



COUNCIL
ON AGING
Needham

7/13/2020

Hi Everyone!

I hope you are all doing well! I heard from many of you which is so lovely!

Our friend, Barbara filled me in on her day. She wrote, *"I walked up to the Needham Heights common and met a lovely Italian senior lady "Joanne" with her dog "Rascal". She lives somewhere on Hillside Ave. Life is an adventure... Thinking of you and others and I miss seeing you and everyone else but it will happen some day."* We miss you, too Barbara!

Our friend, Adrienne wrote, *"Relayed your message to Pearl Had to make a sign as I am not connected audibly. She returns your greeting. Again, I so much appreciate your amazing communication in the daily newsletter. Am continuing dyeing the tee shirts. As I said, I love working with my hands, drawing, dying tee shirts, making soup etc etc, if I don't I get into trouble. Ha Miss you!"* Miss you too, Adrienne and loved that you made a sign for Pearl!

I love that both of these stories are about keeping busy and making connections!

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

It's Monday so let's touch base with Needham Public Health!

[Public Health | Needham, MA](#)

UPDATE 6/16/2020: The Needham Board of Health has extended the Emergency Order requiring individuals to wear face coverings when entering any business, work site, government building, restaurant for take-out/dining, entering a residential or commercial building complex in common areas.. Employees of all business shall wear a face covering over mouth and nose when when interacting with the ...

www.needhamma.gov

We heard from our friend and public information officer, Cyndi regarding the library. She wrote, "***This is a follow-up to the email sent last week about the suspension of the Library's curbside pickup due to a suspected case of COVID-19.***

The Library was closed Friday – Sunday for cleaning and reopened this morning, resuming curbside pickup.

If you have further questions or concerns, please call Tiffany Zike, the Town's public health nurse at 781-429-8007."

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

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**

THURSDAY

Topic: **Assisted Living, Senior Living Communities & The Alternatives***
Time: **Thursday, July 16 @ 9:00AM**
To join Zoom Meeting [Click here](#)
Meeting ID: **875 3614 5159**
Password: **4NMPCq**

Topic: **Bereavement Circle with Nikki***
Time: **Thursdays, 2020 @ 9:00AM and 10:00 AM**
To join Zoom Meeting: Email me & I will put you in touch with Nikki & her sweet crew.

Topic: **Barre with Lisa***
Time: **Thursday, July, 2020 @ 9:30 AM**
To Join Zoom Meeting: [Click here](#)
Meeting ID: **832 3378 6121**
Password: **2yC5Or**

Topic: **T'ai Chi with Scotty***
Time: **Thursday, July 16, 2020 @ 10:00 AM**
To Join Zoom Meeting [Click here](#)
Meeting ID: **815 3957 9943**
Password: **880247**

Topic: **Mindful Living in Times of Stress: Strategies for Wellness During the Coronavirus**
Time: **Thursday, July 16 @ 10:00AM**
To Preregister for Zoom Meeting: [Click here](#)

Topic: **Pilates with Lisa***
Time: **Thursday, July, 2020 @ 10:30 AM**
To join Zoom Meeting [Click here](#)
Meeting ID: **832 3200 1112**
Password: **9iBf8w**

Topic: **Let's Get Social From A Distance***

Time: **Thursday, July, 2020 @ 11:00 AM**
To Join Zoom Meeting [Click here](#)
Meeting ID: 691 892 6899

Topic: Train the Brain with Stephen*

Time: **Thursdays, 2020 @ 11:30 AM**

To join Zoom Meeting [Click here](#)

Meeting ID: 816 9119 6399

Topic: **Gentle Yoga with Michelle***
Time: **Thursdays @ 2:00PM**
To join Zoom Meeting: [Click here](#)
Meeting ID: 443 604 7877
Password: **0DbGrY**

Topic: **Arthritis Class with Stephen***
Time: **Thursdays, 2020 @ 3:00 PM**
Join Zoom Meeting [Click here](#)
Meeting ID: 816 8790 1740

NEW

Topic: **Aloha Alive!***
Time: **Thursdays, 2020 @ 9:00PM**
To Join Aloha Alive: [Click here](#)

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

I heard from our friend and super-volunteer, Leeann today and she wanted me to share this video with you all! [Here is the video](#)

Our friend, Paul wanted me to share this video! Lot's of sharing today! I love it!



