



7/14/2020

## Hi Everyone!

I hope everyone is doing great! I just want to let you know that the Compass was delivered today and it looks so great - thanks to Stacey! She did a great job with many challenges putting it together. Here is the link to get it on line and you will be getting a hard copy once we have volunteers label and get to the post office. [Click here for Compass.](#)

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

With so many questions about the start of school, Baker and Polito established funding for Special Education Programming.

[Baker-Polito Administration Announces COVID-19 Funding for Special Education Programs | Mass.gov](#)

SOUTHBORO — Today, the Baker-Polito Administration announced \$16.1



million in relief for 32 special education residential school providers to support costs related to the COVID-19 pandemic. Governor Baker, Lt. Governor Polito and HHS Secretary Marylou Sudders made the announcement at a visit to the New England Center for Children, a special education school in Southboro.

[www.mass.gov](http://www.mass.gov)

Also, let's head to the Teachers' Union to see what they are saying.

**REOPENING  
SCHOOLS**

[A Public School Reopening Plan Worth Fighting For](#)

The health and safety of students, educators and families cannot be sacrificed. Educators' unions have released a reopening proposal worth fighting for.

[massteacher.org](http://massteacher.org)

## **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/drumssalivecoa>

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

Time: Anytime you schedule

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

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](mailto:mfreundlich@gmail.com)

**NEW!**

Topic: **Chef-A-Thon Hosted by Lovin' Spoonful\***

Time: **Monday, July 20 - Thursday, July 23 @ 6:00PM / Friday, July 24 @ 5PM**

Costs: **Individual, Daily Shows are \$15 or all 5 for \$50**

**To see line up of chefs' shows, see show descriptions and pay for tickets [Click here](#)**

\*Chef-a-Thon is a virtual event series featuring cooking demos from professional chefs, mixology, and live Q&A. There are five chefs, five nights in your own home. Many are James Beard Award Winners, cookbook authors, restaurant owners and all are talented chefs! Chef-a-Thon is sponsored by Bank of America and Little Little Farms and proceeds raised benefit Lovin' Spoonfuls and restaurant partners impacted by the COVID-19 pandemic.

## 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**

**NEW!**

**Topic: Making Your Money Last in Retirement — the VT Retirement IncomeAdvantage Fund**

**Time: Wednesday, Jul 15, 2020 @ 10:00AM - 11:00 AM**

To Pre-register for webinar: [Click here](#)

\*What options are there to help you deal with market volatility and make your money last but also preserve flexibility to keep your options open? Join us to learn more about the IncomeAdvantage Fund, an option available in your ICMA-RC administered retirement plan.

**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\***

**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

**NEW!**

**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

**NEW!**

**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](#)

## **FRIDAY**

Topic: **Balance, Posture, Core and More Class\***  
Time: **Fridays, 2020 @ 9:30 AM**  
**To Join Zoom Meeting: [Click here](#)**  
Meeting ID: 722 0848 3215  
Password: **0ReAjR**

Topic: **Comfort Crew Coffee Hour\***  
Time: **Fridays, at 10:00am**  
To Join Zoom Meeting  
Meeting ID: **827 9871 2533**  
Password: **12345**

Topic: **Needham Creative Writing with Beth\***  
Time: **Friday, July & 17 / August 7 & 21 2020 @ 10:00 AM**  
To Join Zoom Meeting [Click here](#)  
Meeting ID: 836 1068 9044

Topic: **Strength Training with Pearl\***  
Time **Fridays, 2020 @ 10:30am**  
**To join Zoom Meeting [Click here](#)**  
Meeting ID: 872 3869 8176  
Passcode: 8119

Topic: **Center Short Story Discussion Group\***  
Time: **Fridays, 12:00 PM**  
**To Join Zoom Meeting [Click here](#)**  
Meeting ID: 853 0520 9804  
Password: 623397

**NEW!**

Topic: **Mark West Live Piano Concert**  
Time: **Friday, July 17 @ 1:00 PM**  
To Join Zoom Meeting: **Stay Tuned**

Topic: **Techie to The Rescue Tech Talk\***  
Time: **Fridays, @ 1:30PM**  
To Join Zoom Meeting [Click here](#)  
Meeting ID: 87651968245  
Password: 806103

**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**

Today is Bastille Day! ***Vive la France!*** Let's learn more about what Bastille Day celebrates!



### [Bastille Day | Definition, History, & Facts | Britannica](#)

Bastille Day, in France and its overseas departments and territories, holiday commemorating the fall on July 14, 1789, of the Bastille, in Paris. Originally built as a medieval fortress, the Bastille eventually came to be used as a state prison and later came to symbolize the harsh rule of the Bourbon monarchy.

