



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

9/5/2020

Hi Everyone!

What a beautiful day!! It is just perfect! I would love to hear what you all did.

The weekend is upon us and although it's a holiday weekend, the Center Staff, is here for you! Please email me or call the Center Line @ 781-855-3629 for Katie and we will help you.

Now for some highlights.

NEWS/UPDATES

REMOTE PROGRAMMING

PLEASE, PLEASE, PLEASE TAKE THIS SURVEY! 😊

Reminder: Anyone who participates in our Remote Fitness Programs, if you would please fill out this form / survey for **each** fitness program you have taken. It will help for funding and more. There are just 10 easy questions and then you hit "submit." Here it is: [Center Participation Survey](#)

Here is a great presentation from our friends at Hebrew SeniorLife:



When Someone You Care For is Not Thriving at Home, Presented by: Catherine Couture, Director of Community Life at Orchard Cove a Hebrew SeniorLife community

Catherine offers suggestions for family members and caregivers on what to look for and where to turn if they have concerns that their loved one/s may not be thriving.

[Click here for Video](#)

Thanks to everyone that reminded me about Monday being a holiday. Here are the classes that are actually running:

MONDAY

Topic: **Sandra Levy's Yoga***

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

To join Zoom Meeting [Click here](#)

Meeting ID: 856 4173 4234

*Sandi'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: **Needham Center - Virtual Open House***

Time: **Monday, September 14 / October 5 / November 2 / December 7 @ 10:00 AM**

To Join Zoom Meeting [Click here](#)

Meeting ID: 815 8041 3653

Passcode: CATH

*It's been awhile since we have seen many of you so we thought it would be a good idea to catch up. Also, some of you are new and want to put a face to a name. It will also be good to hear from you all about programs, new ideas, needs, etc. We hope to see you all there.

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

Time: **Mondays, 2020 @ 10:00 AM**

Join Zoom Meeting [Click here](#)

Meeting ID: **897 6396 8005**

Passcode: **609523**

*So Scotty is 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: **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.

- September 14: **Die Wannseekonferenz** ([Click here for full movie](#))
- September 21: **The Fighting Seabees** ([Click here for full movie](#))

NEW!!

Topic: **French Conversation Group***

Time: **Mondays, 2020 @ 2PM**

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

Meeting ID 769-2859-0292

Password k9Xcqi

*Are you conversational in French; intermediate or advanced? Come join Nathalie, a native speaker, to improve your conversational French. Prior to each session, participants will receive by email brief videos or documentaries in French to watch, or news articles or literature to read, to prepare for the group discussion. This is a fun way to improve your fluency in French, and make new Francophile friends. This is not a structured class, the goal is really to practice talking in a relaxed setting.

Any questions, email to: Wellesley.Nathalie@gmail.com

Topic: Music, Memories and More

Time: Monday, September 14 @ 2PM

To join Zoom Meeting: Stay tuned

*If you want to keep your brain engaged throughout the aging process, listening to or playing music is a great tool. It provides a total brain workout." Johns Hopkins Medicine
Not only is listening to music fun and relaxing, music can reduce anxiety, blood pressure, and pain as well as improve sleep quality, mood, mental alertness, and memory. Come to this fun, interactive gym for the brain. You will leave with a customized playlist and some fond memories of sharing music together.

Topic: The World Looked Away - Vietnam After the War: Author, David Bushy Book Talk

Time: Monday, October 5, 2020 @ 2:00PM

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

Meeting ID: 883 8698 4762

Passcode: 195992

*This is the story of what happened in Vietnam after the war ended on April 30, 1975. It is told through the experiences of Quoc Pham, his wife Kim-Cuong and their family. Quoc was a South Vietnamese naval officer who struggled with the decision to escape from the country before the country's fall. He ultimately decided to stay for the sake of his family, and was sent to a Reeducation Camp within weeks of the war's end. A promised ten days of indoctrination evolved to weeks, then months, then years. He was starved, beaten and subjected to continual hard labor and indoctrination. He saw hundreds die from malnutrition and ill treatment. In the meantime, his wife and family were subjected to confiscation of personal property, appropriation of their bank assets, and treatment as second-class citizens. They experienced malnutrition, poverty and poor medical care leading to untimely death. In Vietnam today the period from 1975 to 1985 are still called "The Ten Dark Years."

