



COUNCIL
ON AGING
Needham

7/12/2020

Hi Everyone!

Another doozy! WOW! At least there is a breeze. Not that it matters to me as I am not going outside. My husband and my son are golfing and I can't even imagine! That's how much they love it! I love the shade from my living room walls and the breeze from my ceiling fan!

I did hear from many of you today! Our friend, Sally, (Who always sends me great messages) sent me a message about a music and dance program called Aloha Alive and I have added to programs. Sally wrote, ***"This is a lovely couple from Hawaii who were on the Cruise my hubby and I took couple years ago. I took dancing and craft lessons from Rowena; her students and his ukulele students put a show together for the cruise guests on one of our last days...We count our blessings. Maybe some people would enjoy this virtual event."*** Thanks for sharing and we look forward to meeting Brian and Rowena.

Our friend, Barbara wrote, ***"Thanks again for all you and others do to keep us informed and as busy as we wish to be. My thanks also to Stephan, Dylan, and MaryAnn for their faithful deliveries of meals every week day lunch time. I am very much enjoying the meals as I now eat a variety of meat and vegetables on a regular basis thanks to Springwell and the three Senior Center delivery staff."*** Thanks, Barbara! I know you are out there doing lovely things to help people, too. We miss you!

As we start a new week - I thought it would be a good idea to remind people of the programs the Center Staff offer. Here they are:

- Daily (Monday - Friday) Springwell **Lunch Deliveries** (Free) *Last week we went over 6,000 meals delivered since the beginning of isolation!*
- Weekly **Trader Joe's Goodie Bags** of Grocery Deliveries (\$20)
- Weekly **Freshness Delivered** Fresh Produce Deliveries (Free)
- **Mask Deliveries** (Free)

- **Phone Pal Program:** Middle and High School Students needing to fulfill their community service hours are connected with a senior to call and chat.)
- **Remote Programming**
- **Social Services** (Remote Therapy and SS assistance)
- **Book Drops and Swaps** (Have books dropped at your front door.)
- **SHINE Appointments**
- **Center Line with Katie**
- **... And random surprises!**

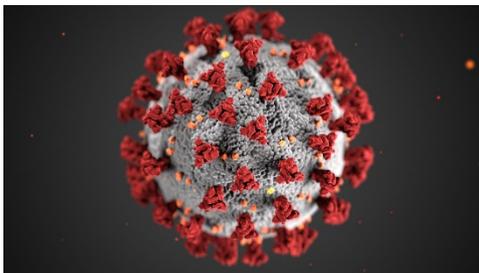
The Center Staff is here for you if you need anything. Please email me or call the Center Line @ 781-855-3629 for Katie and we will help you.

Now for some highlights.

NEWS/UPDATES

Our friends from MetroWest Medical Center shared important news about heat and our hearts. [Here are Heart and Heat Tips](#)

Let's check in with the CDC and more tips for people who need extra precautions with COVID.



[People Who Need to Take Extra Precautions | CDC](#)

Links with this icon indicate that you are leaving the CDC website.. The Centers for Disease Control and Prevention (CDC) cannot attest to the accuracy of a non-federal website. Linking to a non-federal website does not constitute an endorsement by CDC or any of its employees of the sponsors or the information and products presented on the website.

www.cdc.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.

Also, we are trying a new format. We will have the schedule here and the Remote Programming descriptions will be at the very end of the highlights.

Let me know your thoughts!

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.)

NEW!!

Topic: **White Fragility: Why It's So Hard for White People to Talk About Racism: A Book and Discussion Group (Books will be dropped to you)**

Time: **There are multiple dates and times**

To Register for the Zoom Discussion Group **please register [by clicking here.](#)**

Topic: **DRUMS ALIVE**

Time: **M/W at 9:00 T/TH at 9:00 T/TH at 2:00 F at 9:00 (standing/chair supported)**

Here is a link to a signup page. <https://mailchi.mp/ec3716c65d68/drumsalivecoa>

Topic: **Techie to the Rescue: One-on-One Technical Assistance***

Time: **Anytime you schedule**

To Book an Appointment: [Click here](#)

NEW!

