



COUNCIL
ON AGING
Needham

7/18/2020

Hi Everyone!

I hope you are all doing well! It's a pretty day. I am not looking forward to Monday - you know me and the humidity! Right, Martha?!

We received a few calls and emails today and it is so good hearing from you all!

Remember, it's a weekend but 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

Since so many people are unemployed, furloughed and reduced hours that I wanted to see what the Department of Labor has to say.

[Coronavirus Resources | U.S. Department of Labor](#)

The U.S. Department of Labor has resources to help workers and employers prepare for the COVID-19 virus (also known as novel coronavirus). The Occupational Safety and Health Administration (OSHA) has resources to help employers and workers prepare for and respond to coronavirus in the workplace. The ...

www.dol.gov

Then I thought of other federal agencies and how they are handling COVID 19. Here is Homeland Security.



[Weekly Update: DHS Response to COVID-19 | Homeland Security](#)

The Department of Homeland Security and its committed workforce cross more than a dozen offices. As we continue to remain focused on security and safety for the American people, components have been working in concert with the White House to execute an aggressive response to the COVID -19 pandemic.

www.dhs.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](#)

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

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.

SATURDAY

NEW!

Topic: **The World Beyond Covid-19**

Time: **Saturdays, 2020 @ 2:00PM**

To Join Facebook Event: [Click here](#)

*Covid-19 is a turning point for humanity. In times of crisis, adaptation and reinvention are crucial. What can we learn from this? What started in Wuhan in late 2019, has now affected the entire world. Such historical events will have consequences on the future.

This webinar series will talk about the impact of COVID-19 and how it has and will begin to influence our decisions. What can humanity learn from the global pandemic and how is sustainable development affected? We will be focusing on a variety of different areas including community preparedness, migration, entrepreneurship, tech and focusing overall on sustainability. Sustainability is a broad term that is not only limited to environmental sustainability. By definition, sustainable development is development that "meets the needs of the present without compromising the ability of future generations to meet their own needs." In times of crisis, adaptation and reinvention are crucial.

July 18: **Lessons from Covid-19 for preparedness on climate change**

July 25: **Covid-19 & Technology: Privacy vs Community Protection**

August 1: **Covid-19's Impact on Refugees and Global Human Migration**

August 8: **Entrepreneurship in the time of Covid-19**

MONDAY

Topic: **Sandra Levy's Yoga* (thru August)**

Time: **Mondays, 2020 @ 9:00 AM**

To join Zoom Meeting [Click here](#)

Meeting ID: **856 4150 6883**

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

Time: **Monday, July 20, 2020 @ 10:00 AM**

Join Zoom Meeting [Click here](#)

Meeting ID: **851 8669 0167**

Password: **339643**

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**

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: **Ron's Historical Movie & Discussion Group***

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

Join Zoom Meeting [Click here](#)

Meeting ID: **850 1408 7723**

Password: **881305**

*Another of Ron's fun history courses! Every week you will watch a movie at your leisure. Then we will all ZOOM together on Monday at 11. We will be looking at the movie's historical competency. Were they accurate? Are they propaganda? What is good propaganda? He will not only discuss the historical relevance but he will discuss the plot, the characters, the cinematography and more. So watch the movie and then join the group to discuss on Monday afternoon. Ron wrote, "After our Opinion History Classes, I look forward to lively discussions." Ron has three graduate degrees in history and taught in three local colleges.

- July 20: **Gallipoli** (You can rent on Youtube for \$2.99)
- July 27: **Breaker Moran** ([Click here for full movie](#))

- August 3: *The (Australian) Lighthorsemen* ([Click here for full movie](#))

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.

FRIDAY

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

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

To Join Zoom Meeting [Click here](#)

Meeting ID: **853 0520 9804**

Password: **623397**

*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 24 story discussion we decided to read *"The Garden of the Stubborn Cats"* by Italo Calvino. [For Story 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

We learned about some federal agencies earlier so now let's take a virtual tour of DC.

[Virtual Field Trip -
Washington, D.C.](#)

All students need to understand the treasures, history, and beauty that their nation's capital has to offer. Explore our



destination library of virtual field trips at
www.virtualfieldtrips.org

www.youtube.com

Now let's take a walking tour!

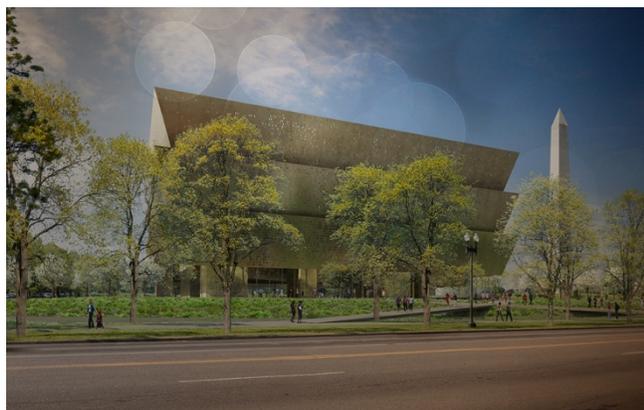


[Washington DC, USA | Walking Tour 2019](#)

