



COUNCIL
ON AGING

Needham

7/6/2020

Hi Everyone!

I hope everyone is doing great and staying busy! It is a beautiful day and hopefully you're able to sit by a window and feel the breeze and read a story, watch for birds, people watch or just close your eyes and breath in the summer day!

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

Our friend, Gerry sent along this interesting and informative article.



[How Fauci and other experts deal with coronavirus risks in their everyday lives - The Washington Post](#)

In Q&A, the experts explain how they handle masks, mail, haircuts, travel, seeing friends, grocery shopping and aspects of life in the pandemic.

www.washingtonpost.com

It's Monday so let's check in with Needham Public Health.

[Needham MA Coronavirus Response Plan](#)

Close Contacts of COVID Cases: All individuals in Massachusetts identified as a close contact by a Local Board of Health, the Massachusetts Department of Public Health, the Community Tracing Collaborative, or a healthcare provider should be tested. Asymptomatic Individuals: Asymptomatic individuals can be recommended for diagnostic testing at the discretion of their healthcare provider, a ...

stories.opengov.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** 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://mailchi.mp/ec3716c65d068/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.

TUESDAY

Topic: **Metrowest Legal Clinic***

Time: **Tuesday, July 14 & August 11 @ 9:30/10:00/10:30/11:00/11:30AM**

To join Meeting: Email Aicha and she will schedule the appointment (First come, first served)

*Leah, from Metrowest Legal Services is back!! She will do her Legal Clinics over the phone so register today. She is such a great resource and we are glad she is back!

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.

Possible discussion topic: ***Attached is a proposal by the City of Minneapolis to defund their police department. Attached is the actual proposed submission. They crossed out all the current verbiage pertaining to their current police department, and added their proposal. Do you think this is a step in the right direction?***

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.

Topic: **Mindfulness Series with Neil Motenko***

Time: **Tuesday, July 14, August 11 @1:30 pm (Thru August)**

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

*Meeting the challenges that arise in our world and in our lives with skill and wisdom involves a recognition that, although we cannot control the course of events, we can cultivate the ability to control how we "meet the challenge." A Series on Mindfulness with Neil Motenko will continue on Tuesday, July 14 and Tuesday, August 11, at 1:30 pm, via Zoom, with a review of how mindfulness can cultivate qualities such as clarity, patience, equanimity and compassion that can help us navigate our way through these challenges. The sessions will be interactive, include guided practices, and cover basic mindfulness principles. Newcomers are always welcome.

Topic: **Dementia Caregiving at Home**

Time: **Tuesday, July 14 @ 1:30-2:45 PM**

To Pre-Register: [Click here](#)

*Managing care for a loved one with Alzheimer's Disease or other dementia-related illness became more complicated during the COVID-19 shut down. Many outside supports were suddenly unavailable, causing changes in routines, longer hours of hands-on care at home, and social isolation.

Join Community VNA for a discussion among caregivers. Get tips and strategies from their Alzheimer's Assistance Program, and activities to engage loved ones living with dementia.

Join us to discover ideas that could make a big difference in your day!

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: 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.

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.

Topic: **With Love From France for Bastille Day**

Time: **Tuesday, July 14 @ 4:00 PM**

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

Meeting ID: 815 3008 8923

Password: 831696

*Frank King is back! His lecture - "***With Love From France***" - will feature the surprising stories behind several American hit records that began their life as French songs, including Frank Sinatra's "My Way"; Bobby Darin's "Beyond the Sea"; and the beautiful ballad "If You Love Me".

Between the Big Band years of the '30s and '40s and the onslaught of Rock 'n Roll was a "Golden Age" of beautiful recorded music. It was a period when the great vocalists – Frank Sinatra, Perry Como, Ella Fitzgerald, Dean Martin, Doris Day, Tony Bennett, Nat "King" Cole, and many more – sang the timeless standards of the American Songbook, accompanied by full orchestras and glorious arrangements by masters like Nelson Riddle and Gordon Jenkins.

Join Frank King for a musical lecture where you'll get to hear the standout songs of this Golden Era – including rare, seldom-heard recordings - and also learn some fascinating secrets about the singers and the songs.

