



C O U N C I L  
O N A G I N G  
Needham

**Hi Everyone,**

TGIF!! (Whatever that means these days...) It was so great to hear from so many of you yesterday and this morning! I love that you are all keeping it on the positive!

We heard from our dear friends, Ann & Armen who wrote, "A shout out to the Center **Staff and volunteers for working so hard to help us get through these times filled with uncertainties. Seeing our wonderful friend, Bob Moss, when he delivered our Trader Joe's groceries yesterday made our day. We miss you all so much! I want to share an entry written by Dietrich Bonhoeffer which I found in My Good Days Start With Gratitude Journal:**

***"In ordinary life, we hardly realize that we receive a great deal more than we give, and it is only with gratitude that life becomes rich."***

***With much love and gratitude.***" Thank you so much for sharing and and we miss you both, too!

Our friend Sally wrote about the highlight yesterday. She wrote, "***Did you know that my husband majored in Aeronautical and Aerospace Engineering at U. of Michigan ? He loved airplanes as a child. Our son #2 gave him two rides at a place in Upstate NY for Soaring (no engineer plane depending on the wind power). Carl took me with him on one of the rides (expensive I imagine). It was some experience. I'll share your links with him.***" Wow!! What an experience! Sally also shared that she is getting new furry family members. "***This Saturday, Carl and I will drive to Rindge, NH for the 1pm appointment. Bao Bao (Precious) will be five weeks old. Due to staffing issues, the breeder is scheduling the "meet up" one week earlier than planned. I am so ready ! Carl is too.***" Send pics!

Our friend, Paul wrote, "***The Truth is ... Peace cannot be found; it can only be unveiled. When you allow all thoughts and their associated emotions to drop away, what remains is the sublime peace of your untarnished natural Self that you've always been and always will be.***" Thanks for sharing!!

The weekend is upon us! Remember, 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**

Every Friday we get 5 updates from Kate Fitzpatrick and Cyndi Roy Gonzalez and I thought I would share with you today. I was very impressed about the liquor license and I want to give a huge shout out to Angela O'Connor and her crew at Park & Rec for working so tirelessly to get the pools open! Here are the fab 5:

### **Residents Share Experiences in Needham Unite Against Racism Listening Session**

More than 100 residents and community members joined the Select Board meeting Tuesday evening to participate in a listening session meant to better understand the ways in which community members in Needham have experienced racism. Needham residents and those from some neighboring towns shared their experiences as the first step in the Town's anti-racism Initiative. Over the coming weeks and months, we will continue to work to identify existing challenges around issues of race and discrimination and determine ways in which Town government can change any policies, procedures and operations to better ensure Needham is a welcoming and diverse community.

### **Select Board Cuts Liquor License Renewal Fee in Half to Support Local Restaurants**

The Select Board this week voted to cut by half the liquor license renewal fees for restaurants, hotels and clubs for 2021. The decision is part of an ongoing effort to ensure restaurants in Needham can remain strong during the COVID-19 pandemic. Local restaurant owners said the fee cut will help them during these difficult times. "Given what our industry has been going through, the vote from the Select Board last night is a game changer, said Paul Turano, Chef/Owner of Cook Restaurant. "As we approach the Fall with such uncertainty, renewal costs are a major concern. Needham's willingness to work with its restaurants could be the difference between us staying open, or many closing their doors." "We're grateful for the Select Board's help," said Stuart Henry, owner of The James Pub & Provisions. "It's going to be a long haul to get back to normal and anything like this helps." Read more:

<http://needhamma.gov/DocumentCenter/View/21737/liquor-license-release-723?bidId=>

### **Greene's Field Latest Playground to Reopen**

Park and Recreation today reopens Greene's Field Playground, much to the delight of the many, many residents who've been asking about it! Thanks to the Park and Rec team and DPW staff for their continued efforts (especially in this heat!) to open the Town's playgrounds and fields as quickly and safely as possible.

### **Personal and Professional Social Media Use Webinar**

If you missed it last month, employees from several departments shared the benefits and pitfalls of using social media both personally and professionally. In the webinar, employees share

stories of successful social media use to promote and highlight positive stories and interesting information and those attempts at using platforms like Facebook and Twitter that were less successful. You can view the conversation here:

[https://www.youtube.com/watch?v=gbu0QM\\_qbVk&list=PLtdF--mCwFJSQ1qPp5-6ws7XX-RgwL9aR&index=11&t=0s](https://www.youtube.com/watch?v=gbu0QM_qbVk&list=PLtdF--mCwFJSQ1qPp5-6ws7XX-RgwL9aR&index=11&t=0s). For more webinars, view the Town of Needham Remote 2020 Training Channel here:

<https://www.youtube.com/playlist?list=PLtdF--mCwFJSQ1qPp5-6ws7XX-RgwL9aR>

### **Rosemary Pools Open Next Week**

The Pools at Rosemary will open next Tuesday for the first time this summer. Staff has been working hard to train lifeguards and other summer staff, create safety protocols, launch a reservation system and more to ensure that Town residents have the opportunity to enjoy the pools this summer.

