



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

Hi Everyone!

How crazy is it that it's October?! I love October so I'm happy but I wish time would slow down. (...Once this pandemic has ceased!)

I heard from some who did the virtual Reiki and Valerie will be back next week! Debbie wrote, **"Thanks for getting me in touch with Valerie. I had a nice reiki session today."** So good to hear!

I heard from our friend, Gerry. He sent this reminder: **"Just a note (to those who) ... are heading to other parts of the country for the winter. The beauty of remote programming is that you are always able to attend Current Event meetings. And, unfortunately Covid is not going to go away quickly. Being stuck in the house in Florida, Arizona or anywhere else, can be just as tough on you and your family as being stuck in your house in Needham. Current Events every Tuesday morning is a helpful brain exercise to add to your other activities. (and it's free!)."** Thanks, Gerry! This is true for all our remote programs!

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.

Now for some updates!

NEWS/UPDATES

VERY IMPORTANT!!

The COVID-19 Community Impact Survey (CCIS) is now live and ready for you and all of your professional and personal contacts to take. For this to be a successful effort that will help lead to positive change, the Massachusetts Department of Public Health needs your help disseminating and championing the survey. If anyone needs help filling this out - email me!

[MASS COVID 19 SURVEY](#)

Let's check in with Marty....

[Home - Marty Walsh](#)

Massachusetts has declared a state of emergency due to the coronavirus.

We are asking people to follow preventative measures to avoid illness, such as washing your hands often and staying away from others when you feel sick.

www.martywalsh.org

REMOTE PROGRAMMING

2 DIFFERENT SURVEYS!??

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 Fitness Program Survey](#)

A NEW ONE!!

Anyone who participates in our **Remote Special Programs** such as Joy's Nature Programs, Talk the Walk, Current Events, Ron's History and Movie Discussions, Neil's Mindfulness,

etc. (basically anything that isn't Fitness) please fill out this form/survey. This will help with funding as well as letting us know what other programs you want. Please remember to hit "SUBMIT." Thanks!

Here it is: [Center Special Program Survey](#)

NEW!!

Topic: **Showa Boston Students Pen Pal Program***

Time: **Weekly**

To Become a Pen Pal: email Aicha.akeley@needhamma.gov

*We are continuing our great partnership with the Showa Boston School. (<https://showaboston.org>) Anyone who wants to help out, please send Aicha an email and we will connect with a student from Japan. Each week my contact will send out a weekly theme. The Japanese Students are happy to share some things about Japan and we can share things about the US of A. For example, sharing a picture of your hometown and write about it or tell how you got your name. The student and senior can either write an email or send a short video! This is a great way to learn about another culture and make a friend. It is also extremely helpful to the students. Send me your email today to join in the Pen Pal Program. (Also noted that it is very tech-safe.)

FRIDAY

NEW!!!

Topic: **Where Do We Go From Here: Your Available Housing Options**

Time: **October 2, 2020 @ 10:00 AM**

Join Zoom Meeting [Click here](#)

Meeting ID: **848 1557 7567**

Passcode: **5GV1dV**

*Are you considering a move? Was an assisted living or another senior living community on your horizon before the corona virus hit? How about now? Do you still want to relocate and have concerns? Are you aware of other ways to downsize and various housing options? Roberta Hershon, Seniors' Real Estate Specialist and Realtor with Louise Condon Realty in Needham will share her thoughts, resources and answer all your housing questions.

(Roberta Dehman Hershon, Realtor, SRES Louise Condon Realty, Inc.)

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: **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: **Virtual Memory Cafe***

Time: **Friday, October 2 @ 10:00AM - 12:00PM**

To Preregister for Zoom Meeting: email: bsoltzberg@jfcsboston.org at least 24 hours

in advance or call 781-693-5628 (Email is preferred if possible.)

*This group is for families of and people with Alzheimer's / Dementia. Each Cafe will have something fun and interesting for everyone to enjoy. Please join us
As Dancer Art Sullivan trained with the Mark Morris Dance Company in New York and has taught dance to people of all ages, abilities, and styles. Come celebrate movement and music with us – dancing is great for the body. We will meet by Zoom/Conference Call.

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: **Short Story Discussion Group**

Time: **Friday @ 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

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 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: **Intro to Fall Photography for Basic Cameras with Joy!!**

Time: **Friday, October 2, 2020 @ 2:30PM**

To join Zoom Meeting [Click here](#)

Meeting ID: **876 6179 5026**

Passcode: **FALL**

Joy is back! You've seen her nature pictures now learn her tips! Love those fall colors? Want to take better images of fall subjects with your point and shoot camera, or cell phone, just in time for fall scenery? We will cover tips on composition, capturing fall colors and likely wildlife that might add to your images. We will also address some of the optional settings available on many point and shoot cameras or cell phones that can lead to better images.

