



Hi Everyone!

So how crazy is this weather?? I hope you are all safe and sound and respecting Mother Nature! Poor Norwood Hospital and their staff and patients.

I do want to remind everyone that if you want to receive Freshness Delivered, you have to register each week. I heard great things about the produce that was delivered Friday.

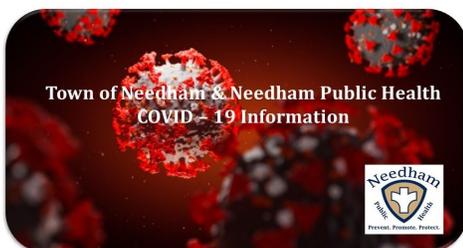
I also want to let everyone know that if you leave a message for Katie on the Center Line, when she calls you back the Caller ID reads "**Wireless Caller and 781-855-3629.**"

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

It's Monday so it's time to check in on Needham Public Health.



[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

[Internal Revenue Service | An official website of the United States government](#)

An official website of the United States Government. English Español; 中文 (简体) 中文 (繁體) 한국어; Русский

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/1ec3716c333c33/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.

TUESDAY

Topic: **Current Events Discussion Group***

Time: **Tuesdays, @ 10:30AM**

To Join Zoom Meeting Email Gerry Koss (host) @ gerrykoss@gmail.com.

*Current Events meets every Tuesday from 10:30 to 11:30 on Zoom. A concise update of the past week's news is followed by a discussion. All are encouraged to bring up additional topics and all have the option of speaking and/or listening.

To ensure our meetings are secure, participants must have an initial Zoom invitation, which is good for all recurring meetings. To request a Zoom invitation be sent to you, please contact Gerry Koss (Host) at gerrykoss@gmail.com.

Topic: **Train the Brain with Stephen***

Time: **Tuesdays, 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, 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.

NEW!

Topic: **Marcel Le Corgi - Therapy Dog!**

Time: Tuesday, June 30, 2020 @ 1:15 PM

To PREREGISTER for this Zoom Session: [Click here](#)

*We are so pleased to virtually welcome Marcel Le Corgi! Marcel and his mom Aurélie will be joining us for this special event. He will be available to bring smiles to our faces and do all the wonderful cute, and fluffy things Corgis do! Marcel is a world traveler (he even has his pet passport) and splits his time between Paris and London. His mom, Aurélie, is a family, travel photographer, and content creator for all of Marcel's social media pages. His dad, Pierre, is a Michelin star-trained hospitality executive head chef. Marcel is beloved all over the world and has a large following, including 137,000 people on Instagram. ([Click here for Instagram Photos](#)) When he's not traveling, Marcel is practicing his agility and learning new tricks, hamming it up for the camera, or volunteering his time with the Mayhew in London offering pet therapy. Please join us via Zoom for this special event!

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: 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**.

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!

NEW!

Topic: **DanceFitness Class with Showway***

Time: **Wednesdays @ 9:20 AM**

To join Zoom Meeting [Click here](#)

*Look who's back! Showway! Join her in your living room as we do Line Dance followed by Nia/Latin music inspired dance fitness. Participants need to start their Zoom at 9:20am to do a sound check with the instructor. Please bring water and set up a chair for cool down stretch. If you've never done a program with Showway - now is the time. Here energy and spirit are amazing!

Topic: **Word Games with Val***

Time: **Wednesdays, 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: **Needham Center - Social Check In***

Time: **Wednesday, July 1, 2020 @ 10:00 AM**

To Join Zoom Meeting [Click here](#)

Meeting ID: **890 0202 3733**

Password: **818478**

*It's been awhile since we have seen many of you so we thought it would be a good idea to catch up. Also, some of you are new and want to put a face to a name. It will also be good to hear from you all about programs, new ideas, needs, etc. We hope to see you all there. And Special Guest Star will be Katie King, the new Assistant Town Manager & Director of Operations

Topic **Opinion History with Ron**

Time: **Wednesday, July 1, 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: **China-India Conflict**

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

As so many of you know, we have a great partnership with the New England Conservatory - one of the best music colleges! Our friend and community programmer, Grace recorded this Zoom session we had so that everyone could take watch the concert. Thanks, Grace for ally and the NEC do for our Center. [Click here for Concert](#) (The concert starts at about 6 minutes in.) If you want to learn more about Lilly, here is her website: <https://www.lilyhonigberg.com/about>

We have had the opportunity to learn from Harvard, Yale and a few more. We have not had the chance to attend on-line Brown classes, but today is the day!