## **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.)

\* 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 (Thru October)**

**Time: M/W at 9:00 T/TH at 9:00 T/TH at 11:00 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.

**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.

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!

## **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 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\***

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

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

Meeting ID: **831 9059 3212**

\*Sandra's has such a following that her class always ends up with a lengthy waitlist. Now you can all see how wonderful her yoga program is. No wait list on Zoom!

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

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

**Join Zoom Meeting** [Click here](#)

**Meeting ID: 840 2177 1232**

**Passcode: 815253**

\*So Scotty came back last week and was a hit! (as we know he would be!) T'ai Chi is a slow-motion, moving meditative exercise for relaxation and health. Scott has studied various forms of martial arts since 1983, including T'ai Chi. Studies have shown that T'ai Chi can help you live longer, improve muscle strength, balance and flexibility, boost cognitive function, improve COPD symptoms, get better night-time sleep quality, improve symptoms of fibromyalgia, see improvements in cardiovascular fitness, reduce risk of falls, obtain moderate benefits for chronic nonspecific neck pain and more. Try it!

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

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

To join Zoom Meeting [Click here](#)

Meeting ID: 872 3869 8176

Passcode: 8119

\*This SEATED exercise class is designed to accommodate mature individuals of various fitness levels. This class includes a thorough warm-up, strength training, and gentle stretching to increase flexibility and reduce muscle tension.

Topic: **Microsoft Windows 10 Training with Phyllis**

Time: Monday, July 27 @ 10:00AM - 11:30AM

To join Zoom Meeting: Stay tuned

\*Windows 10 is the newest operating system (OS) released by Microsoft. Windows 10 allows you to do everything that your old OS allowed you to do. The biggest change is that Windows 10 does a better job of integrating desktop programs to the Internet and introducing the PC to the world of Apps (applications). Windows 10 allows you to switch back and forth between a tablet mode and a desktop mode.

In this session we will be covering a number of aspects of using your Windows 10 device including: **Navigating the new PC screen / Basic Personalization tools / Using Cortana / Adding Your Mail Account(s) / Navigating the Tablet Screen / How to Install Use and Uninstall Apps**

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

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

To join Zoom Meeting [Click Here](#)

Meeting ID: **137 719 908**

Password: **713980**

\*We can't be in the cozy library, but Kerrie always finds a cozy spot in her new home to have us all relax and rid ourselves of anxiety. Even if you have never meditated before, now is the time to give it a try. You won't regret it - especially when Kerrie runs it.

Topic: **Western Gunslingers with Daniel Seligman\***

Time: **Mondays @ 11:00 AM**

To join Zoom Meeting [Click here](#)

Meeting ID: **848 4743 2052**

Password: **430296**

\*The course consists of ten Powerpoint seminars on the life and times of gunslingers who lived in the American West in the late 19th century and are well known in American popular culture. The seminars are broken up into two series: five on the “Good Guys” and another five on the “Bad Guys.”

The American West has been portrayed extensively in westerns and other media and subjected, on the one hand, to broad exaggeration, and, on the other, to a more recent tendency to uninformed debunking. The intent is to present the unvarnished truth, as far as it can be ascertained from historical records.

The Good Guys series consists of the following five seminars:

	<a href="#">27-Jul</a>	<a href="#">11:00 - 12:30</a>	<a href="#">Black Bart</a>
	<a href="#">3-Aug</a>	<a href="#">11:00 - 12:30</a>	<a href="#">Butch Cassidy</a>

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 1PM. 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 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**

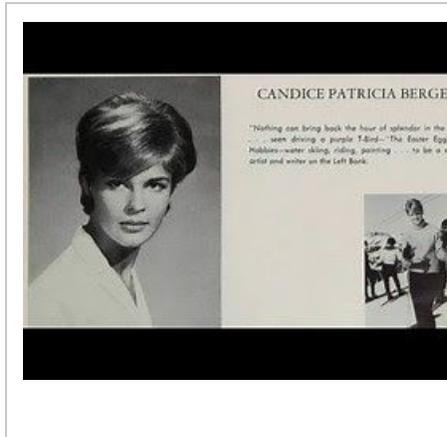
\*Our **Short Story Group** is going great. They are always looking for new members to discuss the stories and more! For anyone who wants to join in, the story we will discuss on July 31 is *An Astrologer's Day* by R.K. Narayan.

<https://syllableblog.files.wordpress.com/2017/06/an-astrologers-day-text.pdf>

**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**

Our friend, Mark sent this great video that is fun to watch and guess! And it's put to a great song!



## Vintage Celebrity High School Photos

FredFlix: The World We Knew

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

So let's go creeping in on some celebrity homes. There are quite a few from which to pick.

## The Best Celebrity Homes of All Time | Architectural Digest

Architecture The Best Celebrity Homes of All Time. Whether you're on the hunt for some design inspiration or just looking to fantasize about your ultimate dream home, perhaps there's no better ...

