



Hi Everyone!

Happy Saturday every one! I hope you are all hale and hearty! Just wanted to let you know that it's National Onion Day and National Ice Cream Cake Day! I hope you get to have both! I had very good onion rings (and they were take out and that don't usually travel well) on Tuesday from Crisp in Walpole. Not that this matters to any of you, but my husband and I gave up eating French fries for one year. We get to have fries in 18 days! Please tell me where your favorite fries are from and I may indulge! Oh well....

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

Now for some highlights:

NEWS/UPDATES

Let's check out some news outlets to see what's happening with COVID around the world.

<https://www.bbc.com/news/coronavirus>

	<p>Coronavirus - BBC News Get full coverage of the Coronavirus pandemic including the latest news, analysis, advice and explainers from across the UK and around the world. www.bbc.com</p>
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[Coronavirus pandemic - Al Jazeera English](#)

Coronavirus pandemic. NY area to quarantine visitors from US coronavirus hotspots: Live. As cases in the US keep surging, governors of New York, New Jersey and Connecticut issue travel advisory.

www.aljazeera.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.

NEW!

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!

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/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@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.
 - 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.

MONDAY

Topic: **Sandra Levy's Yoga* (thru August)**

Time: **Monday, June 22, 2020 @ 9:00 AM**

To join Zoom Meeting [Click here](#)

Meeting ID: **846 7080 2329**

*Sandi's has such a following that her class always ends up with a lengthy waitlist. Now you can all see how wonderful her yoga program is. No wait list on Zoom!

Topic: **T'ai Chi with Scotty (thru August)**

Time: **Monday, June 29, 2020 @ 10:00 AM**

To Join Zoom Meeting [Click here](#)

Meeting ID: 886 4116 3165

Password: 842363

*So Scotty came back last week and was a hit! (as we know he would be!) 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: **Strength Training with Pearl***

Time: **Mondays, 2020 @ 10:30am (Through August)**

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: **Kerrie Cusack's Monday Meditation***

Time: **Mondays, 2020 @ 11:00am**

To join Zoom Meeting [Click Here](#)

Meeting ID: 137 719 908

Password: 713980

*We can't be in the cozy library, but Kerrie always finds a cozy spot in her new home to have us all relax and rid ourselves of anxiety. Even if you have never meditated before, now is the time to give it a try. You won't regret it - especially when Kerrie runs it.

Topic: **Western Gunslingers with Daniel Seligman*** (NEW MEETING ID & PASSWORD)

Time: **Monday, June 8 @ 11:00 AM**

To join Zoom Meeting [Click here](#)

Meeting ID: **848 4743 2052**

Password: **430296**

*The course consists of ten Powerpoint seminars on the life and times of gunslingers who lived in the American West in the late 19th century and are well known in American popular culture. The seminars are broken up into two series: five on the “Good Guys” and another five on the “Bad Guys.”

The American West has been portrayed extensively in westerns and other media and subjected, on the one hand, to broad exaggeration, and, on the other, to a more recent tendency to uninformed debunking. The intent is to present the unvarnished truth, as far as it can be ascertained from historical records.

The Good Guys series consists of the following five seminars:

	<u>29-Jun</u>	<u>11:00 - 12:30</u>	<u>Annie Oakley</u>
	<u>6-Jul</u>	<u>11:00 - 12:30</u>	<u>Jesse James</u>
	<u>13-Jul</u>	<u>11:00 - 12:30</u>	<u>Billy the Kid</u>
	<u>20-Jul</u>	<u>11:00 - 12:30</u>	<u>Belle Starr</u>
	<u>27-Jul</u>	<u>11:00 - 12:30</u>	<u>Black Bart</u>
	<u>3-Aug</u>	<u>11:00 - 12:30</u>	<u>Butch Cassidy</u>

Topic: **Clutter Support Group***

Time: **Mondays, 2020 @ 1:00 PM**

To Join Zoom Meeting [Click here](#)

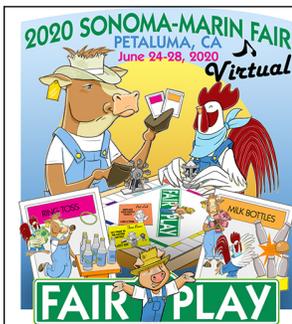
Meeting ID: **865 6904 4770**

*Our friend, Paul will be facilitating his regularly scheduled program **Clutter Support Group** via Zoom. Here is what Paul shared, "The Clutter Support Group is a gathering of men and women who meet weekly in order to solve their common problems of hoarding, cluttering and procrastinating. The only requirement to attend is the desire to change these negative habits and help one another. Our mission is to help to provide members with the tools and skills needed to live a clutter free life. We offer understanding, trust and hope in a caring, compassionate and discreet environment. With support, our desire is to help our members live a better life physically and emotionally.