Mr. King holds a Masters in Broadcasting from Boston University and a BA from Princeton. A lifelong devotee of recorded music, he formerly hosted music programs on WBUR radio. His lectures draw from the music and art from his personal collection of over 2400 record albums.

We want to thank *One Wingate Way & Wingate Residences in Needham* for sponsoring this great virtual program!

WEDNESDAY

Topic: **CATH Coffee Hour* (thru August)**

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. The schedule is 9:20-10am: LineDance & 10:00-11 am: Nia class. 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: **Words of Wisdom Discussion Group***

Time: **Wednesdays, 2020 @ 12:00 PM**

To join Zoom Meeting [Click here](#)

Meeting ID: **409 252 1447**

Password: **12345**

*Join Kristen in her weekly discussion group. They had a great group last week. Anything is up for a discussion and chatting about simpler times, getting through these times, and just being together. She loves new faces so stop by!

Topic: **PIIT with Lisa and Stephen (Personalized - Intensity Interval Training)***

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

To join Zoom Meeting [Click here](#)

Meeting ID: 859 4613 1521

*Today, one of the most popular trending fitness classes in the mainstream fitness world is "High Intensity Interval Training." Our fitness crew, Lisa and Stephen have put together a version of this for our Center participants: Personalized - Intensity Interval Training. It is defined by what works best for you! It builds cardiovascular fitness while improving muscular strength and endurance. This is more personalized and geared towards individual levels.

Topic: **Men's Health Forum***

Time: **Wednesday, July 8 & August 12, 2020 02:00 PM**

To Join Zoom Meeting [Click her](#)

Meeting ID: **827 9859 7625**

*Men typically don't make their health a priority and now, more than ever, it has to be a priority! It's time to change that. Men statistically are more stubborn about discussing, learning, taking care of their health. The program was spearheaded by our own, Stephen Cadigan and is ALL about men's health. Bring your Q & A's!

Topic: **Wellness & Me with Dr. Marga***

Time: **Wednesdays, 2020 @ 5:00 PM**

To RSVP (optional): [Click here](#)

*Please join Dr. Marga for a 30 minute physician-led session with breathing and introspection. This is a FREE Online STRESS-BUSTING event every Wednesday!

Topic: **Paul Newman & Joanne Woodward: A Hollywood Love Story***

Time: **Wednesday, July 15 @ 4:00 PM**

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

Meeting ID: **814 9134 9104**

Password: **553501**

*Married for fifty years, performing artists Paul Newman and Joanne Woodward defied all odds. Their seemingly unbreakable relationship has always kept the public wondering what the secret might be of a marriage that long and successful, since the lure of fame and vanity is ever present. Your thoughts?

Paul Newman came from a well to do family and attended Yale School of Drama. Joanne Gignillat Trimmier Woodward was raised in Georgia. Paul and Joanne met back in 1953, both ducking into the air-conditioned office of their agent to escape the heat. They were two young, attractive stars trying to make it in Hollywood. They met on Broadway as understudies in "Picnic," but fell in love while making the film, "The Long Hot Summer."

We will peek in on their personal lives, enjoy clips from their best films, and be surprised by their philanthropic contributions!!

THURSDAY

MOVED TO THURSDAY - THIS WEEK ONLY!

Topic **Opinion History with Ron**

Time: **Thursday, 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!

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 own safety or choose a different set of exercises.

ENTERTAINING/INTERESTING

?Since statues and monuments are such a topic of conversation these days, I thought of my family's trip to Rome and a great walking tour we took through the Colosseum and the Roman Ruins. So let's do it together now! This tour is 15 miles long and over 5 hours. So take the whole tour or do it in sections. Such a beautiful city!



[Best Walking Tour of Rome! \[4K\]](#)

Click on the time links below to skip ahead to your desired location. Enjoy a 15+ mile walk around the Eternal City of Rome. This video includes Titles, Captions and Maps. I will be uploading a 2nd version with only titles in case the captions are too distracting for some viewers. This walk is divided into six parts. Map of the Walk [https ...](#)

www.youtube.com

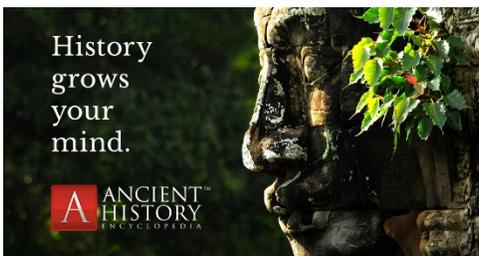
Now let's head to Florence and look at some beautiful art work in the Uffizi Gallery.

