



COUNCIL
ON AGING
Needham

Hi Everyone!

How is everyone doing with this heat? I am not a fan! Neither is my Aunt Martha from Shawmut, Maine! Who thinks we are crazy for wanting snow! Hahahaha!!

I wanted to remind you all of the services we offer:

- Daily lunch deliveries (Monday - Friday)
- Weekly Trader Joe's deliveries
- Weekly Freshness Delivered - fresh produce (different every week but items have included cantaloupe, pears, carrots, apples, lettuce, peppers, onions, potatoes)
- Social Service Assistance
- Library Pick-Up and Drop - Off
- Book Swaps
- Mask Deliveries
- Phone Pal (Where a middle school or high school student is paired up with one of you to chat so they can get their community service hours.)
- Virtual Remote Programming (If you want something special - email me and I will try and get it for you)
- Social Connectedness Resources
- Surprises such as toiletry goodie bags, Mother's and Father's Day deliveries and more to come!
- Stay tuned for Hire-A-Teen for odd jobs around the house.

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

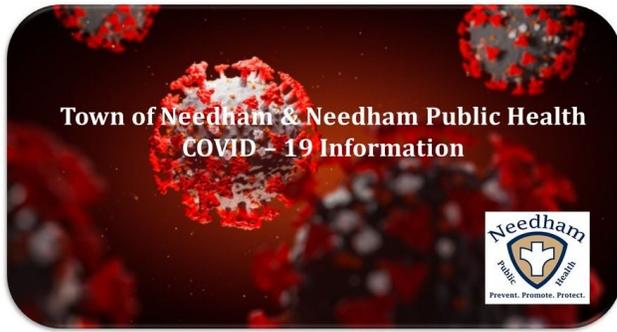
Now for some highlights.

NEWS/UPDATES

Charlie Baker released the testing results from the pop-up testing sites for anyone who took part in the protests and more. [Click here for Protest Updates](#)

Time to check in with Needham's COVID 19 information page. [Click here](#)

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

We had our Coffee with Rep. Garlick today and it was so very informative and casual - like we were sitting around a table having coffee and chatting. She will be doing a monthly Coffee so please hop on next time. Until then - here is her site and please check out her daily updates. [Click here for Rep. Garlick Updates](#)

Denise Garlick State Representative 13th Norfolk District - Serving Needham, Dover, and Precincts 1 and 2 of Medfield

Denise Garlick State Representative 13th Norfolk District of Massachusetts - Serving Needham, Dover, and Precincts 1 and 2 of Medfield.
denisegarlick.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)

WEDNESDAY

Topic: **CATH Coffee Hour* (thru August)**

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 24th, 2020 @ 10:00 AM**

To join Zoom Meeting [Click here](#)

Meeting ID: 823 9027 8244

*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 [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!

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: **Men's Health Forum***

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

To Join Zoom Meeting [Click here](#)

Meeting ID: **827 9859 7625**

*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: **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!

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

Here is a fun sing-a-long with a sweet couple from Mass! [Click here for Sing-A-Long](#)

Sweet couples had me thinking about other couples. Do you know how many animals are monogamous? You will in a minute![Click here for fun article](#)



11 Monogamous Animals That Mate For Life | Reader's Digest

Animals that mate for life: shingleback skink. The shingleback skink is a type of lizard native to Australia that returns to the same partner each mating season.

www.rd.com

Let's check out more animals that stay committed. [Click here](#)



11 Animals That Mate For Life

We hope you enjoy the video, where you'll learn what animals mate for life. Subscribe:

https://www.youtube.com/c/factualfacts?sub_confirmation=1

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www.youtube.com

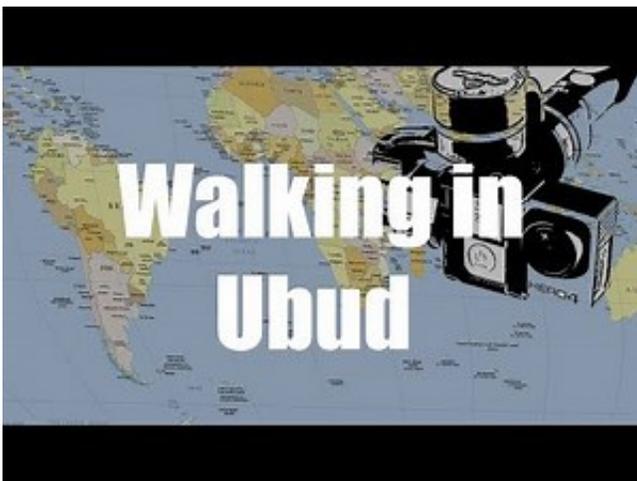
I wondered what would be the most romantic place in the world. I was assuming it would be Paris, somewhere in Italy, Hawaii. But no ... let's head to Bruges, Belgium! Where is the most romantic place you have ever been? [Click here for Bruges](#)



Bruges Virtual Tour - Walking Bruges And Sight things | Travel In Belgium

Please support us to reach 10,000 subscribers! Bruges walk tours along busy streets lined with shops, cafés, and restaurants. This is 100% raw footage without any editing. GIVE A ONE-OFF TIP - ko-fi.com/travelwithus Watch Other Virtual Tours Here: <https://bit.ly/32F48dM> Follow Us: - WEB: <https://www.youtube.com>

Number 2 was Ubud Walk, Bali! LaTanya's daughter is in Bali so let's share what she's seeing! [Click here for Bali](#)



Ubud Walk, Bali, Indonesia - Virtual Trip

Ubud, the cultural center of Bali, a magnificent city! Ubud is undoubtedly the most beautiful city of the island of Bali in Indonesia, as far as the architecture is concerned..There are hundreds of temples..the architecture of Bali and its temples is recognizable at the first blow of 'eye, and make this city one of the most beautiful of South ... www.youtube.com

It's hot out so let's stay in and watch a full - length romantic movie. [Click here for Romance](#)

New Hallmark Movie Romantic 2020 (Summer In The City 2020) - Hallmark Movies Full Length English

New Hallmark Movie Romantic 2020 (Summer In The City 2020) - Hallmark Movies Full Length English Thank you for watching this video. If you like this movie please like, comment, share and subscribe to the channel (click on the bell button)



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www.youtube.com

Shoes come in pairs - just like couples. Our Center How - To is what to do with shoe boxes!
[Click here for Shoe Box Hacks](#)

One of the funniest and craziest couples of all time are the HoneyMooners. Our Comic Relief Clip of the Day is one of their episodes! [Click here for Honeymooners Laughs](#)



The Honeymooners Full Episodes 26

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www.youtube.com

Our last dance at our wedding was this great duo! It was a good pick, right? Let me know your wedding songs!

[Click here for Marvin and Tammi](#)

You're All I Need To Get By

Provided to YouTube by Universal Music Group
You're All I Need To Get By · Marvin Gaye · Tammi Terrell You're All I Need © A Motown Records
Release; © 1968 UMG Recordings, Inc. Released on: 1968-01-01 Producer, Associated Performer, Background Vocalist: Nickolas Ashford Producer, Associated Performer, Background Vocalist: Valerie Simpson ...

www.youtube.com



Our Center Quote of the Day is *"The best and most beautiful things in the world cannot be seen or even heard, but must be felt with the heart."*

—Helen Keller

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