[Magic in the Air | Brian Markenson with Barry Kibrick - YouTube](#)

It's been said that the most honest profession is that of a magician, he says he's going to deceive you and then he does. Brian Markenson is one of the most talented and respected close-up ...

www.youtube.com

Magic is in the air, especially for Disney as the Magic Kingdom in Florida reopened. Let's take a ride on some of their most popular rides!

[Top 10 Disney World Rides - Virtual Park Hopping with Disney Ride POVs](#)

Top 10 Disney! Since the Disney World theme parks are closed right now, take a virtual trip with TPM to Walt Disney World. Heading from Magic Kingdom to EPCOT, Hollywood Studios then Animal Kingdom as we experience 10 different Disney rides and attractions with no lines! 10 different on ride POV of some of your favorite Disney rides like Splash ...

www.youtube.com

How many of you have heard of David Blaine? Some call him the magician who goes beyond magic. He's a visual performer. I started watching on of his videos and I thought it was too bothersome to post. If anyone wants to search it - it is called **David Blaine - Beyond Magic**. Here is another one and his baby is adorable!!

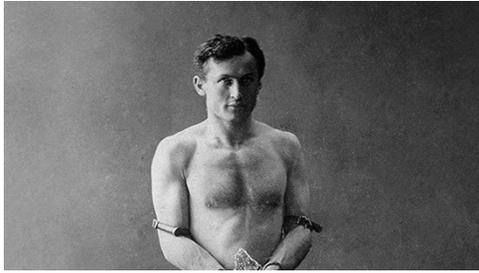


[ELECTRIFIED -- David Blaine, One Million Volts, Always On](#)

On October 5th, 2012 David Blaine partnered with Intel to embark on his most challenging and visual performance stunt to date. Standing high up on a platform for 73 hours and surrounded by 1 million volts of electricity, David invited the world to interact and control the electricity through Intel based Ultrabooks. This is the behind the scenes ...

www.youtube.com

Here is a great article about Henry Houdini.

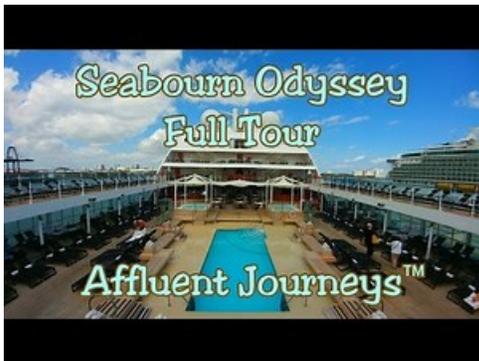


[Harry Houdini and the Art of Escape | The New Yorker](#)

In 1908, Harry Houdini—"The World's Handcuff King and Prison Breaker"—needed a new act. He was thirty-four and had worked in show business for fifteen years.

www.newyorker.com

Many magicians work on cruise ships and since someday cruises will resume - I thought it would be fun to look at one of the highest ranked luxury cruise lines: Seabourne!



[Seabourn Odyssey Full Tour in 1080p](#)

Mike Tours the Luxurious Seabourn Odyssey.. Please like, share, comment, subscribe.. Follow Affluent Journeys™ on Facebook, Instagram.. Serious inquiries call 305 851 3308 or request via AffluentJourneys.com.. See more in Cruise Tours playlist..

www.youtube.com

Another show about magic was *I Dream of Jeanie*. Our Comic Relief Clip of the Day is with Jeanie and the Astronaut!



[IDOJ 2x27](#)

IDOJ 2x27

www.youtube.com

Let's have our MAFA Song of the Day is a remake of a goodie. I love Rod Stewart's voice!



[Rod Stewart - That Old Black Magic](#)

Music video by Rod Stewart performing That Old Black Magic. (C) 2010 RCA Records, a unit of Sony Music Entertainment

www.youtube.com

Our Center Quote of the Day is ***"Those who don't believe in magic will never find it."*** ~Ronald Dahl

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

*Sandra'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 Gignilat 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

Topic: Assisted Living, Senior Living Communities & The Alternatives*

Time: Thursday, July 16 @ 9:00AM

To join Zoom Meeting [Click here](#)

Meeting ID: **875 3614 5159**

Password: **4NMPCq**

*Were you thinking about moving to one of the senior living communities pre-Corona? Do you have concerns? Are you aware of other ways to downsize and various housing options? Roberta Hershon, Realtor with Louise Condon Realty in Needham and Seniors' Real Estate Specialist will share her thoughts, resources and answer all your housing questions.