Topic: **Wish You Could Use Zoom? Marjorie can help -- Remotely!***

Time: **Anytime you schedule** (Appointments are limited so sign up today)

To Book an Appointment Email Marjorie at mfreundlich@gmail.com

MONDAY

Topic: **Sandra Levy's Yoga***

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

To join Zoom Meeting [Click here](#)

Meeting ID: 862 6607 5071

Topic: **T'ai Chi with Scotty**

Time: **Monday, July 13, 2020 @ 10:00 AM**

Join Zoom Meeting [Click here](#)

Meeting ID: **814 9697 1760**

Password: **622067**

Topic: **Strength Training with Pearl***

Time: **Mondays, 2020 @ 10:30am**

To join Zoom Meeting [Click here](#)

Meeting ID: 872 3869 8176

Passcode: 8119

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

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

To join Zoom Meeting [Click Here](#)

Meeting ID: 137 719 908

Password: 713980

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

NEW!

Topic: **The Tragedy of the USS Indianapolis Presented by Bob Begin**

Time: **Monday, July 13 @ 1:00PM**

Preregister for Zoom Presentation: call **781.862.2502** or email lexmavets@gmail.com

Topic: **Clutter Support Group***

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

To Join Zoom Meeting [Click here](#)

Meeting ID: 865 6904 4770

TUESDAY

Topic: **Metrowest Legal Clinic***

Time: **Tuesday, Jul. 14 @ 9:30/10:30/11:30AM (Spots are being taken so register today!)**

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

NEW

Topic: **Mindful Living in Times of Stress: Strategies for Wellness During the Coronavirus**

Time: **Tuesday, July 14 & Thursday, July 16 @ 10:00AM**

To Preregister for Zoom Meeting: [Click here](#)

Topic: **Current Events Discussion Group***

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

To Join Zoom Meeting Email Gerry Koss (host) @ 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**

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

Time: **Tuesday, July 14 @1:30 pm**

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

Topic: **Dementia Caregiving at Home**

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

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

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

Topic: **Arthritis Class with Stephen***

Time: **Tuesdays @ 3:00 PM**

Join Zoom Meeting [Click here](#)

Meeting ID: **816 8790 1740**

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**

Topic: **With Love From France for Bastille Day Presented by Frank King**

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

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

Meeting ID: **815 3008 8923**

Password: **831696**

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**

NEW!

Topic: **DanceFitness Class with Showway***

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

To join Zoom Meeting [Click here](#)

Topic: **Word Games with Val***

Time: **Wednesdays, 2020 @ 10:00 AM**

To join Zoom Meeting [Click here](#)

Meeting ID: 823 9027 8244

NEW! Do Not Miss This Fabulous Presentation!

Topic: Long Term Care: The Risks & Issues and Our Solutions

Time: Wednesday, July 15 @ 10:00 AM

To join Zoom Meeting : Stay tuned

Topic Opinion History with Ron*

Time: Wednesdays, 2020 @ 11:00 AM

To join Zoom Meeting [Click here](#)

Meeting ID: 861 2520 8844

Password: 672425

Topic: Words of Wisdom Discussion Group* (thru august)

Time: Wednesdays, 2020 @ 12:00 PM

To join Zoom Meeting [Click here](#)

Meeting ID: 409 252 1447

Password: 12345

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

Topic: Women's Health Forum *

Time: Wednesday July 15, 2020 @ 3:00 PM

To Join Zoom Meeting [Click here](#)

Meeting ID: 816 9750 5013

Topic: Paul Newman & Joanne Woodward: A Hollywood Love Story* (\$100)

Time: Wednesday, July 15 @ 4:00 PM

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

Meeting ID: 814 9134 9104

Password: 553501

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 Sally got to go Hawaii - why shouldn't we? Thanks for the invite, Sally! 😊😊 Here is a 2 - hour tour. (Not to be confused with Gilligan's Island who had a 3 hour tour!)