For more information: BTW, here is the Amazon Link:

<https://www.amazon.com/World-Looked-Away-Vietnam-After/dp/1480852368>

FaceBook Page: <https://www.facebook.com/WorldLookedAway/>

Topic: Caregiver Support Group

Time: Mondays, September 14 @ 4PM

To Join Zoom Meeting **Email Kerrie to Receive Zoom Invite: kcusack@needhamma.gov**

Kerrie's group is back and needed now more than ever. This group offers the opportunity for members to share experiences, information and encouragement. Caregiving can be a lonely and isolating experience but, this group helps to connect individuals with others facing similar challenges. Group members share new perspectives, tools and approaches related to the caregiving journey. Guest speakers will also be invited to attend intermittently to provide information on local resources. Take time for yourself; caregivers need support too. New members welcomed with open (albeit virtual) arms!

TUESDAY

Topic: Dana-Farber's Mammography Van - *For Breast Cancer Awareness Month*

Time: Tuesday, October 20th @

Topic: Gentle Fitness*

Time: Tuesdays, @ 9:30AM

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

Meeting ID: 853 9928 6741

Passcode: 797598

*Lisa (our fabulous barre and pilates instructor) has now added Gentle Fitness! Gentle Fitness is a strength and conditioning class which focuses on moving safely from one exercise to the next. You will work on balance strengthening, stability and flexibility. You will need a mat and optional weights.

Topic: Metrowest Legal Clinic*

Time: Tuesday, Sept. 8 @ 9:30/10:30/11/11:30AM

To join Meeting: Email Aicha and she will schedule the appointment (First come, first served)

*Leah, from Metrowest Legal Services is back!! She will do her Legal Clinics over the phone so register today. She is such a great resource and we are glad she is back!

Topic: Gentle Mat Yoga with Michelle*

Time: Tuesdays, 2020 @ 10:00 AM

To Join Zoom Meeting [Click here](#)

Meeting ID: 443 604 7877

Passcode: 0DbGrY

*Everyone loves Michelle's Gentle Seated Yoga so we thought we would add something special in the evening - Gentle Mat Yoga! As always, Michelle will make it as personal as possible so if you have a special area you want to work on - let her know.

Topic: Current Events Discussion Group*

Time: Tuesdays, @ 10:30AM

To Join Zoom Meeting Email Gerry Koss (host) @ gerrykoss@gmail.com.

*Current Events meets every Tuesday from 10:30 to 11:30 on Zoom. A concise update of the past week's news is followed by a discussion. All are encouraged to bring up additional topics and all have the option of speaking and/or listening.

To ensure our meetings are secure, participants must have an initial Zoom invitation, which is good for all recurring meetings. To request a Zoom invitation be sent to you, please contact Gerry Koss (Host) at gerrykoss@gmail.com.

Topic: **CATH Garden Project**

Time: Tuesdays, September 8th, October 13th, November 10th, December 8th@ 11:00M

To Join Zoom Meeting: Please contact Kristen at klindley@needhamma.gov

The CATH Garden Project is back in action and will meet remotely starting in September! Join us for garden-related presentations and group projects. Let's bring a little of the outdoors inside for the fall and winter months. Please contact Kristen at klindley@needhamma.gov to register for this course and receive zoom meeting information and supplies.