[Online Learning for the Global Community | Digital Teaching & Learning | Brown University](#)

BrownX is an exciting University initiative between Brown and edX.org, a non-profit educational consortium founded by MIT and Harvard in 2012. BrownX offers the opportunity to showcase Brown's depth, breadth, and diversity in research, teaching, and learning with students around the globe through MOOCs (Massive Open Online Courses).

www.brown.edu

So we may not be Rhode Scholars (but please let me know if you are!!) but that doesn't mean that we can't enjoy the beauty of Oxford University. Let's head to Oxford, England. You can see all the halls, land and architecture.

[Virtual tours | University of Oxford](#)

Virtual tours College virtual tours These 360° views cover facilities such as the dining hall, library, JCR, chapel, as well as an example of a student room, garden or quad, and the porters' lodge.

www.ox.ac.uk

Let's head to another school with a fabulous reputation - Le Cordon Bleu! It was founded in Paris in 1895 and is known for combining innovation and creativity with tradition through its certificates, diplomas, bachelors and master degrees.

Our Le Cordon Bleu Chef teaches us how to make Creamed French Eggs. I have never spent this much time on an egg dish! Yummy!



[How to Make French Creamed Eggs](#)

Give your eggs a twist and make French Creamed Eggs. Brought to you by the Chefs of Le Cordon Bleu. Visit Le Cordon Bleu at <http://www.chefs.edu>

www.youtube.com

I wanted to see what was considered the best college football games of all time were. (I was hoping for the BC . Here is one list. Many said it was the 2006 Rose Bowl. Enjoy the game. For whom are you rooting?



[2006 Rose Bowl- #2 Texas vs #1 USC](#)

The greatest college football game ever played. The 2006 Rose Bowl between the Texas Longhorns and the University of Southern California Trojans. The game featured talents such as Reggie Bush, Vince Young, Matt Leinart, Lendale White, and many others. Keith Jackson and Dan Fouts are the announcers. This was Keith's last game announcing and ...

www.youtube.com

A Beautiful Mind" A drama inspired by events in the life of John Forbes Nash Jr., and in part based on the biography "A Beautiful Mind" by Sylvia Nasar. Nash was a mathematical genius who had his life come to a screeching halt due to schizophrenia. He ended up being a well-renowned instructor at Princeton University.



[A Beautiful Mind \(2001\) Official Trailer - Russell Crowe 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> A Beautiful Mind (2001) Official Trailer - Russell Crowe Movie HD A biopic of the meteoric rise of John Forbes Nash ...

www.youtube.com

Our Comic Relief Clip of the Day stars John Belushi! ***Who didn't love the classic Animal House?***

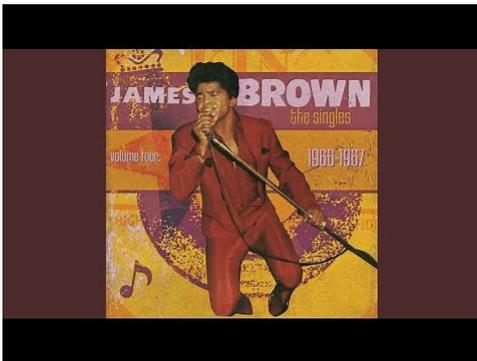


[Bluto's a Zit - Animal House \(5/10\) Movie CLIP \(1978\) HD](#)

Animal House movie clips: <http://j.mp/1ux3yfl> BUY THE MOVIE: <http://amzn.to/rK8A7T> Don't miss the HOTTEST NEW TRAILERS: <http://bit.ly/1u2y6pr> CLIP

DESCRIPTION: Bluto (John Belushi) spits mashed potatoes on the Omegas, inciting a food fight. FILM DESCRIPTION: Director John Landis put himself on the map with this low-budget, fabulously successful ...

www.youtube.com



[Don't Be A Dropout](#)

Provided to YouTube by Universal Music Group Don't Be A Dropout · James Brown The Singles Vol. 4: 1966-1967 © 1966 Universal Records, a Division of UMG Recordings, Inc. Released on: 2007-12-04 Producer: James Brown Composer Lyricist: Nat Jones Composer Lyricist: James Brown Auto-generated by YouTube.

www.youtube.com

Our Center Quote of the Day is *"Education is the passport to the future, for tomorrow belongs to those who prepare for it today."* —Malcolm X

Have a great night everyone and we'll talk tomorrow! ♥~Aicha