Washington DC, USA | Walking Tour
2019 PayPal - Help Support My Travels
- ilovemaitravel@hotmail.com
Washington, DC, the U.S. capital, is a
compact city on the Potomac River,
bordering the states of Maryland and
Virginia. It's defined by imposing
neoclassical monuments and buildings
– including the iconic ones that house
the federal ...

www.youtube.com

The newest museum in Washington DC is the National Museum of African American History and Culture. I haven't been to DC since it was constructed so let's have a look.



nmaahc.si.edu - [National
Museum of African
American History and
Culture | A museum that
seeks to understand
American history through
the lens of the African](#)

[American experience.](#)

A museum that seeks to understand American history through the lens of the African American experience.

nmaahc.si.edu

Since we are in DC, let's head to Georgetown University which is the oldest Jesuit and Catholic university in the United States and founded in 1789. They are offering free on-line classes so have a look see.

[Georgetown University Courses & MOOCs | Free Online Courses | Class Central](#)

Georgetown University is a private research university in Washington, D.C. Founded in 1789, it is the oldest Jesuit and Catholic university in the United States

www.classcentral.com

One of the favorite places we ate when we went to DC was Martin's Tavern. It has a great history. They claim to be the proposal spot for JFK Jr. and Jackie Bouvier. Myth or fact? I will share an article in a bit but thought we should look at the spot as there is a neat history. Welcome to Martin's Tavern.

[WELCOME TO MARTIN'S - History - Martin's Tavern](#)

WELCOME TO MARTIN'S. Martin's Tavern has been a Georgetown landmark for nearly a century. For 4 generations the Martin family has served every president from Harry S. Truman to George W. Bush, many of Washington's most prominent movers and shakers, scores of Hollywood stars, Hall of Famers, and Broadway legends.

www.martinstavern.com

Now let' bread a bit about the myth or fact about the Kennedy Proposal.



[JFK's proposal to Jackie at Martin's Tavern is 'legend' no more - The Washington Post](#)

The eatery has long touted the historic event, even affixing a brass plaque to the wall to commemorate the spot where Camelot was born, and dozens of couples have since gotten engaged in what's ...

www.washingtonpost.com

Have an extra dollar laying around? Let's have our Center How-To be an Origami Washington Monument!



[Origami Washington Monument](#)

How to fold the Washington Monument from a one dollar bill. For those of you who don't know what the Washington Monument is... here's a link about it:

https://en.wikipedia.org/wiki/Washington_Monument Is it a rocket? A pencil? Claw? Sling Shot? Flower Vase? Washington Monument? or ALL of the above? This video is of a monument located in the USA ...

www.youtube.com

June 20th is the International Day of Yoga and this interesting video is from a partnership with the Embassy of India in Washington DC.



[6th International Day of Yoga, June 20th 2020](#)

Embassy of India, Washington DC welcomes you to join the virtual celebration of the 6th International Day of Yoga, June 20th 2020

www.youtube.com

Murphy Brown was a great show based out of DC. She was known for not being able to keep a secretary (administrative assistant). Our Comic Relief Clip of the Day are clips of her secretary scenes. Many familiar faces! There are 3 parts!



[Murphy's crazy secretaries \(Part 1\) Murphy Brown Tribute](#)

Murphy Brown's crazy secretaries (season 1) Part 1. Tribute to one of the best TV comedies. If you liked the video, please subscribe to my OTHER channel - <http://www.youtube.com/user/KendallKenneth?feature=mhee>

www.youtube.com

[Murphy's crazy secretaries \(Part 2\) Murphy Brown Tribute](#)

Second part of the 'Murphy Brown crazy secretaries vault' - Season 1. Tribute to one of the best TV comedies. In case you liked the video, please subscribe to my other channel -



<http://www.youtube.com/user/KendallKe...>

www.youtube.com



[Murphy's crazy secretaries \(Part 3\)](#)

Part 3. Season 2. MB Tribute.

www.youtube.com

Our MAFA Song of the Day is all DC. Have a listen and learn!



[SOUSA The Washington Post - "The President's Own" U.S. Marine Band](#)

"The President's Own" United States Marine Band recorded John Philip Sousa's march "The Washington Post" on March, 3, 2009, in the John Philip Sousa Band Hall at Marine Barracks Annex in Washington, D.C. This video was recorded for the National Museum of the Marine Corps gallery titled "A

Global Expeditionary Force 1866-1916,"
where visitors ...
www.youtube.com

Our Center Joke of the Day is **Why can't you feed the animals at the Natural History Museum? Because they're already stuffed.**

Our Center Quotes is: ***It is sometimes called the City of Magnificent Distances, but it might with greater propriety be termed the City of Magnificent Intentions. ... Spacious avenues, that begin in nothing, and lead nowhere; streets, mile-long, that only want houses, roads, and inhabitants; public buildings that need but a public to be complete; and ornaments of great thoroughfares, which only lack great thoroughfares to ornament — are its leading features.***

Charles Dickens

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!

NEW!

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

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

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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**

***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 for core and leg strengthening, posture awareness and 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: [Click here](#)

***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!**

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NEW!

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July 25: **Covid-19 & Technology: Privacy vs Community Protection**

August 1: **Covid-19's Impact on Refugees and Global Human Migration**

August 8: **Entrepreneurship in the time of Covid-19**

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