



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

---

## Hi Everyone!

How is everyone? All is good here. We want to remind everyone to register for Wonderful Wednesdays and Freshness Delivered each week by week. We heard such great things last week.

Our friend, Sandra wrote, ***"I would love to receive the produce on Tuesday. I received it last week and I am still having fun with trying new veggies and I am definitely eating healthy most of the time. Thanks to you all."*** Way to eat healthy!!

I heard from our friend, Jerry regarding Joy's program tomorrow on Big Bend. He wrote, ***"Thank you for telling me about her program. She does a great job on her presentations that like her name----she is a JOY to listen to."*** She does to a great job, Jerry and we can't wait for tomorrow. See you there!

Our friend, Betty wrote to me about some highlights programs. She wrote, ***"Loved the Irish archeology movie; then watched what came on next, true story about Jim Key, a very intelligent horse, about which a book has been written and possibly a movie in the future. (Maybe you could use that in a future Highlights.)"*** Guess what I will do today, Betty! Thanks for the tip!

As you can see, the Center Staff is here for you even over the weekend! Please email me or call the Center @ 781-855-3629 for Katie and we will help you.

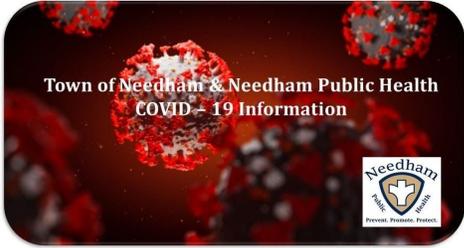
Again, the Center Staff is here for you! Please email me or call the Center @ 781-855-3629 for Katie and we will help you.

Now for some highlights.

---

# NEWS/UPDATES

It's Monday so let's check in with our wonderful Public Health Department

 A graphic with a dark background featuring several red and white virus-like particles. The text "Town of Needham & Needham Public Health COVID-19 Information" is centered. In the bottom right corner is the Needham logo, which includes a shield with a cross and the words "Needham", "1794", and "Prevent. Promote. Protect." below it.	<p><a href="#">COVID - 19   Needham, MA</a></p>
	<p>Find the latest COVID-19 information for the Town of Needham here: Reopening Needham ; Coronavirus (COVID-19) Information ; Testing Sites by appointment ; Receive daily COVID-19 updates via text/email: SIGN ME UP For more updates visit:</p> <p><a href="http://www.needhamma.gov">www.needhamma.gov</a></p>

And here is the Mass Public Health Dashboard:

<p><a href="#">Dashboard of Public Health Indicators</a></p>
<p>9/20/2020 Cases to Date_conf 1/1 Massachusetts Department of Public Health COVID-19 Dashboard-Daily and Cumulative Confirmed Cases Data Source : COVID-19 Data provided by the Bureau of Infectious Disease and Laboratory Sciences ; Tables and Figures created by the Office of Population Health.</p>
<p><a href="http://www.mass.gov">www.mass.gov</a></p>

---

# 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](#)

## PRE-RECORDED VIDEO PROGRAMMING



HARVARD MEDICAL SCHOOL  
AFFILIATE

### **Getting a Good Night's Sleep: Rachael Falk, Psychologist, Hebrew SeniorLife**

Rachael shares information about the prevalence and common causes of insomnia. She discusses how aging impacts sleep and the implications of sleep deprivation. She ends the talk with tips on how to develop good sleep hygiene and types of professional treatments that are available.

A video thumbnail showing a person sitting on a bed with arms raised. Text on the thumbnail includes: "Good sleep hygiene is all about putting yourself in the best position to sleep well each and every night." and "Harnessing Habits for a Good Night's Sleep. Cultivating good sleep hygiene is key."	<p><b>Getting a Good Night's Sleep - Why it matters and what you can do to sleep well.</b></p> <p>and share it all with friends, family, and the world on <b>YouTube.</b></p> <p><a href="#">youtu.be</a></p>
--	---

## DAILY

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!

