



COUNCIL  
ON AGING  
Needham

## Hi Everyone!

I hope you are all doing great and staying cool! We got good news today that the Freshness Delivered Produce Delivery Program will go through August!! Such good news and please share this with anyone who may not have a computer. Again, it is a bundle of fresh fruits and veggies (and they are as fresh as fresh can be) delivered on Fridays. Please let us know if you are interested.

I want to let you know what our friend, Ludmilla shared with me. **"Hello Aicha. On June 19 at 3:45 PM had received the call from: 1 (866) 820 - 6430. *"This was an alert call from the billing department - a purchase has been made from my shopping account worth of \$500.00. To authorize or dispute the purchase ..."*** Have checked on Internet. Some people have had the same experience with this phone number." Thanks for the scam alert, Ludmilla.

Katie was very busy with the phones today so keep calling! 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

The Needham Affordable Housing Trust met last night and approved a 30-day extension for applications of the **Small Repair Grant Program** with acceptance of additional applications beyond the 30 days and up to 60 days subject to available funding.

The **Small Repair Grant Program** is targeted to helping qualified seniors and those with disabilities make health and safety improvements to their homes.

If anyone has any questions, you may reach out to **Karen Sunnarborg** at [ksunnarborg@needhamma.gov](mailto:ksunnarborg@needhamma.gov).

Please see attached flyer and application.

As the pandemic is so very different all across the country, I thought this was an important resource. [Click for Cases Across the US](#)



## [Cases in the U.S. | CDC](#)

30 states report more than 10,000 cases of COVID-19. This map shows COVID-19 cases and deaths reported by U.S. states, the District of Columbia, and other U.S.-affiliated jurisdictions. Hover over the map to see the number of cases and deaths reported in each jurisdiction. To go to a jurisdiction

...  
[www.cdc.gov](http://www.cdc.gov)

## REMOTE PROGRAMMING

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

**Stephan has had a few mishaps with Zoom, but he is back on for Arthritis, Train the Brain, PIIT and Men's and Women's Health Forums. We are all learning as we go!**

### **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/ec3716c65c68/drumsalivecoa>  
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@bylifitandrec.org](mailto:ksipe@bylifitandrec.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)

### **Topic: Techie to the Rescue: One-on-One Technical Assistance\***

**Time: Anytime you schedule**

**To Book an Appointment: [Click here](#)**

\*Our Techie To the Rescue, Avrom is now offering one-on-one help with all things technical. As his nickname suggests, he is well-rounded in technology know - how, but if

he doesn't know the answer to your question he will research, learn and teach! This is a paid program that you and Avrom will work out together.

## **THURSDAY**

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: **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: **T'ai Chi with Scotty\***  
Time: **Thursday, Jun 25, 2020 @ 10:00 AM**  
**To Join Zoom Meeting [Click here](#)**  
Meeting ID: **862 9340 1235**  
Password: **182936**

\*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, 2020 @ 10:30 AM**  
**To join Zoom Meeting [Click here](#)**  
Meeting ID: **832 3200 1112**  
Password: **9iBf8w**

\*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: **Let's Get Social .... From A Distance\***  
Time: **Thursdays , , 2020 @ 11:00 AM**

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

**Meeting ID: 691 892 6899**

\*Deb wrote, "Welcome to our weekly Zoom sessions of "Let's Get Social-From a Distance." Our focus is on meeting new people and having fun interacting with each other. We have and will continue to talk about our backgrounds, interests, the new classes we've been trying on Zoom (thank you Aicha and the team for such great programming!) We've discussed different ways of interacting, such as Skype, What's App? House Party, etc., during the "stay-at-home" period. Please join us each week on Zoom (or whenever you can!) Looking forward to connecting with you!"

**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, tootle 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.

**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.

**Topic: Gentle Yoga with Michelle\***

**Time: Thursdays @ 2:00PM**

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

Meeting ID: 443 604 7877

Password: 0DbGrY

\*Michelle is a fabulous yoga instructor and can make this a Seated Yoga as well!