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

Time: **Tuesdays, 2020 11:30 AM**

To Join Zoom Meeting [Click here](#)

Meeting ID: 816 9119 6399

*This class will involve dynamic, bilateral movement and physical brain activities to improve stability, total body coordination, speed, spatial awareness, endurance and flexibility. **Please have the following items ready and available to use during the class (ALL ITEMS SHOULD BE NON-BREAKABLE AND UNABLE TO HURT/INJURE/DAMAGE YOURSELF, YOUR PET OR THE FLOOR IF DROPPED):**

- 1) 1 small Bean Bag, bag of frozen Peas or similar item.
- 2) 3 Paper Plates or Paper Bowls.
- 3) 1 Spoon (preferably a long one - maybe wooden) and (1) something that is roundish, and will fit easily in the spoon's scoop. EXAMPLES - a plastic Egg, a Walnut, a small bottle of Whiteout, etc.
- 4) 1 small Ball. EXAMPLES - a Baseball, or a Tennis Ball.
- 5) 1 small Pad of Paper and 1 Pen/Pencil - preferably a Pad of "Stickies" for the paper.
- 6) 1 small Personal Item. EXAMPLES - Old, empty Prescription Bottle, Aspirin/Tylenol Bottle, pair of Glasses, or ANY item you choose that is small and non-breakable.

Topic: **Sip Wine & Tour a Tuscan Vineyard***

Time: **September 22, 2020 from 12:00-12:45 pm EDT.**

Cost: **\$25**

To Preregister and Pay for the Tour: [Click here](#)

*Pack your bags because we're going on a virtual vacation!!

Go behind the scenes at Tuscan vineyard for a lesson in Italian wines. Grab a glass and join Italian winemaker Pierluigi, or his family member, as he welcomes you to his family's vineyard in Tuscany for an expert lesson and wine tasting tips. In this Online Escape, you'll learn about the history of Tenuta Torciano, the vineyard where Pierluigi's family has been making wine for 300 years. Learn about the different types of wine produced in San Gimignano, one of the great wine regions of Tuscany, and get a behind-the-scenes look at the vineyard. You'll see what it takes to make a great bottle of wine, then get expert tips for tasting wines at home. Not sure how to tell if your Chianti is from Chianti? Wondering what the "swirl and sniff" is all about? Well, whether you're already an oenophile or aren't sure where to get started, this Online Escape will give you the knowledge you need to select, sip, and savor the best wines at home. The link below will allow participants to register and pay for the class. They will then receive emails reminding them of the class and giving them information of what they'll need prior to the class. EF Go Ahead Tours new Online Escapes! As the world's largest private education company, EF draws on over 50 years of experience and a vibrant network of local Tour Directors, historians, and experts to create one-of-a-kind journeys for curious travelers. Online Escapes are live, interactive experiences so you can interact with your host, ask questions in real-time, and have the chance to get to know your host and meet others from your phone, tablet, or computer.

Topic: Folk, Country and Rock Music Appreciation!*

Time: Tuesdays, 2020 @ 2:00 PM

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

Meeting ID: 880 3250 3991

Passcode: MUSIC

*Join this weekly group to listen to old & new music. We will learn trivia, song meanings and interpretations, and more. Send Aicha any requests and she will research and play on the day of the class. Hopefully this will lead to reminiscing and discussion about the song or musicians.

Topic: Mindfulness Series with Neil Motenko*

Time: Tuesday, September 8 @ 1:30PM

To Join Zoom Meeting [Click here](#)

*It is natural to feel stressed, anxious and worried about the upcoming election, the pandemic, and other challenges these times present. How can we deal with those feelings more skillfully, with a measure of equanimity, without getting overwhelmed? The next session in A Series on Mindfulness with Neil Motenko will review basic principles of mindfulness-based stress reduction and the benefits of meditation practice in helping us better handle these natural reactions to current events. The session will be interactive, refer to evolving science of mindfulness, and include guided practices. Newcomers are always welcome. [We gratefully acknowledge the sponsorship of Wingate Chestnut Hill.](#)

