



COUNCIL
ON AGING
Needham

Hi Everyone!

I hope everyone is doing well and it was so good to hear from many of you this weekend!

I love hearing how you are spring cleaning, gardening, reading and more. Keep staying busy! My son and I got to have a social distancing lunch with my mother-in-law and her niece yesterday. It was very nice and I didn't even care that I got rained on! If you are wondering, I had a Cobb Salad and my son had a lobster roll which he claims is one of the best he had ever had! Thanks, Trishie!

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

Again, more scams. I have heard that now there are scams regarding face masks. Here is an important article to read.



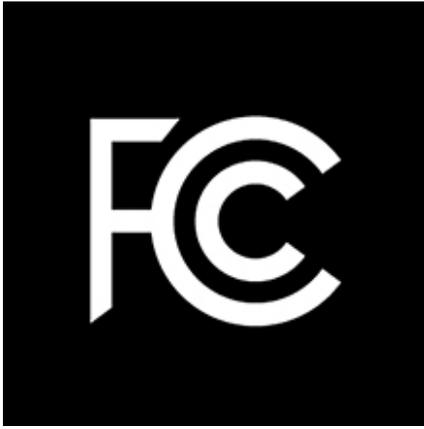
[Face mask scams: How to spot fraud](#) [The Morning Call](#)

Wearing a face mask with the words 'spreading joy not germs,' artist Elaine Frei with a joyful balloon installation outside George Washington High School in Chicago.
www.mcall.com

Now let's take some advice from the FCC.

[COVID-19 Consumer Warnings and Safety Tips](#) [Federal Communications Commission](#)

As the novel coronavirus (COVID-19) pandemic continues to impact the



United States, phone scammers have seized the opportunity to prey on consumers
www.fcc.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.

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.
 - 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.

MONDAY

Topic: Sandra Levy's Yoga*

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

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

To join Zoom Meeting [Click here](#)

*This SEATED exercise class is designed to accommodate mature individuals of various fitness levels. This class includes a 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***

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:

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

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

Or friend, Sandra wrote and let me know that this year marks the 35th anniversary of the song *We Are The World*. Here is an article that breaks down the recording that raised \$63 million (equivalent to \$147 million today) for humanitarian causes. Ninety percent of the money was pledged to African relief.



['We Are the World': A Minute-by-Minute Breakdown](#)

Superstar squabbles! Shiny tracksuits! Michael Jackson! Inside the epic all-nighter that birthed USA for Africa's charity smash
www.rollingstone.com

This anniversary got me thinking about what other happenings occurred in 1985. So let's take a trip down memory lane - here is 1985! Guess what the number one movie of the year was? Here is the trailer:



[Back To The Future \(1985\) Theatrical Trailer - Michael J. Fox Movie HD](#)

Subscribe to TRAILERS: <http://bit.ly/sxaw6h> Subscribe to COMING SOON: <http://bit.ly/H2vZUn> Subscribe to CLASSIC TRAILERS: <http://bit.ly/1u43jDe> Like us on FACEBOOK: <http://goo.gl/dHs73> Follow us on TWITTER: <http://bit.ly/1ghOWmt> Back To The Future (1985) Theatrical Trailer - Michael J. Fox Movie HD A teenager is accidentally sent 30 years into ...
www.youtube.com

We are all missing sports so let's watch the final game of the '85 World Series! For whom were you rooting?

[1985 World Series, Game 7: Cardinals @ Royals](#)

St. Louis Cardinals 0 at Kansas City Royals 11, F -- The "Show-Me Series" came to an end on October 27, 1985 at Royals Stadium when the night after becoming a father, Royals pitcher Bret Saberhagen threw a five-hitter while leading his team to victory. The Royals became the only team to ever come from a three games to one deficit twice in the ...
www.youtube.com



I think we can all agree - the '80's were troubling times for fashion. I do love that shoulder pads are making a come back though! What was your worst 80's fashion faux pas?



[Year In Fashion: 1985](#)

Year In Fashion takes Look TV viewers through the history of modern fashion from the 80s through present day. What do you think of Year In Fashion? Leave a comment below!

Watch more Year In Fashion on Fashion By Look:

<http://bit.ly/1aKGBsk> Subscribe to Look TV:

<http://goo.gl/f3XVQ> Like us on Facebook:

<http://www.facebook.com/OfficialLookTV> ...

www.youtube.com

Jane Fonda was the top go her fitness game in the 80's. Here is a Level One Aerobic Workout.



[Jane Fonda: Walking Cardio Workout : Level 1](#)

Jane Fonda: Walking Cardio Workout : Level 1 is a one mile waist-slimming walking workout that is designed to boost metabolism, burn fat, build lean muscle, and stretch the joints through a continuous series of heart-pumping aerobic exercises that can be done anywhere. Hollywood Icon and Legendary Fitness Guru, Jane Fonda takes you through this

...

www.youtube.com

I wondered what products came to be in 1985. Smart food, airheads, My Buddy and more. Here is the complete list per Wikipedia. What's your favorite from the list?

[Category:Products introduced in 1985 - Wikipedia](#)

Pages in category "Products introduced in 1985" The following 42 pages are in this category, out of 42 total. This list may not reflect recent changes (learn more). BBC Bridge Companion. Boost (chocolate bar) Bull's-Eye Barbecue Sauce. Coca-Cola Cherry. Fender Performer Bass. Halcyon (console) Macintosh Office. My Buddy (doll)
en.wikipedia.org

In 1985 James Beard passed away. James Andrews Beard was an American chef, author, teacher and television personality. Beard was a promoter of cuisine who taught and motivated hundreds of chefs and foodies. To win a James Beard Award is a top honor. This year one of the nominees is Lidia's Kitchen - Trattoria Favorites from Lidia Bastianich. Here is a sweet show with Lidia and her 99 year-old mom and grandson while they are dealing with styling at home.



[Eating in With Lidia | Full Episode | Eating in With Lidia | PBS](#)

Lidia Bastianich shares the stories behind the great past and present inspired recipes that her family has been eating for years. It's both good times, and challenging ones. Get recipes from the show: <https://to.pbs.org/3c9ZPv3> This program is made possible by viewers like you. Support your local PBS station here: <https://pbs.org/donate/> Subscribe to ...
www.youtube.com

The Golden Girls debuted in 1985. Thank goodness as it's one of my favorite shows Our Comic Relief Clip of the Day is an episode of Dorothy, Rose, Sophia and Blanche!



[The Golden Girls season 3 episode 1 Three On A Couch](#)

Playlist Full Season :
<https://www.youtube.com/watch?v=C9Ch1...>
www.youtube.com

So let's remember what started this 1985 flashback - We are the World! (Thanks, Sandra!) It has meaning for what we are going through now! How many artists can you name?

[U.S.A. For Africa - We Are the World \(Official Video\)](#)

Music video by U.S.A. For Africa performing We Are the World



World. USA For Africa #USAForAfrica #WeAreTheWorld
#Vevo
www.youtube.com

Our Center Quote of the Day is from 1985 - "***When you realize the value of all life you dwell less on past and concentrate more on the conservation of the future.***"
- ***Dian Fossey***

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