[www.britannica.com](http://www.britannica.com)

So this year won't be typical for France. But let's have a look at last year's festivities!

### [Watch | Macron attends Bastille Day parade in Paris](#)

France celebrates #BastilleDay with traditional military parade on the Champs-Élysée. Subscribe to our channel:

[https://www.youtube.com/subscription\\_center?add\\_use](https://www.youtube.com/subscription_center?add_use)



r=euronews Find us on: Website:  
<https://www.euronews.com/> Facebook:  
<https://www.facebook.com/euronews> Twitter:  
<https://twitter.com/euronews> Instagram:  
<https://www.instagram.com/euronews> ...  
[www.youtube.com](https://www.youtube.com/euronews)

Here is a 3 - hour walking tour of Paris. The architecture is so beautiful. It's a little windy but this seemed like the best one. How many have been there?



### [Walking in Paris, France - See Eiffel Tower, the Louvre and more!](#)

Take a 12 mile (19 km) walk through the streets of Paris and see the Louvre, Notre Dame, Champs-Élysées, Arc de Triomphe, the Eiffel Tower, and more. Click on a time link below to skip ahead to a specific location. See the most popular city and sites in Europe! Video Timeline Links 0:00 - Intro 00:06 - The Louvre Museum 07:40 - Walk along the ...

[www.youtube.com](https://www.youtube.com/watch?v=...)

Like many museums that are starting to open again, the Louvre is open. Since we can't fly there I thought we would hop in here. There are many virtual tours of exhibits and things to do from home.

### [Online Tours | Louvre Museum | Paris](#)

For its fifth exhibition, the Petite Galerie take a close look at the transition from the typically anonymous craftsman of



the classical period to the artist of the Renaissance and further. For its third season, the Petite Galerie exhibition focuses on the connection between art and political power ...

[www.louvre.fr](http://www.louvre.fr)

Now that we have been to the Louvre, I thought we should learn a little about the Mona Lisa.



[Dark family history behind Mona Lisa's sad smile revealed in new book | The Independent](#)

Mona Lisa posed with a dark smile because she was married off to a slave trader at just 15, a new book which investigated her family background suggests. Lisa Gherardini, the real-life model who ...

[www.independent.co.uk](http://www.independent.co.uk)

Many of you are getting some nice produce from Freshness Delivered. Let's look at a Parisian recipe for potatoes. Our Center How - To is French Bistro Potatoes!

[French Bistro Saute Potatoes Cooking Secrets | French Bistro Recipes](#)

Join my online French cooking classes :



<https://learn.thefrenchcookingacademy.com/p/get-started-with-french-cooking> French bistro saute potatoes are delicious. Always slightly crispy and tender at the same time. Today we are looking at the cooking secret behind the french panfried potatoes and how to get them perfect every time. in ...

[www.youtube.com](http://www.youtube.com)

We know that the Parisians love their leisurely meals at Cafes. It's not just eating out - it's an experience and a part of their day. Here is some lovely music to play while you cook your potatoes. It will transport you right to Paris!



### [French Cafe - Accordion Romantic French Music, Jazz & Bossa Nova](#)

Please Subscribe!

<https://www.youtube.com/user/cafemusi...>

Music For Business 「Cafe Music BGM Station」 English: <https://bgm-station.com/en/> JAPANESE: <https://bgm-station.com> 繁體中文: <https://bgm-station.com/tc/> Español: <https://bgm-station.com/es/> 한국어: <https://bgm-station.com/ko/> You can use this music at your restaurants ...

[www.youtube.com](http://www.youtube.com)

Since we were discussing food and Parisian eating habits, I thought our Comic Relief Clip of the Week could be from none other than Mr. Bean. Odd man, but many find very funny!

### [Eating in Paris | Funny Clip | Classic Mr. Bean](#)



Mr Bean bean kills some time in a train station in Paris by having authentic French food. Subscribe!

<https://www.youtube.com/c/ClassicMrBe...>

Welcome to the Classic Mr. Bean channel!

Home of favourite Mr Bean clips, full episodes and movie scenes. To find out more about Mr Bean visit:

<http://www.mrbean.com> Mr Bean on Facebook [http://www ...](http://www...)

[www.youtube.com](http://www.youtube.com)

Our MAFA Song of the Day is from John Denver!



### [John Denver A Country Girl In Paris\(With Introduction\)](#)

The video for John's song "A Country Girl In Paris" with an introduction from John. No copyright infringement intended. Purely for the enjoyment of John's fans.

[www.youtube.com](http://www.youtube.com)

Our Center Quote of the Day is *"Paris is always a good idea."* – Audrey Hepburn

## 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](mailto: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](mailto: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!