**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.

## FRIDAY

Topic: **Balance, Posture, Core and More Class\***

Time: **Fridays, 2020 @ 9:30 AM**

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

Meeting ID: 722 0848 3215

Password: **0ReAjR**

\*Laila is back! You know her from Balance Deconstructed, one of our most popular programs at the Center. Now she is doing a virtual program for you to do at home. Balance is complex and multi-dimensional. This class will go over the components of good balance and will train you on how to improve it through a variety of exercises for core and leg strengthening, posture awareness and stretches for greater flexibility. *\*Please review the following User Agreement carefully before participating in this Zoom exercise class: You should understand that when participating in any exercise or exercise program, there is the possibility of physical injury. If you engage in this exercise or exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge Needham Council on Aging and its exercise instructor from any and all claims or causes of action, known or unknown.*

Topic: **Comfort Crew Coffee Hour\***

Time: **Fridays, at 10:00am**

To Join Zoom Meeting

Meeting ID: **827 9871 2533**

Password: **12345**

\*Comfort Crew is a program for families impacted by Alzheimer's/Dementia at varying levels. This is a virtual group for people experiencing Alzheimer's/Dementia and their caregivers intended to increase connectedness and provide families with comfort. **Please join us this week for a coffee hour. Bring your favorite beverage and join for a morning chat with the CATH social work staff and other group members.**

Topic: **Strength Training with Pearl\***

Time **Fridays, 2020 @ 10:30am**

To join Zoom Meeting [Click here](#)

\*This SEATED exercise class is designed to accommodate mature individuals of various fitness levels. This class includes a thorough warm-up, strength training, and gentle stretching to increase flexibility and reduce muscle tension.

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](#)

Topic: **Techie to The Rescue Tech Talk\***

Time: **Friday, June 26 @ 1:30PM**

To Join Zoom Meeting [Click here](#)

Meeting ID: **892 3752 3276**

Password: **025127**

\*It's Friday and our Techie is back! Join Avrom to discuss all things technical! He will focus on new topics each week and you can also bring any questions you have - he's all yours! Don't stop joining or taking part in programs just because you aren't comfortable with technology. Avrom is your man!

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, Mo sent this fun video for me to share. [Click here for the Statler Brothers](#)

[Statler Brothers - Do You Remember These.mpg](#)

Statler Brothers bring you home! Just wanna remember....

[www.youtube.com](http://www.youtube.com)



Jon Mattelman, who used to work for Needham Youth Services, in partnership with CHNA 18 presents *BURSTS*. There are 5 (as he mentions) but this was the one that seemed important for our crew. [Click here for Mental Health Burst](#)



[Video #3- Mental Health.mp4](#)

[drive.google.com](https://drive.google.com)

It is time to hit the open ocean! My dad is an avid sailor and I grew up on his sailboat, the Robin. She was a very special boat with many memories made. It is still in our family with his niece's family and I hope they enjoy it as much as we did! [Click here for Schooner Show](#)



[Great Ships  
The  
Schooners](#)

Great Ships The  
Schooners  
[www.youtube.com](http://www.youtube.com)

Who remembers when the America's Cup was in Newport? I do! Here is a clip of the 2017 race. It is truly a sport! [Click here for America's Cup Segment](#)



## [35th America's Cup Race 1 USA vs. NZL | AMERICA'S CUP](#)

35th America's Cup. Bermuda. June 17, 2017. Day 1, race 1: ORACLE TEAM USA vs. Emirates Team New Zealand. Subscribe to see all America's Cup content. For more information visit:

<https://www.americascup.com> Like us on Facebook: <https://www.facebook.com/AmericasCup/> Follow us on Instagram: <https://www.instagram.com/americascup/> Follow us on ... [www.youtube.com](http://www.youtube.com)

