them!

Our friend, Cathy wrote, *"Thank you for your time and energy spent on these daily newsletters. They are great. Also, I appreciate the weekly veggie and fruit bags delivered to my home. Really a treat to have Sweet cantaloupe. It helps greatly. I have not been to a grocery store since mid March."* And that's why we are doing these programs!

Our friend, Elin wrote to Katie about the on-line schedule from the Town Website. She wrote, **"This is very nice! It is helpful to have all in one place the calendar with links to the programs, plus access to the daily highlights. Please tell the person or people who put this together that I admire their work!"** We have our superstar, Stacey to thank for this! Here is the link to the schedule:

<https://needhamma.gov/4896/COA-Remote-Programs>

COA Remote Programs | Needham, MA

While our building is closed, we are working to provide virtual programs for Needham's older adult community. It is our mission to provide exercise, education and entertainment opportunities that will help build community and decrease feelings of isolation while keeping seniors safe at home. We will post our Remote Program Schedule here with dates, times and links to the designated program sites.
needhamma.gov

And, to access our new list of Daily Highlights Emails go to:

<http://needhamma.gov/4940/COA-Daily-Highlights>

Now for some highlights.

NEWS/UPDATES

COVID 19 is an excuse for people to scam and steal. If you are questioning any emails, calls, texts or mail, please email me or call the Center Line and we will get to the bottom of it. Strength is knowledge so please see the attached flyer.

Another good resource for scam information and more is our DA's office.

Michael W. Morrissey was elected in 2010 as Norfolk District Attorney.

Michael W. Morrissey was elected in 2010 as Norfolk District Attorney. Prior to his election, he served as the State Senator from the Norfolk and Plymouth District from 1992 to 2010. In addition, he served in the Massachusetts House of Representatives from 1977 to 1992. During his legislative tenure, where he chaired six major committees ...
www.nfkda.com

REMOTE PROGRAMMING

I want to remind everyone that when you are joining a Zoom program - please use the latest link as some have changed.

Topic: **DRUMS ALIVE**

Time: **M/W at 9:00 T/TH at 9:00 T/TH at 11:00 F at 9:00 (standing/chair supported)**

Drum Alive is back Daily! Kelly has been given the opportunity to provide Drums Alive classes at home for people of ALL AGES. The classes are being sponsored by Blue Cross Blue Shield and are FREE to all participants while we are in Stay At Home orders. Please email Aicha with any questions.

Let's get you started:

Here is a link to a signup page. <https://mailchi.mp/ec3716c65d68/drumsalivcoa>

Once you fill out your contact info, I will send you more information to get going with classes at home.

1. Kelly will be sending out an ONLINE WAIVER Form you to sign. You can fill this out electronically. There are four spots for you to complete: Location (your location will be your COA or Other), First and Last Name; Date; and Signature. Your signature is electronic. You just have to "click" in the signature box and type your name. You will see a choice of fonts you can use for your "signature" and you are done. If you have any questions about it, please let me know. ksipe@bylfitandrec.org.
2. When you have submitted it, Kelly will send you the complete schedule of classes and you will be able to join any (or all) of them you choose.
 - o The Drums Alive classes are M-F at 9:00 AM and T/TH at 2:00 PM (the FRI 9:00 classes is a seated/standing class but open to everyone)

TUESDAY

Topic: **Gentle Fitness***

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

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

Meeting ID: **822 8961 6423**

Password: **540079**

*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: Current Events Discussion Group*

Time: Tuesdays, @ 10:30AM

To Join Zoom Meeting Email me and I will put you in touch with the facilitator

*Current Events provides participants with the opportunity to hear a concise update of the past week's news (local, national and international as appropriate), as well as the opportunity to bring up topics of current interest to themselves. The option to speak or just listen is up to you. The demeanor is always respectful. Facilitator Gerry wrote to me, "Just a reminder of Current Events on Tuesday at 10:30. Same time, same place and same zoom information. If you have any questions let me know. Lots to talk about. Will you now be sitting down in a restaurant? Do you believe in the ostrich approach of less testing leading to less cases? Are you a John Bolton fan? Something to share about Greg Shesko? Remember these days?"