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

Who watches Modern Family? Well, let's creep on Phil's Penthouse.

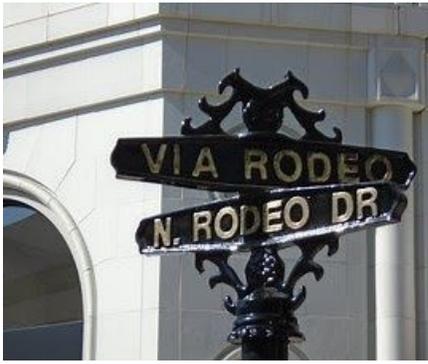


## Modern Family Star Ty Burrell Former Penthouse Condo Matterport 3D Celebrity Tour | TalkToPaul Real Estate

9900 Culver Blvd Ph D, Culver City, CA 90232 Beds: 2 | Baths: 2 | Living Area: Approx. 1,680 sqft Last Sold for \$1,432,300. Ty Burrell, who isn't a Realtor but plays one on TV's "Modern Family," put his penthouse condo in Culver City, CA, on the market for \$1.4 million and eventually sold it for \$1.432M.. Burrell's unit is one of 18 within Culver Centrale, a four-story, mixed-use ...

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

Since we have surrounded ourselves with celebrities let's take a stroll down the famous Rodeo Drive.



## Tour of Rodeo Drive

A walking tour of Rodeo Drive in Beverly Hills. You will see the entire street on both sides and even get a peek inside some stores. This is worth watching. By, George Vreeland Hill

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

I know many of us are curious about what will happen without filming of tv shows and movies. Here is a take:



## Post-Pandemic Hollywood: How Will Companies Restart Production? - Variety

Tom Cruise expected to spend his summer in Italy, hanging onto the sides of planes, dodging bullets and engaging in elaborate car chases. The arrival of COVID-19 spoiled those plans, indefinitely p...

[variety.com](http://variety.com)

It is Friday so let's get ready for a cozy movie night and I picked old-time Hollywood. The Movie is ***Written on the Wind*** and Rotten Tomatoes gas it an 82% which is great. *Mitch Wayne (Rock Hudson) is a geologist working for the Hadleys, an oil-rich Texas family. While the patriarch, Jared (Robert Keith), works hard to establish the family business, his irresponsible son, Kyle (Robert Stack), is an alcoholic playboy, and his daughter, Marylee (Dorothy Malone), is the town tramp. Mitch harbors a secret love for Kyle's unsatisfied wife, Lucy (Lauren Bacall) -- a fact that leaves him exposed when the jealous Marylee accuses him of murder.*

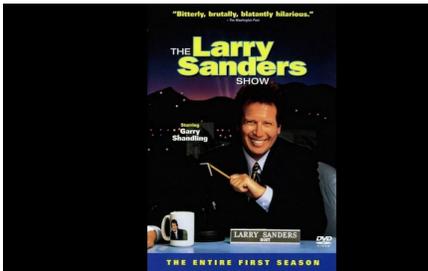


## Written on The Wind, 1956 Rock Hudson, Lauren Bacall, Robert Stack - YouTube

Alcoholic playboy Kyle Hadley marries the woman secretly loved by his poor but hard-working best friend, who in turn is pursued by Kyle's nymphomaniac sister.

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

The Center Comic Relief Clip of the Day is Season 1 Episode 1 of the **Larry Sanders Show**. It is a comedy show mocking some realistic and fictional happenings in Hollywood. **There is some profanity**. But it a funny show!

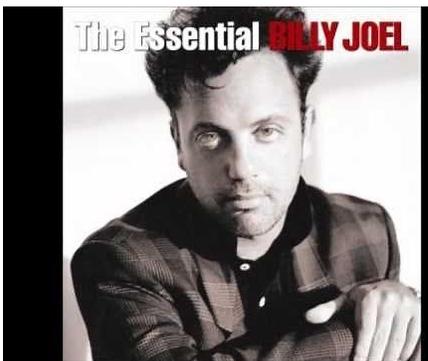


## The Larry Sanders Show - 1x01 "The Garden Weasel"/"What Have You Done For Me Lately?" - YouTube

Larry is pressed to do live commercials during his show. The Larry Sanders Show - 1x01 "The Garden Weasel"/"What Have You Done For Me Lately?"

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

Our MAFA Song of the Day is from the piano man himself, Billy Joel!



## Say Goodbye To Hollywood - Billy Joel

Say Goodbye To Hollywood from The Essential Billy Joel album. This song is for entertainment purposes only.

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

Our Center Joke of the Day is

**Have you heard of this new zombie like disease, striking moose and deers? Hollywood is already on it.**

Nightmare on elk street.

Our Center Quotes is:

***Hollywood is not suited for me, and I am not suited for it. ~Dr. Seuss***

**Have a great night everyone and we'll catch up tomorrow!**

 **~Aicha**