Topic: **Lawrence of Arabia: His Impact on the Past & Present as Presented by Bill Begin (\$150)**

Time: **Tuesday, September 15 @ 1PM**

To join Zoom Meeting: Stay tuned

*After his very well-received presentation on Gertrude Bell: Desert Queen, Bob is coming back with a related talk on Lawrence of Arabia. *(He was supposed to do this on the day the Center closed.)* A little over 100 years ago, the world was engulfed in the struggle of WWI. In the Middle East, the conflict between the Allies, England & France against the Ottoman Empire & the Germans. Both sides were trying to enlist the support of the Arabs. The Arabs would align themselves with England, in part due to the efforts of and Archeology student, T.E. Lawrence. He was completely taken by the lure of the Middle East. After many fascinating happenings and conflicts, he realized he could not serve the Crown and The Arabs at the same time. This is a tale of false diplomacy and broken promises. Decisions made in the interest of the Empire still haunt us today.

Topic: **Hospital 2 Home-Dementia Capable Care Transitions: Better Care, Better Outcomes***

Time: **Tuesday, September 15, 2020 @ 1:00-2:00 PM**

To Preregister for Zoom [Click here](#) (you will have to set up an account)

*People with cognitive impairment and their care partners experience daunting challenges receiving dementia capable healthcare and related community-based transition services during and after a hospital stay. As many as 25% of elderly hospital patients may have dementia, often without a recorded diagnosis. Best practices in hospital-to-home care transitions have been shown to reduce readmission rates, as well as mitigate the potential for poor outcomes. This presentation will introduce participants to Hospital2Home, a highly successful care transitions model for people living with dementia with a hospital readmission rate of less than 1%.

Presenter: Jeffrey Klein, President/CEO of Nevada Senior Services Inc.

Topic: **Financial Clinic with Galina* (thru Dec)**

Time: **Tuesdays, 2020 @ 2:00 PM & 2:30PM**

To Join Meeting : Email me and I will connect you with an appointment

*Some of you met with Galina during her Tuesday afternoon financial clinics last year where Galina answered your financial questions and gave you advice. A number of you also attended her financial presentations in the past.

Galina Pekurovskaya is a Financial Adviser with the Bulfinch Group in Needham.

Galina is resuming her Financial Clinic every Tuesday at 2 pm. In the spirit of Quarantine, she will conduct it on-line. Pre-registration is required. Feel free to sign up for a Tuesday afternoon 2 pm session with Galina"

Topic: **Arthritis Class with Stephen***

Time: **Tuesdays @ 3:00 PM**

Join Zoom Meeting [Click here](#)

Meeting ID: 816 8790 1740

*This class is a mostly seated exercise class that does not encourage activities that might exacerbate arthritis symptoms and sore joints. It addresses range of motion, strength, flexibility, endurance balance and coordination.

Topic: **Women's Investment Club**

Time: **Tuesday's @ 6:00 - 7:00PM**

To Register for Zoom Meeting email Aicha @ akelley@needhamma.gov for Invite
Join Chiquita Rice as she makes women Money- Smart! Each week a different topic:

- September 15th: Tax Free Investing
- September 22nd: Focus on Fixed Income

RSVP by responding to this email with date(s) that you would like to attend.

NEW!!

Topic: **Singing Songs of the 70s**

Time: **Tuesdays, September 8 @ 7PM**

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

Meeting ID: 872 4119 3935

Passcode: 829862

*Musician Pam Steinfeld recreates the age of the singer/songwriter. She brings the songs of James Taylor, Carole King, Carly Simon, and Joni Mitchell to life, on guitar, vocals, and piano. An award-winning singer/songwriter herself, Pam peppers the show with anecdotes about the artists, songwriters, and often lyrical meaning behind the songs. Come join the party!

