



7/15/2020

Hi Everyone!

I hope you are all well! We had a very busy today with many fabulous programs. Stephen Cadigan wanted me to let you all know that there was a glitch with the Zoom for **Women's Health Forum**. He said he will do it next Wednesday as Lisa has worked really hard on the information she will share next week so tune in, ladies!

Also, we want to give a huge shout-out to the **German Center and Edelweiss Village** for sponsoring Deb Block's *Paul Newman and Joanne Woodward Program* today! We couldn't have fun and interesting programs like these without our great partnerships like the one we have with the **German Center and Edelweiss Village!**

They also sent along a great presentation of their facility, please [click here](#) to view. And, they wrote, *"If you are looking for a family atmosphere, friendly and caring, and supportive staff, then this is the assisted living for you! Located on 14 acres of gorgeous grounds with ample indoor and outdoor space for visiting. We have spacious floor plans, one and 2 bedroom and studios available. We currently have a rare open 2 bedroom opportunity! Please check out our website at www.EdelweissVillage.org."* Thanks, Debbie who is one of the nicest people with whom to work!

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

As I am one of those moms who are wondering if my kids will be going back to college in a month, I went on to see what the CDC is saying. I would love to hear what any of your family members are hearing from their colleges and universities.



[Colleges and Universities | COVID-19 | CDC](#)

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

www.cdc.gov

I was hearing about the NHI on the news so I wanted to go on and learn a bit more about the National Health Investors. Have a look at their COVID 19 information and more.

[NHI | COVID-19](#)

National Health Investors, Inc. 222 Robert Rose Drive Murfreesboro, TN 37129 (615) 890-9100
investorrelations@nhireit.com

www.nhireit.com

REMOTE PROGRAMMING

I want to remind everyone that when you are joining a Zoom program - please use the latest link as some have changed.

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.

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**

NEW!

Topic: **Rounders in Baseball!***
Time: Thursday, July 16 @ 1:15PM

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

(

After registering, you will receive a confirmation email containing information about joining the meeting.)

*To you miss baseball? Baseball has been a favorite pastime for generations from a rousing (and forbidden_ game of stool ball at Plimoth Plantation to Civil War Soldiers playing in training camps and prisons. It bred gambling and rivalries so bitter, A World Series was cancelled. Follow the games social, historical and professional evolution from 19th Century "

town ball" to the formatino of the Major Leagues. Join this fabulous presentation by award winning storyteller, Anne Barrett. This isn't just for baseball lovers - this is for anyone who loves history!

Topic: Gentle Yoga with Michelle*
Time: Thursdays @ 2:00PM[Click here](#)
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

*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](#)

NEW!

Topic: **Mark West Live Piano Concert**

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

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

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

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

To Join Zoom Meeting [Click here](#)

Meeting ID: **87651968245**

Password: **806103**

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**

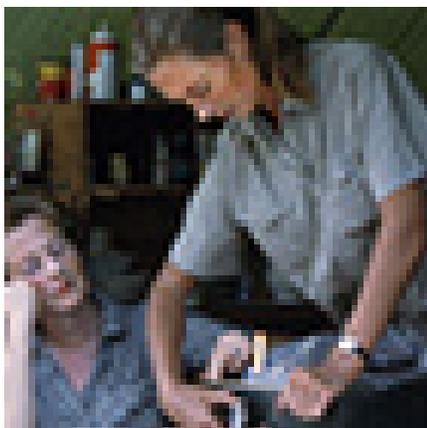
July 25: **Covid-19 & Technology: Privacy vs Community Protection**

August 1: **Covid-19's Impact on Refugees and Global Human Migration**
August 8: **Entrepreneurship in the time of Covid-19**

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 are marking the 60th anniversary of Jane Goodall's trek to Tanzania to explore and examine the lives of chimpanzees in their homes. See what became Gombe National Park!



[Our Story - The Jane Goodall Institute](#)

Dr. Jane Goodall went into the forest to study the remarkable lives of chimpanzees—and she came out of the forest to save them. When she discovered that the survival of their species was threatened by habitat destruction and illegal trafficking, she developed a breakthrough approach to species conservation that improves the lives of people, animals and the environment by honoring their ...

www.janegoodall.org

Since researchers sequenced the chimpanzees to find that humans share about 99% of our DNA, making them our closest living relatives. So let's learn more of what Jane did in the early years.



[Jane Goodall Study of Chimpanzees](#)

Original footage and narration by Jane Goodall

www.youtube.com

Here is Jane Goodall's take on the Corona Virus and bats!