<https://www.youtube.com/watch?v=FRqcZcrgPaU&authuser=0>

Topic: Coffee with Representative Denise Garlick*

Time: Tuesday, June 23, 2020 @ 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: Employment Issues Related to COVID-19 and the Racial Injustice Protests

Time: Tuesday, June 23rd @ 10:00 a.m.- 12:00 pm

Register in advance for this meeting: [Register in advance for this meeting:](#)

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

*Attorney Regina Ryan, will provide critical updates on the latest developments in the employment discrimination post COVID-19 pandemic and amidst the racial injustice protests.

Topic: Train the Brain with Stephen*

Time: Tuesdays, 2020 11:30 AM

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

Meeting ID: **868 2236 3149**

*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: **Painting the Portrait with Eli**

Time: **Tuesday, June 23 @ 12-2:30pm EST**

To preregister for Demo: <http://elicedrone.faso.com/event>

*Robert Henri is a legend in American art history for his pioneering efforts as America's premier art instructor at the turn of the century. This week we'll be exploring the genius of Henri by copying his painting of *Boy with Cap*. See attached photo for a breakdown of a Henri piece.

Please email Eli at artfulhand@comcast.net if you plan to attend this online class.

(Free Demo for New Subscribers! You don't need any supplies - just watch, take notes and enjoy. I'll explain my methods and show you some easy ways to get your creativity flowing. If you like what you see you can sign-up for more Demos or take an interactive Class. For all levels, working in a medium of choice. **Demos are typically on Fridays - email me for your invitation!**)

Topic: **Life Transition Binder Presentation with Sandra Batra***

Time: **Tuesday, June 23 @ 1pm.**

Join Zoom Meeting [Click here](#)

Meeting ID: **755 9730 3811**

Password: **life**

*Is your personal, financial and medical information organized in one place so you or your family can easily access it and manage your affairs? Join Sandra Batra, as she explains how she can work with you to create a customized binder that incorporates all your life details, including: personal data, property, financial, retirement and insurance details, medical information, and service provider information. Take control and act now so your loved ones have the information they need in the event of an emergency. This will give you and your loved ones peace of mind and provide them with direction and guidance.

Topic: **Care in Crisis - and Beyond***

Time: **Tuesday, June 23, 2020 @ 12 p.m.**

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

Program costs \$15

This program is hosted by the **NN Chamber of Commerce**. Many have been caring for vulnerable senior family members at home during this crisis, and are now transitioning back to work outside the home. There is an immediate need to plan for the ongoing impact and disruption in our lives and of those entrusted to our care. This program, led by Mark H. Friedman, author of the book "A Guide to Excellent (and Successful) Aging" and owner of Senior Helpers Boston and South Shore addresses the risks and benefits of different types of care for seniors, while providing local information and a self scoring tool to determine safety concerns in order to make the right decision for your family.

Webinar programming sponsored by: **Newton-Wellesley Hospital**

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: 839 9235 5761

*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: "COVID-19 and Your Estate Plan "

Time: Tuesday, June 23 @ 3:30 PM

To register in advance for this meeting: [Click here](#)

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

*In the virtual presentation, attorney's will discuss the basics of estate planning to make sure everyone understands what each document is including Durable Power of Attorney, Health Care Proxy, Will, and Trust, among others and the role each plays in a time like this.

Topic: Gentle Mat Yoga with Michelle*

Time: Tuesdays, 2020 @ 4:00 PM

To Join Zoom Meeting [Click here](#)

Meeting ID: 443 604 7877

Password: 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.

WEDNESDAY

Topic: CATH Coffee Hour*

Time: Wednesdays, @ 9:00 AM

To Join Zoom Meeting [Click here](#)

Meeting ID: 409 252 1447

Password: 12345

*Join our Kristen for a time to socialize, catch up, see familiar and new faces and just talk. Anything is up for discussion in this friendly Coffee Hour! Pour a cup and join us!