[4K Virtual Tour - Waikiki Beach, Oahu, Hawaii - 2 Hours Relaxations Video](#)

Take a virtual walk along one of the most famous beaches in Hawaii while watching our 4K Ultra HD video from <https://www.beautifulwashington.co> and <https://www.proartinc.net> Download this video and use it as a perfect 4K TV screensaver at <https://proartinc.net/shop/uncategori...> This 4K stunning footage shows how beautiful Waikiki beach really ...

www.youtube.com

Let's have a look at the National Park of Volcanos. Beautiful!

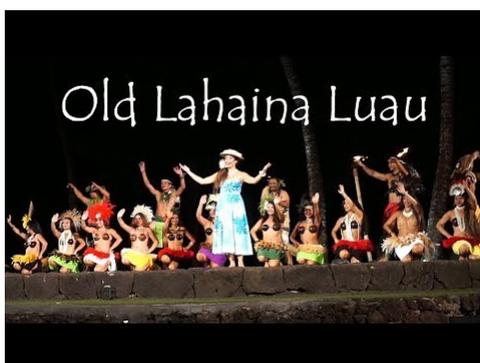


[Hawaii Volcanoes National Park - Wonders of America's National Parks](#)

One of the best ways to see volcanoes in Hawaii is at Hawaii Volcanoes National Park. For more travel videos check out the FREE GoTraveler app with Full Episodes: <https://gotraveler.vhx.tv> Check out our other social media accounts! Facebook: <https://www.facebook.com/TheGoTraveler/> Twitter: <https://twitter.com/TheGoTraveler> Instagram: <https://www.instagram.com/TheGoTraveler/>

www.youtube.com

The most famous Luau in Hawaii is the Old Lahaina Luau. Let's join them, shall we?



[Old Lahaina Luau - Best Luau in Maui - Complete Show](#)

Old Lahaina Luau has been voted the best authentic Luau in Maui, Hawaii. This is the complete Luau show. Complete and unedited for your viewing pleasure

www.youtube.com

Time to move! Let's do some Hula Exercises! Move those hips!



[HOT HULA fitness Dance Workout - Week 1 - Part 1](#)

Week 1 - Part 1 - Online HOT HULA fitness Basic workout to drumbeats. Buy our 3 DVD set and SCULPT home workout DVDs at hothulafitness.com

www.youtube.com

Our Center How - To is all about the leis! Make a few and have your own luau!



[Crepe Paper Hawaiian Lei](#)

How to make a Hawaiian Lei using crepe paper. <http://crepepaperstore.com/store/crep...>

www.youtube.com

Time to learn! How many of you really know the history of Hawaii? Me either!



[Hawaii](#)

Hawaii (Hawaiian: Hawai'i) is a group of volcanic islands in the central Pacific Ocean. The islands lie 2,397 miles from San Francisco, California, to the east

www.history.com

As lovely as Hawaii is, we must remember that there was a horrible happening on the island. Here are some tours of Pearl Harbor Historical Sites.

[Hawaii Tour | USS Arizona Memorial | Pearl Harbor Historic Sites | Honolulu, Oahu, Hawaii, USA](#)

Aloha!~ Pearl Harbor Historic Sites Visitor Center 1 Arizona Memorial



PI, Honolulu, HI 96818 Pearl Harbor Historic Sites This still-active naval base is known for the 1941 attack by Japan that brought the U.S. into WWII. USS Arizona Memorial The USS Arizona Memorial, at Pearl Harbor in Honolulu, Hawaii, marks the resting place of 1,102 of the ...

www.youtube.com

I can't write about Hawaii and not mention by cutie pie, Elvis!



[Blue Hawaii - Trailer](#)

The year was 1961. Fallout shelters dot suburban backyards. Ken joins Barbie. Roger Maris slugs 61 home runs. And Elvis Presley is in paradise, playing an ex-G.I. who comes home to Blue Hawaii. His mother (Angela Lansbury) expects him to climb the corporate ladder. But Elvis would rather wear an aloha shirt than a white collar, so he goes to ...

www.youtube.com

Our Comic Relief Clip of the Day is a Brady Reunion! Let's watch them head back to Hawaii!