## TUESDAY

### **SAVE THE DATE!!**

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

Time: **Tuesday, October 20th @ 8AM - 3:30PM**

To schedule your mammogram: **Stay tuned.**

\*This chart shows common screening recommendations for women who are at average risk for breast cancer:

	<b>American Cancer Society</b>	<b>United States Preventative Services Task Force</b>	<b>American College of Radiology/Society of Breast Imaging</b>
<b>Age to Start Screening</b>	<b>Age 45, option to start at 40</b>	<b>Age 50, option to start at 40</b>	<b>Age 40</b>
<b>Age to Stop Screening</b>	<b>Life expectancy less than 10 years</b>	<b>Age 74</b>	<b>Life expectancy less than 5-7 years</b>

<b>Frequency</b>	<b>Annually ages 45-54; every 1-2 years at age 55 or older</b>	<b>Every 2 years</b>	<b>Annual</b>
------------------	--	----------------------	---------------

If you are due for your annual mammogram please join us at the Center Parking Lot. The Dana Farber Mammogram offers digital mammography (2D mammography). The van will come to the Center at the Heights Parking Lot and their friendly, professional staff will provide easy access to a vital screening. The entire process takes less than 20 minutes. And now with so many concerned about COVID 19 - this is a safe and easy way to get your mammogram. and Pre-registration is required, and most forms of insurance are accepted. Dana-Farber's Mammography Van possesses a valid license and certificate of inspection issued by the Massachusetts Department of Public Health.

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: **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: **Dance With Urbanity\***

Time: **Tuesdays, 2020 @ 10:30–11:45 a.m. (No classes on 11/24/20, 12/22/20, 12/29/20)**

To join Zoom Program: **email ask@urbanitydance.org** for a digital zoom invitation.

\*This free class is designed for people with Parkinson's Disease (but anyone can take) keeps individuals moving in a fun, welcoming, and safe environment. The instructors will guide you through exercises designed to enhance and maintain mobility, flexibility, balance, posture, coordination, and strength, which are all easily modifiable for various levels of mobility. The professionally-trained instructors use live music, storytelling, and movement styles from around the world. In this social, creative outlet, participants can discover or rediscover the joy of movement. Caregivers and loved ones are welcome to attend, although not required. Urbanity's instructors are safety certified and have trained with David Leventhal of Mark Morris Dance Group, who codified the original Dance for PD curriculum in collaboration with Brooklyn Parkinson's Group. All are welcome; no previous dance experience required!

Topic: **Virtual Reiki with Valerie**

Time: **Tuesday, September 29 @ 11:00 / 11:40 / (Only 2 spots left! Register today!)**

To join Zoom Meeting: **email Aicha to book your 20-minute appointment and she will send you the Zoom link.**

\*Reiki is a Japanese relaxation technique that can also promote healing. It is the energy of the universe—around us and within us. Reiki also has an ancient tradition of being offered virtually, from a distance which is ideal for these Covid 19 times. Valerie Gaines, Reiki Master Teacher in the Usui Reiki system, will be offering Reiki sessions via Zoom for our own community. Valerie practices Reiki at Wellesley Women's Wellness Center and has

been a Certified Hospital Reiki Volunteer at Brigham and Women's Hospital for five years.  
First come - first served.

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: **Beyond Big Bend\***

Time: **Tuesday, September 29 @ 1:00pm**

Join Zoom Meeting [Click here](#)

Meeting ID: **849 3709 9361**

Passcode: **958044**

\*Southwestern Texas is known for wide open spaces, cattle ranches and even a well known National Park, but just outside the borders of Big Bend there are still many things to see in the Chihuahuas Mountains and nearby. Summer rains bring life to the desert as flowers seem to pop out everywhere. In the hills and lowlands, wild animals of all sizes can be found. From mountain sheep to hummingbirds, big cats and wild javelina, there is much to see beyond Big Bend.

This program is available to our participants due to the wonderful generosity of Whitney Place. Thanks, Ellen and Whitney Place Staff!

Topic: **Become a Spanish Art History Aficionado\***

Time: **Tuesday, October 06, 2020 from 1:30pm - 2:30pm**

To Preregister for Meeting: **Click here**

\*Experience a Spanish art history lesson with a local expert in Madrid.

Art history lovers, this one's for you. The Prado and the Reina Sofia are two of the most impressive museums in Europe, and it's hard to find anyone more inspired by them than art expert and local guide Federico. Join him in his hometown of Madrid, where he'll share the highlights of both museums while giving you an overview of Spanish art history. You'll learn about the different periods and styles of Spanish art, from the Renaissance and Baroque to Surrealism and Expressionism. Expect to meet the masters along the way—you'll get to know famous Spanish painters like Velázquez, Goya, Miro, Dalí, and Picasso. He'll also reveal the inspiration and meaning behind some of their most compelling masterpieces, like Las Meninas. With Federico's signature flair for storytelling, you'll be whisked away to the art galleries of Madrid during this Online Escape.

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: **Financial Clinic with Galina\***

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](mailto:akelley@needhamma.gov)** for Invite Join Chiquita Rice as she makes women Money- Smart! Each week a different topic:

- September 22<sup>nd</sup>: Focus on Fixed Income

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

Topic: **Ranked Choice Voting Information\***

Time: **Tuesday, September 29 @ 7:30PM**

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

\*Massachusetts' voters will vote on Question 2 which could potentially change our voting method to ranked-choice voting. Jim Henderson, General Counsel and Treasurer of the Yes on 2 Campaign, will discuss how RCV works, update us on the campaign, and answer your questions.