Topic: Word Games with Val*

Time: **Wednesday, June 24, 2020 @ 10:00 AM**

To join Zoom Meeting [Click here](#)

Meeting ID: **345 445 0724**

*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--hopefully 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. Join Val for healthy fun!

Topic Opinion History with Ron

Time: **Wednesday, June 24, 2020 @ 11:00 AM**

To join Zoom Meeting Stay tuned

*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!

The topic is: **Slave Owners, Statue, and more. Hint: Don't forget Wilson Institute / Brown University**

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: **Women's Health Forum***

Time: **Wednesday, June 24, 2020 @ 2:00 PM**

To Join Zoom Meeting **Stay tuned**

*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. Bring your Q & A's!

Topic: **Wellness & Me with Dr. Marga***

Time: Wednesdays, 2020 @ 5:00 PM

To RSVP (optional): [Click here](#)

*Please join Dr. Marga for a 30 minute physician-led session with breathing and introspection. This is a FREE Online STRESS-BUSTING event every Wednesday!

Topic **Opinion History with Ron**

Time: Wednesday, June 24, 2020 @ 11:00 AM

To join Zoom Meeting: **Stay tuned**

*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.

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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!

The topic is:

Slave Owners, Statue, and more. Hint: Don't forget Wilson Institute / Brown University

THURSDAY

Topics: **Exploring the Sky Islands***

Time: Thursday, June 25 @ 1pm

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

Meeting ID: 822 5101 1557

Password: 903690

*Joy is back!! We get so much out of her presentations. The Sky Islands of Arizona are among the most diverse ecosystems in the world and contain the highest biodiversity in the US. Due to their rapid elevation from the desert below, some areas remain temperate even on the hottest summer days. It is this variety of climate zones, from desert to tropical and temperate climates, that support a vast range of wildlife. This diversity includes over half the bird species of North America, 29 bat species, over 3,000 species of plants, and 104 species of mammals. From the brilliant feathers of the elegant trogon and the camouflage of the tiny whiptail lizard to the striking pattern of the Arizona sister butterfly and the agile coatimundi with its long furry tail, the Sky Islands have many creatures that are rarely seen. See images of some of these rarely seen creatures and learn about current challenges to these Sky Island ecosystems from climate change to invasive species and more.

FRIDAY

Topic: **Center Short Story Discussion Group***

Time: Friday, June 26, 2020 12:00 PM

To Join Zoom Meeting [Click here](#)

Meeting ID: 853 0520 9804

Password: 623397

*We met last week and decided to make our Book Group a **Short Story Group** as this will make it less pressure to read a full book and make it more social. For anyone who wants to join in, the story we will discuss **And/Or, by Sterling A. Brown**. [Click here for Short Story](#)

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

Our friend, Gerry shared this adorable and hilarious video! Oh the innocence! Gotta' love Candid Camera! [Click here](#)



Candid Camera Classic: Gorgeous Teacher

First girls, then boys, react to meeting their very attractive teacher. This classic is from 1965. NOTE: We are the owners of this video and all content on this YouTube channel. We produce the "Candid Camera" TV show. No material on this channel is borrowed or sourced from any other owner or creator. —Candid Camera, Inc.
www.youtube.com

It is so great that Gerry sent this along as today is National Teachers Day. (It's also National Chocolate Eclair Day and National Onion Ring Day!!) Here is a great opportunity to learn from Ivy League Teachers! [Click here for Free Yale Classes](#)

Welcome | Open Yale Courses

Open Yale Courses provides free and open access to a selection of introductory courses taught by distinguished teachers and scholars at Yale University. The aim of the project is to expand access to educational materials for all who wish to learn. All lectures were recorded in the Yale College classroom and are available in video, audio, and text transcript formats
oyc.yale.edu

Teachers are so very important for our future as a country and a world. Tell me a bit about your favorite teacher that made a difference in your life. I had Mrs. Tibbets (4th grade), Mr. Morse (8th Grade American History and 9th Grade Civics) and Ms. Andrews (12th Grade Creative Writing). During these times of online teaching - there are even more struggles for students and teachers. Here are the Golden Apple Award Finalists!