[The Brady Bunch Cast Back in Hawaii \(2006\)](#)

A reunion of The Brady Bunch cast as they revisit Hawaii in a 2006 special on The Travel Channel

www.youtube.com

Since I can't get enough Elvis, let's have our MAFA song of the day be a little more Elvis!

[Blue Hawaii - Trailer](#)

The year was 1961. Fallout shelters dot suburban backyards. Ken joins Barbie. Roger Maris slugs 61 home runs. And Elvis Presley is in paradise, playing an ex-G.I. who comes home to Blue Hawaii. His mother (Angela Lansbury) expects him to climb the corporate ladder. But Elvis would rather wear an aloha shirt than a white collar, so he



goes to ...

www.youtube.com

Selfishly, I played Elvis but I wouldn't feel oaky without playing tribute to Don Ho. So today we get 2 MAFA Songs of the Day!



[Don Ho sings "Tiny Bubbles" - Hollywood Palace 1/21/67](#)

Don Ho sings "Tiny Bubbles" - Hollywood Palace 1/21/67

www.youtube.com

Our Center Quote of the Day is *"I believe Hawaii is the most precious jewel in the world."* ~Don Ho

REMOTE PROGRAM DESCRIPTIONS

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!

NEW!!

Topic: White Fragility: Why It's So Hard for White People to Talk About Racism: A Book and Discussion Group (Books will be dropped to you)

Time: **There are multiple dates and times**

To Register for the Zoom Discussion Group **please register [by clicking here.](#)**

*Join this book-lending and discussion project run by an Olin Professor and a Brandeis Professor who have been involved with the Center Programming. Let's read and discuss (via Zoom) the book ***White Fragility: Why It's So Hard for White People to Talk About Racism***, by Robin DiAngelo. (2018, Beacon Press. <https://robindiangelo.com/publications/>)

They are both Needham residents and want to help create real change in our society. As a first step: We want to talk with people in our community about racism in the United States. We are not experts on the topic, but, as two local college professors, we are experienced in leading discussions on books and on complicated social topics.

We ask you to sign up for one session, sign out a book (non-contact pickup or our volunteers can deliver), read it, join our Zoom discussion, sign your name in the bookplate inside the front cover, and return the book. (If you have your own copy, please just tell us that on the sign-up sheet.) **PLEASE LET AICHA KNOW IF YOU SIGN UP SO SHE CAN ADD YOU TO BOOK DELIVERY!**

Multiple dates are listed on the [signup sheet here](#), again. We will take the first 8 people for each date, and other people may put themselves on a waiting list to be notified when we have more sessions. We will email people the address for book pickup, and the password-protected Zoom link. We look forward to the discussions. Please look at these [discussion questions and terms](#) as you read, and please read these "[norms for discussion](#)" before the session.

Topic: DRUMS ALIVE

Time: **M/W at 9:00 T/TH at 9:00 T/TH at 2:00 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.

NEW!

Topic: **Wish You Could Use Zoom? Marjorie can help -- Remotely!***

Time: **Anytime you schedule** (Appointments are limited so sign up today)

To Book an Appointment Email Marjorie at mfreundlich@gmail.com

*Do you want to join the Center's programs, but are not able to use Zoom now?

Do you currently use a computer, laptop, or tablet, but are daunted by the extra steps needed to use Zoom?

How would you like to try Zoom with a patient and cheerful coach?

- to help you one step at a time
- to practice with you
- to teach you to use Zoom independently

By the way -- some people also like to visit with their grandkids and great-grandkids using Zoom!

About Marjorie: She helps folks in their 80's and 90's to use computers for three years, and has worked with older adults for eight years. It's been fun!

My family and I have lived in Needham since 2004 when the Red Sox beat the Cardinals to win the World Series and break the curse - a great time to move to town!

MONDAY

Topic: **Sandra Levy's Yoga***

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

To join Zoom Meeting [Click here](#)

Meeting ID: 862 6607 5071

*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, July 13, 2020 @ 10:00 AM**

Join Zoom Meeting [Click here](#)

Meeting ID: **814 9697 1760**

Password: **622067**

*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](#)

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:

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

NEW!