## **NEW!**

Topic: **Chef-A-Thon Hosted by Lovin' Spoonful\***

Time: **Monday, July 20 - Thursday, July 23 @ 6:00PM / Friday, July 24 @ 5PM**

Costs: **Individual, Daily Shows are \$15 or all 5 for \$50**

**To see line up of chefs' shows, see show descriptions and pay for tickets [Click here](#)**

\***Chef-a-Thon** is a virtual event series featuring cooking demos from professional chefs, mixology, and live Q&A. There are five chefs, five nights in your own home. Many are James Beard Award Winners, cookbook authors, restaurant owners and all are talented chefs! Chef-a-Thon is sponsored by Bank of America and Little Little Farms and proceeds raised benefit Lovin' Spoonfuls and restaurant partners impacted by the COVID-19 pandemic.

## **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!**

**NEW!**

Topic: **Making Your Money Last in Retirement — the VT Retirement IncomeAdvantage Fund**

Time: **Wednesday, Jul 15, 2020 @ 10:00AM - 11:00 AM**

To Pre-register for webinar: [Click here](#)

\*What options are there to help you deal with market volatility and make your money last but also preserve flexibility to keep your options open? Join us to learn more about the IncomeAdvantage Fund, an option available in your ICMA-RC administered retirement plan

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.

## **NEW!**

**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!!

## **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\***

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!"

## **FRIDAY**

Topic: **Balance, Posture, Core and More Class\***

Time: **Fridays, 2020 @ 9:30 AM**

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

Meeting ID: 722 0848 3215

Password: **OReAjR**

\*Laila is back! You know her from Balance Deconstructed, one of our most popular programs at the Center. Now she is doing a virtual program for you to do at home. Balance is complex and multi-dimensional. This class will go over the components of good balance and will train you on how to

improve it through a variety of exercises fir core and leg strengthening, posture awareness a d stretches for greater flexibility. *\*Please review the following User Agreement carefully before participating in this Zoom exercise class: You should understand that when participating in any exercise or exercise program, there is the possibility of physical injury. If you engage in this exercise or exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge Needham Council on Aging and its exercise instructor from any and all claims or causes of action, known or unknown.*

Topic: **Comfort Crew Coffee Hour\***

Time: **Fridays, at 10:00am**

To Join Zoom Meeting

Meeting ID: **827 9871 2533**

Password: **12345**

\*Comfort Crew is a program for families impacted by Alzheimer's/Dementia at varying levels. This is a virtual group for people experiencing Alzheimer's/Dementia and their caregivers intended to increase connectedness and provide families with comfort.

***Please join us this week for a coffee hour. Bring your favorite beverage and join for a morning chat with the CATH social work staff and other group members.***

Topic: Needham Creative Writing with Beth\*

Time: Friday, July 3 & 17 / August 7 & 21 2020 @ 10:00 AM

To Join Zoom Meeting [Click here](#)

Meeting ID: 836 1068 9044

\*\*Beth Knaus, owner of *That's a Spade Writing Services*, will teach you tools and tips and motivate you to hone your hobby (or start your new hobby) of writing. The group also helps one another with discussion of writing techniques, sharing writing, and just talking about the love of writing. All types of writers are welcomed - fiction, non-fiction, short stories, essays, journaling. (which can also be therapeutic at times like these.) Always looking for new participants. Beth shared some prompts but your own are great too. Here are some prompts for your writing pleasure: ***Write about the full moon / He/ She asked you to dance / Driving a rented truck***

Topic: **Strength Training with Pearl\***

Time **Fridays, 2020 @ 10:30am (Through Oct)**

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: **Center Short Story Discussion Group\***

Time: **Fridays, 12:00 PM**

To Join Zoom Meeting [Click here](#)

Meeting ID: **853 0520 9804**

Password: **623397**

\*Our **Short Story Group** is going great. They are always looking for new members to discuss the stories and more! For anyone who wants to join in, the story we will discuss on July 17 is "For our July 17 story discussion we decided to read Occurrence at Owl Creek Bridge by Ambrose Bierce. [Click here for Story](#)

Topic: **Mark West Live Piano Concert**

Time: **Friday, July 17 @ 1:00 PM**

To Join Zoom Meeting: **Stay Tuned**

**\*Mark is coming to our homes, via Zoom for an extraordinary piano concert. He is a fan favorite at the Center and now he will perform for us to make new fans. He takes requests!**

Topic: **Techie to The Rescue Tech Talk\***

Time: **Fridays, @ 1:30PM**

To Join Zoom Meeting [Click here](#)

Meeting ID: **87651968245**

Password: **806103**

**\*It's Friday and our Techie is back! Join Avrom to discuss all things technical! He will focus on new topics each week and you can also bring any questions you have - he's all yours! Don't stop joining or taking part in programs just because you aren't comfortable with technology. Avrom is your man!**

**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**