<https://www.goldenapple.org>

Golden Apple | Awards and Teacher Preparation Programs

Golden Apple prepares highly-effective teachers for rural, suburban and urban schools-of-need in Illinois. Through our Scholars and Accelerators programs, we are committed to making a material difference in resolving the Illinois teacher shortage by recruiting, preparing, placing, mentoring and retaining high-quality teachers in schools ...
www.goldenapple.org

I went to school at Hampden Academy in Hampden, Maine. Anyone ever read *Carrie* by Steven King? Well, if you did you read a little bit about my school as Stephen King was an English teacher there. He was teaching when he wrote and then sold *Carrie*. The story goes that many of the teachers were playing weekly poker for grocery money. King's wife, Tabitha called and told him to come home. He had a good hand and didn't want to head home. She persisted - as did he. She finally told him she was holding his check for the sale of *Carrie!* (That would buy a lot more groceries than his royal flush!) Anyway, he was very good to our school and community and still lives in Bangor, Maine - right in the middle of a very normal neighborhood. [Click here for King Site](#)

A graphic with the letters 'FAQ' in a large, bold, black, pixelated font. The letters are set against a background that is a gradient from light gray at the top to dark gray at the bottom.

StephenKing.com - About the Author

Stephen Edwin King was born in Portland, Maine in 1947, the second son of Donald and Nellie Ruth Pillsbury King. After his parents separated when Stephen was a toddler, he and his older brother, David, were raised by his mother. Parts of his childhood were spent in Fort Wayne, Indiana, where his father's family was at the time, and in Stratford ...

stephenking.com

We love all of our fitness and educational teachers at the Center. Especially since they are going above and beyond to teach from home for our well-being! I have shown you many and we will do a rerun of Michelle's Seated Yoga. [Click here for Michelle](#)

Michelle's Yoga Studio: Deep Breathing with Chair Yoga!

Michelle's Yoga Studio: Deep Breathing with Chair Yoga!

www.youtube.com



How often do you think of all you knew when you were in school as compared to today? Here are some brain games for free. (You can purchase more levels if you want.)

[Click here for Brain Games](#)

Brain Training
THAT WORKS

Raising the bar on brain training
There are a lot of "brain games" out there.
BrainHQ is much more.

Brain Exercises, Brain Training, Brain Health – BrainHQ from Posit Science

The BrainHQ brain-training program represents the culmination of 30 years of research in neurological science and related medicine. It was designed by an international team of neuroscientists, led by Michael Merzenich—a professor emeritus in neurophysiology, member of the National Academy of Sciences, co-inventor of the cochlear implant, and Kavli Prize laureate.

www.brainhq.com

Teachers are always associated with apples. (I wonder why?) Well, now we will combine learning and apples with our Hot-To of the Day. Let's learn how to draw an apple! It was very relaxing, as well.

[Click here to Draw and Apple](#)



How to Draw An Apple in Pencil | step by step how to use pencil strokes

www.youtube.com

Our Comic Relief Clip of the Day is from Welcome Back, Kotter. They were all so funny! Kotter and the Sweathogs! (John Travolta!) Enjoy! [Click here for Kotter laughs](#)



Welcome Back Kotter Vinny Barbarino FrenchFry Phantom

here's is another funny clip of kotter and vinny
www.youtube.com

Our MAFA Song of the Day is from CSN. A beautiful song!
[Click here for Teach Your Children](#)



Crosby, Stills & Nash (Live) - Teach Your Children

From movie "Long Time Com'in" DVD.
www.youtube.com

Our Center Quote of the Day is ***"Teaching should be such that what is offered is perceived as a valuable gift and not as a hard duty. ? Albert Einstein"***

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