Topic: **Needham Author, Tom Keating Book Talk: Yesterday's Soldier\***

Time: **Tuesday, September 29, 2020 @ 7:00 PM**

Join Zoom Meeting: **Click here**

Meeting ID: **896 1323 8218**

Passcode: **SOLDIER**

\*Join us as Keating discusses his novel Yesterday's Soldier is a different Vietnam War memoir. (The Kindle version of his book is a Kindle New Release #1 Seller!) Packed into this tidy book is the story of a young man's coming of age in troubled times. The book is about his transformation from infantryman to conscientious objector and his experiences in Vietnam. War, religion, and morality are always in the background of his story and they move to the surface in every chapter.

The author, after years of studying for the priesthood in a religious seminary, leaves and is quickly exposed to the Selective Service. His belief in God and his country inspired him to enlist in the US Army during the Vietnam war, and he proceeds through the Army's infantry training cycle of weapons and war tactics, which clash with his years of prayer. His faith and his ideals caused him to struggle with being trained to kill, and so he became a conscientious objector. He survives the Army's systematic punishment ("the Treatment") during the long months of waiting for a decision in his case as he defies the will of his family, his church, and faces criminal charges by the US Army. Yesterday' Soldier is his story of that journey from prayer to war.

## **WEDNESDAY**

Topic: **DanceFitness with Showway**

Time: **Wednesdays, 9:20-11:00 am**

- 9:20 am : sound check and meet time for class
- 9:30 am : Line Dancing
- 10:00 am: Nia Class

To join Zoom Meeting **Click here**

Meeting ID: **822 2741 6903**

Passcode: **916946**

\*Showway is just the best!! Join her in your living room as we do Line Dance followed by Nia/Latin music inspired dance fitness. Participants need to start their Zoom at 9:20am to do a sound check with the instructor. The schedule is 9:20-10am: LineDance & 10:00-11 am: Nia class. Please bring water and set up a chair / yoga mat for cool down stretch. If you've never done a program with Showway - now is the time. Here energy and spirit are amazing!

Topic **Opinion History with Ron\* (TIME CHANGE!)**

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

To join Zoom Meeting\_ **Click here**

Meeting ID: **861 2520 8844**

Password: **672425**

\*Look who's back!! Ron! Did you have a hard time in history class? Was it a mass of memorizing a continuous batch of presidents, kings, and battles that felt meaningless and you forgot all about them very quickly. This course is very different.

First, there are no right answers.

Second, there are only your opinions.

Third, I am the moderator. I do not have an opinion. I want to hear your thoughts and help to sharpen your opinions. All research will be done by you individually. I will not try to sway you by giving you material to study. GOOGLE, GOOGLE, GOOGLE and THINK!

Theme for the day:

Topic: **Words of Wisdom Discussion Group\***

Time: **Wednesdays, 2020 @ 12:00 PM**

To join Zoom Meeting **Click here**

Meeting ID: **409 252 1447**

Password: **12345**

\*Join Kristen in her weekly discussion group. They had a great group last week. Anything is up for a discussion and chatting about simpler times, getting through these times, and just being together. She loves new faces so stop by!

Topic: **PIIT with Lisa and Stephen (Personalized - Intensity Interval Training)\***

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

To join Zoom Meeting **Click here**

Meeting ID: **859 4613 1521**

\*Today, one of the most popular trending fitness classes in the mainstream fitness world is "High Intensity Interval Training." Our fitness crew, Lisa and Stephen have put together a version of this for our Center participants: Personalized - Intensity Interval Training. It is defined by what works best for you! It builds cardiovascular fitness while improving muscular strength and endurance. This is more personalized and geared towards individual levels.

Topic: **Exercise with Ease\***

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

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

Meeting ID: **254 025 0890**

Passcode: **443362**

\*Join one of our fan favorites, Laila for a total body, low impact strengthening and stretching class to improve strength, joint mobility and decrease muscle tightness and stiffness. Please have hand weights (or alternative resistance "equipment"- cans or small water bottles) and mat for class.

Topic: **Coffee with Sen. Raush**

Time: **Wednesday, September 30 @ 4:00PM**

To Preregister for Zoom Meeting: RSVP [at this link](#)

\*Join State Senator Becca Rausch for a virtual coffee hour over Zoom! This year has been a difficult year for many, and Senator Rausch wants to hear the good, the bad, and the ugly of your 2020. Senator Rausch also welcomes all to share their questions and opinions on state issues with her and her Beacon Hill team. Senator Rausch, a resident of Needham, serves as the Senate Chair of the Joint Committee on Municipalities and Regional Government and the Senate Vice Chair of the Joint Committee on Elder Affairs.