COMING UP FUTURE PROGRAMMING!

Topic: **Coronavirus Scams, Older Adults, & Financial Protection***

Time: **Thursday, October 8, 2020 at 11:00AM**

To Preregister for Zoom meeting: [Click here](#)

*Join experts from the Consumer Financial Protection Bureau (CFPB), the Federal Trade Commission (FTC), and the Administration for Community Living at Health and Human Services (HHS) for a free webinar regarding the uptick of scams during COVID. You can not learn to be safe. Stay updated and register for this program.

The FTC will begin the program with an overview of coronavirus-related scams targeting older adults. The CFPB will share resources to help older adults avoid financial distress due to the pandemic. HHS will conclude the webinar with a discussion of the role of the aging network, including Adult Protective Services, legal services attorneys and Long-term Care Ombudsman program experts. The panelists will share government resources for aging service providers and older consumers.

Presenters:

Hilary Dalin – HHS, Administration for Community Living

Lisa Weintraub Schifferle – CFPB, Office for Older Americans

Colleen Tressler – FTC, Division of Consumer and Business Education

Topic: **Life Transition Binder Presentation with Sandra Batra**

Time: **Friday, October 9th @ 1pm**

Join Zoom Meeting [Click here](#)

Meeting ID: **755 9730 3811**

Password: **life**

*This program was so popular - Are all your important details organized in one place so your family can easily access it if you were incapacitated? Could your family step-in and help you manage your affairs if you needed assistance? Join Sandra Batra, as she explains how she can work with you to create a customized binder that incorporates all your life details, including: personal data, property, financial, retirement and insurance details, medical, and service provider information. Take control and act now so your loved ones have the information they need in the event of an emergency. This will give you and your loved ones peace of mind and provide them with direction and guidance.

*** 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

In 1891 on this day, Yosemite National Park came to be. We haven't been there yet so let's go!



[Yosemite National Park](#)

[Drive | 4K](#)

Drive through the busy streets of Yosemite Valley. Traffic was much busier than normal. The weather was sunny and around 65 degrees (Fahrenheit). Filmed with Go Pro Hero Black 7 on October 5th, 2019, at 2:20PM.

www.youtube.com

Here is the back story.



[Yosemite National Park](#) [Documentary by National](#) [Parks and Nature](#)

Yosemite National Park Documentary by National Parks and Nature highly recommended

<https://www.youtube.com/watch?v=Gj-0T3vW3nM>

<https://www.youtube.com/watch?v=dCAMNXdE4J4>

www.youtube.com

The big horn sheep are some of the amazing animals in Yosemite.



[Endangered Sierra Nevada bighorn sheep airlifted into Yosemite, released into wild](#)

Video by Yosemite Conservancy /
Steve Bumgardner

www.youtube.com

Many will camp and cook at Yosemite. NO reason why you can't do in your own back yard!



[23 Best Camping Recipes - Basic & Gourmet Campfire Meals](#)

23 Best Camping Recipes. Some great recipes for camping. Some are easy and some are more gourmet but here are some great foods and meals for camping. Check the recipes and equipment bellows. Best Campfire Snacks

<https://youtu.be/679Rfx6kZ50?list=RDQMAoSZ568DE1I> Cooking Bread on Rocks <https://youtu.be/midxQhNIG2g>

Primitive Cooking b

www.youtube.com

Let's check in to see Ansel Adams take on Yosemite.

[Welcome - The Ansel Adams Gallery](#)

The Ansel Adams Gallery strives to cultivate an aesthetic appreciation and concern for our world by offering visitors a unique variety of books, handcrafts, fine arts, and an extraordinary collection of Ansel Adams original photographs.

www.anseladams.com

Our Comic Relief Clip of the Day is camping fails.



[Best Camping Fails Compilation! | Failing in the Great Outdoors](#)

SUBSCRIBE TO JOIN THE AFV
FAMILY: <http://afv.tv/afvofficial>

Camping looks like fun! I wouldn't know much about it or the great outdoors because I'm too busy laughing at all the hilarious AFV submissions...but I imagine it's pretty fun. Sitting around the campfire, kayaking, hiking, zip-lining, swimming in the lake -- it all looks like a blast ...

www.youtube.com

Our MAFA Song of the Day is from US DRUMS.



[THE DRUMS - US National Park \(Lyric Video\)](#)

Taken from The Drums new full-length album, Encyclopedia- Out now!
Purchase Encyclopedia here: Digital:
smarturl.it/TheDrumsiTunes Physical:
smarturl.it/TheDrumsAMAZON

www.youtube.com

Our Center quote of the Day is “ *It is easier to feel than to realize, or in any way explain, Yosemite grandeur. The magnitudes of the rocks and trees and streams are so delicately harmonized, they are mostly hidden. John Muir* ”

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

- Aicha