Let's head to South Carolina (where I hope my son is going back to school in the fall). Here is a virtual tour of the Nautical Museum. [Click here for Museum](#)

## [Museum Virtual Tour :: South Carolina Maritime Museum :: Georgetown, SC - Georgetown, SC :: Keeping our Maritime Heritage Alive](#)

Museum Virtual Tour - Located in the beautiful port city of Georgetown, SC, the South Carolina Maritime Museum is the result of a dream that started over two decades ago. Now, the dream is becoming a reality! [sctimaritimemuseum.org](http://sctimaritimemuseum.org)

Yes, there is a boat pose to work your core. [Click here for Boat Pose](#)



## [How To Perform The Boat Core Workout In 60 Seconds | 60 Seconds To Fit | Brawlers](#)

This is a great exercise for working out your entire core, specifically targeting your lower abs and hip flexors. ABOUT SERIES 60 Seconds To Fit is a quick and easy way to ignite a new workout routine or give yours a fresh upgrade. ABOUT BRAWLERS Brawlers is celebrating women in sports and delivering a fresh look at some of the most ... [www.youtube.com](http://www.youtube.com)

If that was too tricky - here are some beginner stretches. [Click here for Core Workout](#)

## [10 Minute Core Workout For Seniors. Blast Away Belly Fat!](#)

Target stubborn weight around your midsection with this 10 minute core workout specifically designed for seniors. Do it three times per week combined with healthier diet choices to see results.



Take the next step to shed belly fat by JOINING my 4-week Core Bootcamp: <https://bit.ly/2DqTUni>  
LEARN more about targeting stubborn belly fat: [https ...](https://www.youtube.com)  
[www.youtube.com](https://www.youtube.com)

Let's have a look at some beautiful schooner artwork. [Click here for Schooner Art Work](#)



## [Schooner Paintings | Fine Art America](#)

Choose your favorite schooner paintings from millions of available designs. All schooner paintings ship within 48 hours and include a 30-day money-back guarantee.  
[fineartamerica.com](http://fineartamerica.com)

Our Center How-To is about drawing again. If any of you try these and want to share your art work - that would be great! This picture looks a lot like my dad's Robin. [Click here to Draw a Sailboat](#)



## [How to draw a sailboat real easy](#)

How to draw a sailboat real easy with award winning illustrator, Shoo Rayner, who has illustrated well over 200 children's books for famous authors and for his own stories. Twitter <http://twitter.com/#!/shoorayner> Google+ <https://plus.google.com/u/0/117947137...> Facebook <http://www.facebook.com/profile.php?i...> Website <http://www.shoorayner.com> ...  
[www.youtube.com](http://www.youtube.com)

Our Comic Relief Clip of the Day must from the *Love Boat*. There is even a role with Annette Funicello. [Click here for Love Boat!](#)



## [The Love Boat Season 1 Episode 24 - The Business of Love](#)

The Love Boat Season 1 Episode 24 - The Business of Love

[www.youtube.com](http://www.youtube.com)

Our MAFA song of the Day is from Crosby, Still and Nash and is a beautiful song and video. Who knows what the Southern Cross is? [Click here for Southern Cross](#)



## [Crosby, Stills & Nash - Southern Cross](#)

Crosby, Stills & Nash - Southern Cross

[www.youtube.com](http://www.youtube.com)

Our Center Quote of the Day is ***"I really don't know why it is that all of us are so committed to the sea, except I think it's because in addition to the fact that the sea changes, and the light changes, and ships change, it's because we all came from the sea. And it is an interesting biological fact that all of us have in our veins the exact same percentage of salt in our blood that exists in the ocean, and, therefore, we have salt in our blood, in our sweat, in our tears. We are tied to the ocean. And when we go back to the sea - whether it is to sail or to watch it - we are going back from whence we came."***

[Remarks at the Dinner for the America's Cup Crews, September 14 1962]"

— John F. Kennedy

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