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

Talking about French fries and onion rings made me think of state fairs and fried foods. I even found a virtual state fair! How creative! Let's head to California for Farmer's Day!!



[Home Page - Our Community](#)

[Gathering Place](#)

Fair Dates June 24-28, 2020. Hours
8am to 5pm, Monday through Friday.

www.sonoma-marinfair.org

Now we are headed to Florida for their 2017 State Fair! Fun rides and very pretty up against the night sky but oh so scary!!



Crazy Fair Rides, Wild Carnival Eats & More at 2017 Florida State Fair

The Legend & Molly show you around the 2017 Florida State Fair including the biggest midway I've ever seen at a carnival featuring cool fair rides, some completely wacky fair food, animals, exhibits and more. Visit us on the web at www.inthelooppodcast.com

Facebook:

www.facebook.com/inthelooppodcast

Twitter: Clint Novak @clintnovak Drew The ...

www.youtube.com

Here is a Rodgers and Hammerstein full-length movie *State Fair*. It received an 83% on Rotten Tomatoes. *The small-town Frake family attend the Iowa State Fair, the annual highlight of their summer. Son Wayne (Dick Haymes) plots revenge on a midway barker (Henry Morgan) who had embarrassed him the summer before and falls for the beautiful singer Emily (Vivian Blaine), while his melancholy sister Margie (Jeanne Crain) becomes smitten with slick city-boy reporter Pat (Dana Andrews). Meanwhile, mother Melissa (Fay Bainter) and father Abel (Charles Winninger) plot to win their respective competitions.*



State fair 1962

State fair 1962

www.youtube.com

Now let's see some animals from the Iowa State Farm! I want a sheep and a pig and a cow! I should have been a farmer!



Big Animals | Iowa State Fair 2013

Meet the big ram, big boar and super bull. It's the big animals of the Iowa State Fair!

www.youtube.com

My grandmother would rave about how she went to the World's Fair. The stories she had! Here is the history of World Fairs.



[world's fair | History, Instances, & Facts | Britannica](#)

World's fair, large international exhibition of a wide variety of industrial, scientific, and cultural items displayed at a specific site for a period of time, ranging usually from three to six months. Since the mid-19th century more than 100 world's fairs have been held in more than 20 countries around the world.

www.britannica.com

Our Center How - To about carnival games. Bring the carnival to your living room!



Carnival games

[DIY party decorations | DIY CARNIVAL GAMES | Sugarella Sweets Party](#)

In this DIY carnival party decorations tutorial, I will show you how to DIY carnival games. These games are perfect for a carnival birthday theme decorations or a circus party theme.

INSTAGRAM

[https://www.instagram.com/sugarella sw...](https://www.instagram.com/sugarella_sw...) PINTEREST

<https://www.pinterest.com/sugellas w...>

EMAIL <https://www.SugarellaSweets.com> ...

www.youtube.com

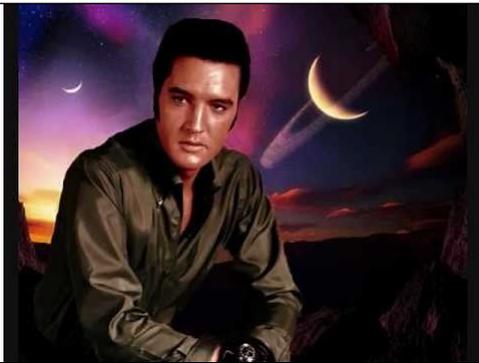
Our Comic Relief Clip of the Day is from the Ellen Show and all about the deep fried goodness of a state fair!



[Kalen Allen & Producer Matt Eat All the Fried Food at the Minnesota State Fair](#)

Ellen's favorite viral food critic took producer and resident Pickle Boy Matt to the Minnesota State Fair to eat all the fried food, including fried fruit, fried candy bars, and fried cream cheese pickles! #KalenAllen #TheEllenShow #MinnesotaStateFair www.youtube.com

Our MAFA Clip of the Day is from my cutie pie, Elvis!



[Elvis Presley-The Fair Is Moving On](#)

Doug Flett and Guy Fletcher wrote "The Fair Is Moving On" which Elvis recorded on February 21, 1969, at American Sound Studios in Memphis. www.youtube.com

Our Center Quote of the Day is "*State fairs are the confluence of the garish and the profound.*" — *Douglas Wissing*