



COUNCIL
ON AGING
Needham

Hi Everyone!

HAPPY 4TH OF JULY! HAPPY BIRTHDAY AMERICA!

I hope you are all having a great fourth of July and finding some way in which to celebrate! The streets are quiet. The bbq's are far and few between. And the fireworks are nonexistent. However, we should all remember why we celebrate this great day and embrace the holiday which recognizes the adoption of the Declaration of Independence.

It was nice to hear from many of you today. Our friends, Sarah wrote to me and said, "Just wanted to tell you how much I enjoy your senior newsletter. My daughter Linda lives in Needham and I live in Newton. Noting all the wonderful activities and goodies offered to residents I wish I lived in Needham too. Unfortunately I don't drive anymore so Zoom has been a blessing for me. " Thanks, Sarah! That's why our team does what we do every day!

This is a long weekend but please remember 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

We are celebrating our country so let's look at some of our under appreciated government agencies. Remember July 15th is right around the corner.

Free File: Do Your Federal Taxes for Free | Internal Revenue Service

File for an extension of time to file for free using Free File tax software.

www.irs.gov

And now for the Fed!

The Fed - Coronavirus Disease 2019 (COVID-19)

To send a question or comment about the Federal Reserve's actions in response to COVID-19, please fill out our feedback form.. To ensure that your question is properly routed, please select the "Coronavirus (COVID-19)" button.

www.federalreserve.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** and - our trusted trainers and Michelle Lawlor - our trusted fitness trainer and yoga instructor. They 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://maibh.mp/6c3716c65d68/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* (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, July 6, 2020 @ 10:00 AM**

Join Zoom Meeting [Click here](#)

Meeting ID: **862 0522 3254**

Password: **290011**

*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](#)

Meeting ID: 872 3869 8176

Passcode: 8119

*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***

Time: **Monday, July 6 @ 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:

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.

TUESDAY

Topic: Seven Steps to Managing Your Memory

Time: Tuesday, July 7 @ 2PM

To join Zoom Meeting [Click here](#)

Meeting ID: 856 2140 8764

Password 4aTA2t

Based on his award-winning book, *Seven Steps to Managing Your Memory: What's Normal, What's Not, and What to Do About It*, Dr. Andrew Budson will explain how individuals can distinguish changes in memory due to Alzheimer's versus normal aging, what medications, diets, and exercise regimes can help, and the best habits, strategies, and memory aids to use, in seven simple steps.

Educated at Haverford College and Harvard Medical School, Dr. Budson is Chief of Cognitive & Behavioral Neurology and Associate Chief of Staff for Education at the Veterans Affairs Boston Healthcare System, Director of Education at the Boston University Alzheimer's Disease Center, Professor of Neurology at Boston University School of Medicine, and Lecturer in Neurology at Harvard Medical School.

FRIDAY

Topic: **Center Short Story Discussion Group***

Time: **Fridays, 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 on July 10 is "A Shinagawa Monkey" by Haruki Murakami which is the "prequel" to the June 19th story "Confessions of a Shinagawa Monkey."

<https://www.newyorker.com/magazine/2006/02/13/a-shinagawa-monkey>



[A Shinagawa Monkey | The New Yorker](#)

The counsellor, whose name was Tetsuko Sakaki, was a pleasant, heavysset woman in her late forties. Her short hair was dyed a light brown, her broad face wreathed in an amiable smile.
www.newyorker.com

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 ownsafety or choose a different set of exercises.

ENTERTAINING/INTERESTING

Our friend and fabulous flyer creator, Julie (I miss you, Julie!) sent this video for me to share with you all!



World's Best Fireworks (Spherical Pyrotechnics)

Fireworks in Japan - at Mount Fuji This show is the first of its kind in the world (Spherical Pyrotechnics) Worth seeing ...one of the World's best fireworks display you will ever see..

www.youtube.com

PBS has a great website all about the meaning of, the history of and the celebrations for the 4th of July. Take the history quiz and let me know how you score.

Fourth of July Activities | A Capitol Fourth | PBS

Watch Fireworks Over D.C. A lot goes on behind the scenes of A Capitol Fourth to bring the sights and sounds of the concert to our millions of viewers watching at home. More than twenty television ...

www.pbs.org

Let's learn a little bit about the document that led us to have a holiday!

The Declaration of Independence (Documentary)

This upload is 100% Non Profit.

www.youtube.com



I needed a little nostalgia. Who remembers these 2 oldies but goodies? Why did these go away! Kids would still like these!



Schoolhouse Rock: America - I'm Just a Bill Music Video

The classic Schoolhouse Rock song "I'm Just a Bill." For more information, go to www.DisneyEducation.com.

www.youtube.com

Let's head to Philly where it all happened!



Independence Hall Tour

My tour of Independence Hall on July 2, 2015

www.youtube.com

A 4th of July tradition in our house is to watch the (disgusting) Nathan's Hot Dog Eating Contest. We even tried it once. My hubby ate 5, Nathaniel ate 4 and Ethan ate 3. They did not feel well which makes this even more of a feat. Here is last year's event on Coney Island!



Joey Chestnut eats 71 hot dogs to win Nathan's Hot Dog Eating Contest for 12th time | ESPN

Joey Chestnut wins the annual Nathan's Famous Fourth of July hot dog eating contest for a 12th time by eating 71 hot dogs and buns, 21 more than the nearest competition. www.youtube.com

Our Center How - To is DIY 4th of July decorations.



6 CHEAP & EASY 4TH OF JULY CRAFT IDEAS | PINTEREST INSPIRED

open me. . . .hellllo my beautiful internet friends. oh my gosh, this video was such a pain to upload. my imovie just did nottttt want to work with me. I had to delete a clip of me making the shirt I am wearing in the intro because apparently it was infected lol but alas, here is my 6 cheap and easy fourth of july craft ideas video. I really ...

www.youtube.com

Another tradition in my house is to watch the movie Jaws! Here is the trailer!



Jaws Official Trailer #1 - Richard Dreyfuss, Steven Spielberg Movie (1975) 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> Jaws Official Trailer #1 - Richard Dreyfuss, Steven Spielberg Movie (1975) HD Jaws Trailer - Directed by Steven ...

www.youtube.com

Our Comic Relief Clip of the Day is from a hilarious movie, **Stripes**. Here is a hilarious scene from their graduation. *Stripes* was voted number 17 of patriotic movies to watch today.



Stripes - Graduation Scene

funny

www.youtube.com

I felt like this is one of the best renditions of our National Anthem. My family will tell you that I cry every time this song plays! I reminds me of all the young men and women who fought so we are able to fly the flag and didn't make it home - including my dear friend, Ronald Patin. (I was best man in his wedding!) ????



Whitney Houston - Star Spangled Banner

Among the annals of national anthems as a prelude to sporting events, few have topped the one delivered by Whitney Houston before Super Bowl XXV in 1991 in Tampa. A woman, her incredible voice and the bare minimum of extraneous notes. Her rendition came at a particularly patriotic time, just after the onset of the Persian Gulf War, and was ...

www.youtube.com

Our Center Quote of the Day is "***Patriotism means to stand by the country. It does not mean to stand by the president or any other public official, save exactly to the degree in which he himself stands by the country. It is patriotic to support him insofar as he efficiently serves the country. It is unpatriotic not to oppose him to the exact extent that by inefficiency or otherwise he fails in his duty to stand by the country. In either event, it is unpatriotic not to tell the truth, whether about the president or anyone else.***" Theodore Roosevelt

Have a great 4th of July, everyone and we will be together tomorrow./. ~Aicha

