



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

Hi Everyone!

How is everyone's day going? I hope so well! Today is another special day for my family! (We have a lot of birthdays in the fall....!) Today is my mother-in-law's 84th birthday. Happy birthday, Pat "Trishie" Kelley! And it is my sister-in-law's 49th birthday!! Happy birthday, Suzanne Donovan!!! I love that they share a birthday! 🍷💜🍷

Our Center Staff had a very busy day! It was so great to hear from so many of you.

We heard from one of you that there was some confusion about the senior discount at UPS. UPS doesn't offer a senior discount on its own. The UPS Store Offers AARP Members Valuable Discounts on Products, Shipping. ... Now AARP members can save 15 percent on the full retail price of eligible products and services while saving 5 percent on UPS shipping services.

We had a great Talk the Walk Discussion Group. Thanks to Katie and Stacey for taking over for me as I had 3 meetings this morning. Our friend, Jackie wrote, ***"The Diversity discussion was excellent. You might want to talk ... about ways to fight voter suppression."***

Our friend, Mark wrote, ***"We went to the Wingate lobster drive thru today. Picked up two delicious lunch boxes for the two of us, saw my friend Marc ... there and we went home and feasted on the best lunch EVER!! You rock and thanks to you and the folks***

at Wingate. When I grow up and get old I want to live there." Thanks to Amy and Jessica and all the staff at One Wingate Way and Wingate Residences!! You spoiled us!

Our friend, Ludmilla wrote, **"Thank you, thank you, thank you and all the people, who provide us with so healthy, fresh, beautiful food. It is absolutely unbelievable excellent food. I can just pray and thank God, for all the people and services that we have. Have a good evening. Hug."** Thanks for the shout out Ludmilla AND the hug!

Please remember that you have to register each week for **Freshness Delivered (FD) and Wonderful Wednesdays (WW)**. Who knows what the surprise bags will hold next week! First 50 who come will be served!

Also, our great Jess wanted me to tell you all that she has **(4) Farmer Market Coupons** left. Let us know if you want them!

Again, the Center Staff is here for you! Please email me or call the Center @ 781-855-3629 for Katie and we will help you.

Now for some highlights.

NEWS/UPDATES

Michelle and Kathy, our SHINE Coordinators want me to share this information about Open Enrollment:

Medicare Open Enrollment Begins October 15

Don't miss your chance to change Medicare plans for next year. It's extremely important to review your options EVERY year to make sure you have the plan that works best for you for next year. SHINE counselors are available for phone appointments during Medicare Open Enrollment, which runs October 15 – December 7. Please call 781-855-3629 to schedule your appointment today. Prior to your appointment, it is extremely important to set up a [MyMedicare.gov](https://www.medicare.gov) account, if you have not already done so. Please follow this short [video tutorial](#) if you need assistance.

Let's ROCK THE VOTE - Needham. (That's what the cool kids say!) Here is some voting information.

[2020 Elections | Needham, MA](#)

/DocumentCenter/View/21964. 2020 State Primary Specimen Ballots D,E,F,G,H
(PDF) 2020 Presidential Primary Specimen Ballots Precincts A,B,C,I,J (PDF)

www.needhamma.gov

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](#)

TONIGHT! (WEDNESDAY)

Topic: **Let's Laugh Today Zoom Laughter Club***

Time: **Wednesdays, 2020 @ 7:30 - 8:15PM**

To join meeting [Click here](#)

Password: **014657**

*Laughter is the best medicine so join this fun-loving crew to end the day with laughs and love! Anyone can do these easy, healthful breathing techniques along with simulated laughter that always seems to turn into real laughter! All ages and levels of physical ability are welcome. There are no fancy poses and no jokes or comedy is involved. There's plenty of free parking at all our venues. Since laughing is dehydrating, please bring your water bottle.

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 core 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 [Click here](#)

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, September 18 / October 2 & 16 / November 6 & 20 / December 4 & 18**

@ 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.**

Topic: COVID-19 and Your Estate Plan with Attorney Denise McCarthy*

Time: Friday, September 18 @ 11:30AM

To join Zoom PreRegister in for this meeting: [Click here](#)

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

*Denise will be able to discuss topics such as the healthcare proxy and power of attorney.

Topic: Strength Training with Pearl*

Time Fridays, 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: Now Hear This!*

Time: Fridays, 2020 @ 11:00 AM

Join Zoom Meeting [Click here](#)

Meeting ID: 691 892 6899

Passcode: Hearing

*This social, Zoom, get together will focus on Hearing Loss and how it affects communication with others. Please join us for an informal discussion to support your concerns, comments, and questions about hearing and hearing loss. This fabulous program is led by Debbie Maibor, M.S., CCC-SLP, Speech/Language Pathologist.