[Don't blame the bats for the Coronavirus | Dr. Jane Goodall | SVT/TV 2/Skavlan - YouTube](#)

Watch legendary Dr. Jane Goodall, DBE, Founder of the Jane Goodall Institute and UN Messenger of Peace, talk about why she thinks animals are not to blame fo...

www.youtube.com

Let's see another woman who is helping other will animals. Ellen DeGeneres. Here she is on her way to Rowanda. I'm not sure if Jane would appreciate the giraffes eating out of her hands. Crazy!



[Inside Ellen Degeneres Life-Changing Trip - Rwanda 2018](#)

Rwanda Photos Album here : https://vk.com/album-172895908_259003918 Life-Changing Trip Ellen DeGeneres & wife Portia de Rossi spent time this summer in Great Tew in Oxfordshire - UK , Kenya, Rwanda to launch "The Ellen DeGeneres Wildlife Fund " and Tanzania. . Ellen has been teasing since her birthday show in January that she and her wife ...

www.youtube.com

Ellen is building the Dian Fossey Gorilla Retreat. Here is a look into her passion.



[Mountain Gorillas' Survival: Dian Fossey's Legacy Lives On](#)

Step into Rwanda's beautiful Volcanoes National Park, where a community is uniting on the front lines of a region in crisis to protect critically endangered mountain gorillas. Sir David Attenborough takes you through Dian Fossey's journey of setting up the Karisoke Research Center in the park, where nearly a quarter of the world's

Sigourney Weaver starred as Dian Fossey in this great movie. Here is the official trailer and a movie suggestion.



[Gorillas In The Mist \(1988\) Official Trailer - Sigourney Weaver, Bryan Brown Movie HD](#)

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Subscribe to TRAILERS: <http://bit.ly/sxaw6h> Subscribe to
COMING SOON: <http://bit.ly/H2vZUn> Like us on
FACEBOOK: <http://goo.gl/dHs73> Follow us on TWITTER:
<http://bit.ly/1ghOWmt> Gorillas In The Mist (1988) Official
Trailer - Sigourney Weaver, Bryan Brown Movie HD The
story of Dian Fossey, a ...

www.youtube.com

My kids had a great book when they were little and we had followed Koko until she passed away in her sleep at age 46 in 2018.



[Koko the talking gorilla | 60 Minutes Australia - YouTube](#)

What if humans and animals could talk? In the United States a gorilla named Koko has learnt to communicate. It has taken over 40 years of study, but psychologist Penny Patterson is certain Koko ...

www.youtube.com

Watch this very sweet video from Robin Williams (by do I miss him!). My favorite part is them tickling one another and seeing Koko smiling.

[Robin Williams Meets Koko The Gorilla](#)

[Robin Williams Meets Koko The Gorilla](#)



www.youtube.com

Let's head to San Diego to spy on the Ape Habitat. I could watch all day! They also have other great live cams to explore!



[Ape Cam](#)

presented by California Coast Credit Union

zoo.sandiegozoo.org

Our Comic Clip of the Day is another goodie from Johnny. Everyone needs a good straight man! That's what Oliver was for Johnny.

[Baby Gorilla from San Diego Zoo: Orangutans on Johnny Carson's Tonight Show](#)

Watch Carson episodes every night on Antenna TV at 10:00PM ET / 7:00PM PT and 4:00PM ET / 1:00AM PT! Johnny Carson greets very cute baby gorilla orangutans from the San Diego Zoo on "The Tonight Show Starring Johnny Carson". More animals on the Tonight Show



http://bit.ly/carson_animals. MORE JOHNNY CARSON
YOUTUBE: "Subscribe" [http://bit.ly ...](http://bit.ly...)

www.youtube.com

One more from Johnny just because I couldn't resist. Wait for the orangutan hugs!



[Johnny Gets a Hug From a Baby Orangutan On This Classic Joan Embery Appearance - 02/28/1978](#)

Johnny Gets a Hug From a Baby Orangutan On This
Classic Joan Embery Appearance - 02/28/1978

#johnnycarson #thetonsightshow #joanembery Part 01 -
<https://www.youtube.com/watch?v=Gn10w...>

www.youtube.com

There aren't a lot of songs about great apes so I thought this piece by James Newton Howard would be nice.
The music is amazing!

[King Kong 1933 Theme!](#)

Behold The Best Movie Of All Time And Its Theme Song I
Welcome You All To An Exciting Adventure King Kong!

www.youtube.com



Our Center Quote of the Day is *"It is even harder for the average ape to believe that he has descended from man."* H. L. Mencken

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!

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.

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: **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!

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**

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