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: **Short Story Discussion Group**

Time: **Friday, September 18 @ 12:00PM**

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

Meeting ID: **894 4350 9457**

Passcode: **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 **October 2 is: Wild Plums” by Grace Stone Coates**

[http://files.meetup.com/4787252/Coates,%20Wild%20Plumbs.pdf?fbclid=IwAR1QThIshJ3j4aqNtKM38iXZ6nFlx5CwnjhpViApKzYYIWRJo1ruN\\_H9AZs](http://files.meetup.com/4787252/Coates,%20Wild%20Plumbs.pdf?fbclid=IwAR1QThIshJ3j4aqNtKM38iXZ6nFlx5CwnjhpViApKzYYIWRJo1ruN_H9AZs)

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, Betty told us about Jim Key. Here is his story.



### Beautiful Jim Key - the world's smartest horse

Was Beautiful Jim Key a genius horse or a giant hoax? No one is really sure. As seen on The Horse Show with Rick Lamb Commercial free. Enjoy!

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

So this got me to thinking about other horses and races.



## Run For The Roses: History of the Kentucky Derby

Kentucky Derby Documentary.. Produced in 1994..

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

Here are some interesting facts on the fiscal impact horse racing has on the economy.

## National Summary v8 - The Blood-Horse

NATIONAL SUMMARY 1 Executive Summary The United States Horse Industry is a large and economically diverse industry that is a key contributor to the overall fabric of the U.S. economy.

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

Let's look at the tone in New York that hosts many horse races.



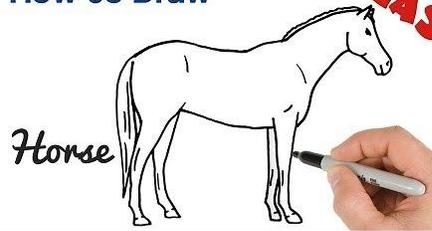
## Saratoga Springs NY | Walking Tour

Saratoga Springs is a city in New York State. A hub for thoroughbred horse racing, it's home to the Saratoga Race Course. The National Museum of Racing and Hall of Fame displays horse paintings and trophies. Saratoga Spa State Park includes mineral baths, a pool complex and the Saratoga Performing Arts Center, a landmark concert venue. Nearby ...

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

Get your pencils out. Center How-To is how to draw a horse.

## How to Draw

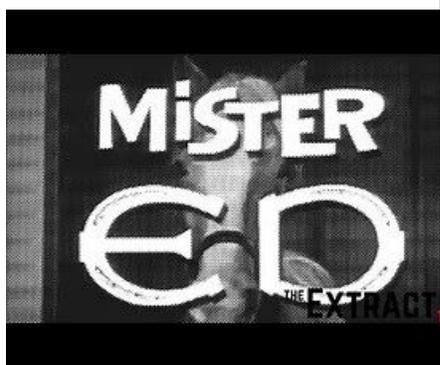


## How to Draw a Horse Easy Step by Step Drawing

Do you want to learn how to draw a horse easy for beginners. It's super easy art tutorial for beginners, only follow me step by step, if you need more time, you can make pause. I use a black marker to show the drawing better, but it will be easier to begin drawing with a pencil, so that you can correct it with an eraser. Then the drawing is ...

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

Our Comic Relief Clip of the Day is from Mr. Ed. Wilbur!!!!



## Mr. Ed: Ed The Beneficiary

Subscribe to watch more free TV or stream full episodes at [theextract.net](http://theextract.net).

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

Our MAFA Song of the Day is from Gene Autry.



## Gene Autry Back In The Saddle Again

Song by Gene Autry..Video by Thecowboy4411@Youtube I`m back in the saddle again Out where a friend is a friend Where the longhorn cattle feed On the lowly gypsum weed Back in the saddle again Ridin` the range once more Totin` my old .44 Where you sleep out every night And the only law is right Back in the saddle again Whoopi-ty-aye-oh Rockin ...

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

**Our Center quote of the Day is** *“Don’t give your son money. As far as you can afford it, give him horses. No one ever came to grief, except honourable grief, through riding horses. No hour of life is lost that is spent in the saddle. Young men have often been ruined through owning horses, or through backing horses, but never through riding them; unless of course they break their necks, which, taken at a gallop, is a very good death to die.”* – **Winston Churchill**

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

- **Aicha**