"Pam was a tremendous find for our musical programming. She is extremely talented." Aicha Kelley

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 a wonderful day for quirky "national holidays!" Cheese Pizza Day, International Bacon Day, National Tailgating Day!! Imagine the party we could throw (if we were allowed) with these themes! ***(Lois, If you are reading this, scroll down to the quote - it's for you!)***

So the whole pizza thing - who makes the best? Chicago? NYC? Italy? Japan? (Yes Japan is in the run-in!) Let's head to Napels which is sometimes is claimed to be where it was invented.



The Best Pizza In Naples | Best Of The Best

INSIDER went to four of the highest-rated and talked about pizzeria's in Naples to find out which one is truly the best of the best. We visited Gino e Toto Sorbillo, Starita, Pizzeria La Notizia, and Antica Pizzeria Da Michele to find our favorite.

MORE BEST OF THE BEST CONTENT: The Best Pizza Slice In NYC | Best Of The Best <https://www.youtube.com> ...

www.youtube.com

Now let's look at all the food you can make with bacon!



14 Easy Bacon Recipes For Dinner

Bacon shouldn't just be enjoyed at breakfast. Here are 14 ways to incorporate delicious, crispy bacon in every meal, especially for a quick weeknight dinner.

_____ Timestamps: 00:03 - Bacon Wrapped BBQ Chicken Roll 01:21 - Bacon Alfredo Lasagna 02:45 - Cheese Stuffed Bacon Burger ...

www.youtube.com

With football right around the corner - let's head up the street to Gillette.



Ultimate Tailgate: The New England Patriots | NFL

The team might be in Denver this week, but Akbar Gbajabiamila headed to Gillette Stadium to show us how Patriots fans get down before the big game and find the Ultimate Tailgate. Subscribe to the NFL YouTube channel to see immediate in-game highlights from your favorite teams and players, daily fantasy football updates, all your favorite NFL ...

www.youtube.com

So I was very surprised to find out who made the most bacon... Iowa! Here is an article on the business of bacon.



Bringing Home The Bacon: Top 10 Pork Producing States - AgWeb

Ag exports are down slightly in 2014 but are still enjoying historically high levels. Pork has been a part of that success story, driving nearly \$7 billion in exports in 2014.

www.agweb.com

Want to meet a great kid? And a great farmer? Let's learn more:



CONTRACT Pig Farming For Beginners | This'll Do Farm Vlog 022

Contract Pig Farming For Beginners b FOLLOW OUR INSTAGRAM b 1 <https://bit.ly/30KPBNk> b SUBSCRIBE TO THISb

www.youtube.com

One of the sweetest movies ever that includes a pig is Charlotte's web. Here is the trailer if you need a movie suggestion. (by the way - pigs are one of my favorite animals!)



Charlotte's Web Official Trailer!

One spring, on a farm in Maine, Fern Arable (Dakota Fanning) learns that her father plans to kill the runt of a litter of newborn pigs. She successfully begs him to spare its life. He gives it to her, who names him Wilbur and raises him as her pet. To her regret, when he grows into an adult pig, she is forced to take him to the Zuckerman farm ...

www.youtube.com

Our Comic Relief Clip of the Day is also all about pigs:



Did you know that PIGS CAN BE SO FUNNY? - FUNNY PIG VIDEOS will make you DIE LAUGHING

Pigs are awesome animals and super funny pets! They make us laugh super hard! This compilation is the most impossible try not to laugh challenge ever! Just look how all these pigs behave, play, fail, make funny sounds, react to different things,... So ridiculous, funny and cute! What is your favorite clip? :) Hope you like our compilation ...

www.youtube.com

Our MAFA Song of the Day is all about football and makes me cry (shocker!) thinking of my kids hitting the field!



Kenny Chesney - The Boys of Fall

Kenny Chesney - The Boys of Fall

www.youtube.com

Our Center quote of the Day is ***"I love super crispy, almost burned, snapping-crispy bacon."*** ***David Lynch***

Have a great evening everyone and we will be together tomorrow!

♥~Aicha