[La Sala delle Dinastie e le Sale del Cinquecento veneziano | Le Gallerie degli Uffizi](#)

Un tour virtuale: le nuove sale degli Uffizi a 360°

www.uffizi.it

I do not like math and math does not like me. But I DO love philosophy. Here is a great article on a great mathematician, philosopher and Italian.



[The Pythagorean Theorem: The Way of Truth - Ancient History Encyclopedia](#)

Pythagoras (569-475 BC) is recognized as the world's first mathematician. He was born on the island of Samos and was thought to study with Thales and Anaximander (recognized as the first western philosophers). Pythagoras believed that numbers were not only the way to truth, but truth itself. Through mathematics, one could attain

harmony and live an easier life.

www.ancient.eu

With this Center How-To, you can make jewelry, frames, art work and more. Italian Dough Flowers!



[Jewelry make dough/Italian dough without Non-Stick Pan.](#)

#SaniyaNisarMuGhal #italandough

www.youtube.com

This won't be our Comic Relief Clip of the Day because it is short - but it's a classic! Lucy goes to Italy!



[I LOVE LUCY - GRAPE STOMPING FIGHT - LUCY'S ITALIAN MOVIE](#)

I LOVE LUCY - GRAPE STOMPING FIGHT - (IN COLOR)

www.youtube.com

One more for old time's sake!



[I Love Lucy - Lucy Gets Discovered In Italy.](#)

The Ricardos and Mertzes arrive in Rome, Italy by train where they are approached by famous Italian movie director, Vittorio Philippi, who has the perfect role for Lucy in his upcoming movie "Bitter Grapes". This would later inspire Lucy to make that ill-fated

visited to a local wine vineyard. Fun Fact: If you notice, Franco Corsaro, who plays ...

www.youtube.com

There are many pizza wars. Who makes the best pizza? New York City? Chicago? Santarpio's? Regina? Well, let's head to Italy and let Naples and Rome with it out.



[BEST PIZZA in ITALY! NAPLES Pizza vs. ROME Pizza!](#)

When in Italy, the food item I wanted to eat the most was of course pizza! But just like New York and Chicago, there is a great pizza rivalry as well between Rome and Naples, Roman pizza vs Neapolitan pizza. One uses olive oil on the crust one has a pizza police. So I decided to try out both for myself by dining in Rome Italy and then traveling ...

www.youtube.com

Our Center Comic Relief Clip of the Day is all about pizza, too! Enjoy!!



[Italian Grandmas Try Frozen Pizza For The First Time](#)

"I would never give this kind of pizza to anyone, even my dog!"

Credits: <https://www.buzzfeed.com/bfmp/videos/>... Check out more awesome

videos at BuzzFeedVideo! <https://bit.ly/YTbuzzfeedvideo> GET MORE

BUZZFEED: <https://www.buzzfeed.com> <https://www.buzzfeed.com/videos> <https://www.youtube.com/buzzfeedvideo> <https://www.youtube.com/asis> https ...

www.youtube.com

One of the best voices from Italy is Andrea Bocelli. Here is a beautiful duet. <https://www.youtube.com/watch?v=g3ENX3aHlqU>



[Sarah Brightman & Andrea Bocelli - Time to Say Goodbye \(1997\) \[720p\]](#)

In November 1996, Andrea and Sarah Brightman were invited to perform the duet 'Time To Say Goodbye (Con Te Partirò)' at the farewell contest of the German World Light-Heavyweight boxing champion, Henry Maske. A national hero held in unrivaled esteem, he is known for his love of selecting entrance themes to his bouts. Sarah Brightman, the ...

www.youtube.com

Our Center Quote of the Day is "***Ride bene chi ride ultimo.***"

(English equivalent: He who laughs last, laughs longest.

Meaning: "Minor successes or failures along the way are of no significance – the person who is ultimately triumphant is the only real winner.")

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

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