Topic: Techie to The Rescue Tech Talk*

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

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 To 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!

NEW!!!

Topic: **Historically Speaking: The Legacy Of John Lewis Through The Lens Of The National Museum Of African American History And Culture**

Time: **Friday, September 18, 2020 @ 7:00 pm to 8:30 pm**

To preregister for this program [Click here](#)

*The late Representative John Lewis, Fifth Congressional District, Georgia, ardently supported the establishment of the Smithsonian National Museum of African American History and Culture. Join us for a discussion of the congressman's sustained support of the museum and its mission to affirm what it means to be an American. Michel Martin, host of NPR's Weekend Edition All Things Considered, will moderate a distinguished panel of Mr. Lewis' friends and colleagues about his storied life and accomplishments. Panelists include:

- The Honorable Cheryl Johnson, 36th Clerk of the U.S. House of Representatives, appointed by House Speaker Nancy Pelosi
- Secretary Lonnie G. Bunch, Smithsonian Institution
- Ms. Tammy Boyd, Chief Policy Officer & Senior Counsel, Black Women's Health Imperative(link is external) and former Legislative Director for Congressman John Lewis
- Ms. Linda Johnson Rice, NMAAHC Advisory Council Member, emerita and
- Mr. Taylor Branch, Pulitzer prize-winning author of "Parting the Waters: America in the King Years, 1954-63," and member of NMAAHC's Scholarly Advisory Committee

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 National Citizen Day so if you are a citizen (born here or naturalized) give yourself a hug!

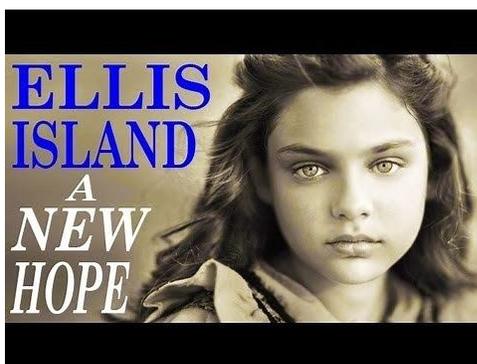
This is a teacher's guide but no reason why we shouldn't learn from it. It is an interactive tour of Ellis Island.

[Ellis Island Interactive Tour With Facts, Pictures, Video | Scholastic.com](#)

Learn about immigration on Ellis Island in this interactive, virtual tour. Facts about immigration, pictures of Ellis Island, oral histories, and videos help explain the immigration process to kids.

teacher.scholastic.com

And more of Ellis Island. How many of you have relatives that came through? ME!!



[Ellis Island - History of Immigration to the United States | 1890-1920 | Award Winning Documentary](#)

www.youtube.com

Let's have a look inside the Statue of Liberty. I take great pride in the Lady as my friend, Dianna and I raised pennies to rehab her in middle school!



[4K Walking Tour of Statue of Liberty National Monument \(Includes Visit to the Crown!\)](#)

www.youtube.com

Here are some secrets about the Lady!



[9 Secrets of the Statue of Liberty Most Americans Don't Know](#)

The Statue of Liberty is one of the most (if not THE most) famous monuments in the world. ...

www.youtube.com

Let's take the famous ferry ride!



[4K Staten Island Ferry Full Ride from Whitehall Terminal, Manhattan to St. George, Staten Island](#)

www.youtube.com

Let's see what the National Museum of American History thinks about citizenship.



[Defining Citizenship | National Museum of American History](#)

americanhistory.si.edu

Here is the Naturalization Exam and Information. How well would you do? I was very upset with my results when Stephan gave it to me.

[The Naturalization Interview and Test | USCIS](#)

Due to COVID-19, current interview settings will be different from what is being shown in this video in order to provide additional safety measures.. During your naturalization interview, a USCIS officer will ask you questions about your application and background. You will also take an English and civics test unless you qualify for an exemption.. The English test has three components: reading ...

www.uscis.gov

Our Comic Relief Clip of the Day is from Wings. Tony Shaloub is one of my favorites on this show. Here are some great clips from the Naturalized cab driver.



[Wings - Antonio is confused...](#)

The video is about my favorite character Antonio Scarpacci from the series Wings. He is such a lovely guy who sometimes seems to be a bit confused.

www.youtube.com

Our MAFA Song of the Day is Proud to be an American!!



[toby keith i`m proud to be a american](#)

song and picture

www.youtube.com

Our Center Quote of the Day is: *Perfect freedom is as necessary to the health and vigor of commerce as it is to the health and vigor of citizenship.* Patrick Henry

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

- Aicha