Topic: **Bereavement Circle with Nikki***

Time: **Thursdays, 2020 @ 9:00AM and 10:00 AM**

To join Zoom Meeting: Email me & I will put you in touch with Nikki & her sweet crew.

*Nikki, from West River Hospice is opening up her weekly Bereavement Circle to anyone who wants to join this compassionate, friendly and comforting group. If you have lost someone - now is not the time to be alone. Please consider joining this group. Even if you don't want to chime in - listening to the fact that you are not alone in your thoughts, could help.

Topic: **Barre with Lisa* (thru July 16)**

Time: **Thursday, July, 2020 @ 9:30 AM**

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

Meeting ID: **832 3378 6121**

Password: **2yC5Or**

*Barre incorporates the fluidity of ballet, the flexibility of yoga, and the core strengthening of Pilates. It is a structured, easy-to-follow total body workout. This low impact workout combines light weights (optional) and is set to music that makes you want to move. You will need a chair, mat, optional light weights. Please read the risk statement below. Lisa is looking forward to seeing everyone tomorrow.

Topic: **T'ai Chi with Scotty* (thru October)**

Time: **Thursday, July 16, 2020 @ 10:00 AM**

To Join Zoom Meeting [Click here](#)

Meeting ID: **815 3957 9943**

Password: **880247**

*Scotty is a hit and you should join his program! 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: **Mindful Living in Times of Stress: Strategies for Wellness During the Coronavirus**

Time: **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: **Pilates with Lisa* (Thru Oct)**

Time: **Thursday, July, 2020 @ 10:30 AM**

To join Zoom Meeting [Click here](#)

Meeting ID: **832 3200 1112**

Password: **9iBf8w**

*This class focuses on developing flexibility, balance and strength. In this class you will work on alignment, breathing, developing a strong core, and improving coordination and balance. You will need a mat. Please read the risk statement below. Lisa, looking forward to seeing you tomorrow and she is always accepting new students who could give it a try!

Topic: **Let's Get Social From A Distance* (thru Oct)**

Time: **Thursday, July, 2020 @ 11:00 AM**

To Join Zoom Meeting [Click here](#)

Meeting ID: **691 892 6899**

*Deb wrote, "Welcome to our weekly Zoom sessions of "Let's Get Social-From a Distance." Our focus is on meeting new people and having fun interacting with each other. We have and will continue to talk about our backgrounds, interests, the new classes we've been trying on Zoom (thank you Aicha and the team for such great programming!) We've discussed different ways of interacting, such as Skype, What's App? House Party, etc., during the "stay-at-home" period. Please join us each week on Zoom (or whenever you can!) Looking forward to connecting with you!"

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

Time: **Thursdays, 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, tootle body coordination, speed, spatial awareness, endurance and flexibility. Give it a try! **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: **Gentle Yoga with Michelle***

Time: **Thursdays @ 2:00PM**

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

Meeting ID: **443 604 7877**

Password: **0DbGrY**

*Michelle is a fabulous yoga instructor and can make this a Seated Yoga as well!

Topic: **Arthritis Class with Stephen***

Time: **Thursdays, 2020 @ 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. *Motion is lotion in this exercise class! This program includes range of motion, strengthening/flexibility, aerobic/endurance & balance & coordination exercises. Mindful relaxation completes the class. You DO NOT have to have arthritis to take part. Any movement is great these days - and always.

NEW

Topic: **Aloha Alive!***

Time: **Thursdays, 2020 @ 9:00PM**

To Join Aloha Alive: [Click here](#)

***Topic:** Aloha Alive is a series of weekly, live performances brought to you from wherever we happen to be. Brian and Rowena play a bit of music, have some fun, dance some hula. Their goal is to put the entire world on "pause" and enjoy ourselves for 90 minutes! Admission to this event is **FREE!** Although our TIP Jar loves to get fed!

Just log on to our site, **Brian and Rowena Promotions on FaceBook**. If you don't have an account, just sign up for one. You don't have to use the social media part, just have it so you can join them! They also wrote, "We Humbly Ask....Please share these emails to your friends and relatives, even if we don't know them yet! We love bringing people together to enjoy themselves. Your support is helping to keep us in a position so we can be ready when the ships sail again! Mahalo Pono!"

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

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