Topic: **The Tragedy of the USS Indianapolis Presented by Bob Begin**

Time: **Monday, July 13 @ 1:00PM**

Preregister for Zoom Presentation: call **781.862.2502** or email lexmavets@gmail.com

*The Lexington Veteran's Association is hosting a talk by one of our favorite presenters, Bob Begin, Former Navy Vietnam War Veteran. Seventy-five years ago, the USS Indianapolis received a Top Secret assignment: she was to deliver components of the atom bomb to Tinian, an island in the Pacific, for subsequent dropping on Hiroshima.

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: **Metrowest Legal Clinic***

Time: **Tuesday, Jul. 14 / Aug. 11 / Sept. 8 / Oct. 13 @ 9:30/10/10:30/11/11:30AM**

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: **Mindful Living in Times of Stress: Strategies for Wellness During the Coronavirus**

Time: **Tuesday, July 14 & Thursday, July 16 @ 10:00AM**

To Preregister for Zoom Meeting: [Click here](#)

***One Wingate Way & Wingate Way Residences** are offering two sequential Zoom sessions presented by Michele Fronk Schuckel, MBA, BSN, RN who is an integrative health and wellness coach. Fronk Schuckel will address unique factors affecting older adults during the time of COVID 19 including practical tips for dealing with anxiety and feeling better. Her concierge practice, *Mind Body Medical Associates*, is focused on supporting lifestyle choices to decrease stress and anxiety using mindfulness and wellness practice. (for more information: <http://www.mbmahealth.com>)

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.

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

Time: **Tuesday, July 14 @1:30 pm**

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

*Mindfulness can help us “turn in” to meet whatever arises in our lives with openness, curiosity, and a fresh approach — a quality of “beginner’s mind.” **A Series on Mindfulness** will expand upon these foundational notions and review how they can make a difference in the way we handle our challenges. The session will be interactive, include guided practices including an “open awareness” form of meditation, and cover basic mindfulness principles. Newcomers are always welcome.

We gratefully acknowledge the sponsorship of Wingate Chestnut Hill.

FOR AUGUST*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: **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 Presented by Frank King**

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***

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!

NEW! Do Not Miss This Fabulous Presentation!

Topic: **Long Term Care: The Risks & Issues and Our Solutions**

Time: **Wednesday, July 15 @ 10:00 AM**

To join Zoom Meeting

***Our friend, Allan Checkoway has spent his entire career advocating for seniors. Here are topics covered in this presentation:**

- **Discuss aging before you're "old." "Having 'The Talk' (so many couples avoid)**
- **Learn how Adult Children Can Be Sued for the Cost of Care of their Parents!!**
- **Family Physician Magazine warns. "Caregivers described as "hidden patients"**
- **Special Report on AccessABLE Travel for Seniors & Travelers w/Special Needs**
- **"Hybrid" Long Term Care [a \$100,000 single payment/creates a \$401,000 Immed. LTC Benefit & a \$134,000 Immed. Death Benefit!!]**
- **Conducting a Family Eldercare Meeting**
- **What Every Wife Wants Her Husband to Know . . . About Long-Term Care**

There will be time for Q & A!

Topic **Opinion History with Ron***

Time: **Wednesdays, 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!

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: **Women's Health Forum ***

Time: **Wednesday July 15, 2020 @ 3:00 PM**

To Join Zoom Meeting [Click here](#)

Meeting ID: **816 9750 5013**

*Now - more than ever our health is of the utmost importance! We want our CATH Ladies healthy and we have such a great resource with Lisa Cadigan, we decided to make a women's - focused health program. Women too often are taking care of 1000 things, yet not themselves. Each month will have a new topic, new speakers and time for questions and answers. There are a lot of confusing messages out there. Join us to get to the truth and get focused and motivated.

Topic: **Paul Newman & Joanne Woodward: A Hollywood Love Story* (\$100)**

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!!

We are able to bring this fabulous program to you with the generous sponsorship from Edelweiss Village and the German Centre of West Roxbury.

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