



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 the other teams and the NFL as a whole:

	<h3>Jalen Ramsey on team plane; status still questionable</h3>
	<p>NFL Network's Tom Pelissero reports the latest on Saturday is Ramsey is on the Jaguars team plane and headed to Denver. The cornerback's status for Sunday is still questionable.</p>
	<p>www.nfl.com</p>

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 akelley@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.)

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!

MONDAY

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

Time: Mondays, 2020 @ 9:00 AM

To join

Zoom Meeting [Click here](#)

Meeting

ID: **870 8264 5200**

Passcode: **yoga**

*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, October12 @ 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. A recent British study published by the journal Dementia found that there are perceived benefits with a great impact on participants living with dementia and their care-givers' adherence to home-based Tai Chi practice.

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: **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: **Mark West Piano Concert**

Time: **Monday, October 9 @ 1:00PM**

To Join Concert [Click here](#)

*While relaxing in the comfort of your living room, sit back and enjoy the very talented and classically trained pianist, Mark West.

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.

October 5: Dogs of War ([Click here for full movie](#))

October 12: The Angola War (Documentary) ([Click here for full movie](#))

October 19: A Man for All Seasons ([Click here for full movie](#))

October 26: A Lion in Winter ([Click here to rent the video for \\$3.99](#))

November 2: Mary Queen of Scots ([Click here to rent movie for \\$3.99](#))

NEW!!!

Topic: **Weight Management with Pearl**

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

To join Zoom: [Click here](#)

Passcode is **8119**.

*Does COVID have you gaining a few pounds? Are you concerned about your weight? Do you reach for food when you're bored, tired, stressed or anxious, instead of when you're hungry? Do you skip breakfast but then wind up eating all evening long? Would you like to learn how to change these and other behaviors that keep you from being your ideal weight? If so, why not join an informative and supportive weight management program. This program will teach you how to make doable lifestyle changes that will enable you achieve your weight related goals. The group will meet once a week. Each meeting will have a specific topic of discussion, with such topics as emotional eating, eating in restaurants, portion control, etc.

The group is led by Pearl Pressman, a Certified Weight Management Consultant, who has lost over 100 pounds. As an independent consultant, not tied to a particular brand, she will provide support and assistance drawing from a variety of weight management theories and practices. Pearl is also a member of the National Weight Loss Registry, a former Weight Watchers group leader and a nationally certified fitness instructor.

Topic: **Clutter Support Group***

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

To Join Zoom Meeting [Click here](#)

Meeting ID: **865 6904 4770**

Passcode: **declutter**

*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.

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: **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/>

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:

	American Cancer Society	United States Preventative Services Task Force	American College of Radiology/Society of Breast Imaging
Age to Start Screening	Age 45, option to start at 40	Age 50, option to start at 40	Age 40

Age to Stop Screening	Life expectancy less than 10 years	Age 74	Life expectancy less than 5-7 years
	Annually ages 45-54; every 1-2 years at age 55 or older	Every 2 years	Annual

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: **“Now Hear This” with Debbie Maibor***

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

To Join Zoom Meeting [Click here](#)

Meeting ID: **841 0727 5397**

Passcode: **254813**

**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: **Metrowest Legal Clinic***

Time: **Tuesday, Oct. 13 / Nov 10 / Dec 8 @ 9:30/10/10:30/11/11:30AM**

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 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: **Virtual Reiki with Valerie**

Time: **Tuesday, Tuesday, October 6th @ 10 /10.30 /11/ 11.30 / 12 / 12.30**

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: **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: **CATH Garden Project**

Time: **Tuesdays, 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: **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: **Know the 10 Signs of Alzheimers**

Time: **Tuesday, October 6 @ 1PM**

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

Meeting ID: **812 2545 5298**

Passcode: **Signs**

*Alzheimer's and other dementias cause changes in memory, thinking and behavior that interfere with daily life. Join us to learn about 10 common warning signs and what to watch for in yourself and others.

The one-hour program covers:

Typical age-related changes.

Common warning signs of Alzheimer's.

How to approach someone about memory concerns.

Early detection, the benefits of a diagnosis and the diagnostic process.

Alzheimer's Association resources.

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** for Invite Join Chiquita Rice as she makes women Money- Smart! Each week a different topic:

- September 22nd: Focus on Fixed Income

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

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**

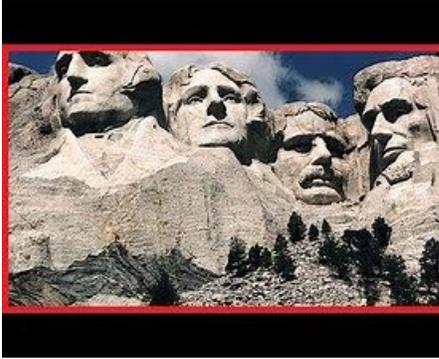
Password: **life**

*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 this day in history in 1927. the work on Mount Rushmore started!



The Story of Mount Rushmore & The American Experience Documentary

If you enjoyed this video please comment below Hit that Like Button SUBSCRIBE & Tick that little bell for updates on future content & to watch them before they are taken down. Support the channel Patreon link

<https://www.patreon.com/hahnsolovideo> HahnSolo Video channel link: <https://bit.ly/3dgTSwO> Copyright Disclaimer:

Under Section 107 of the ...

www.youtube.com

Mount Rushmore is in South Dakota. So are the badlands so let's head there.



Top 6 Things to Do in Badlands National Park

Planing a trip to Badlands South Dakota? Here are the must-do things in the Badlands in your trip!

www.youtube.com

There are nine Native American tribes in South Dakota. Let's learn about them.

Native American Tribes in South Dakota | Travel South Dakota

Welcome to the land of the Dakota, Lakota, and Nakota. Nine Native American tribes call South Dakota home, and each of them has a unique story to tell. Working together, they welcome visitors into their communities to educate and to share.

www.travelsouthdakota.com

Let's learn how Native America art is sold in South Dakota.



For these Native American artists, business opportunities arrive by bus

On South Dakotab

www.youtube.com

A food that is from South Dakota is chislic. Never heard of it? Me either, so let's learn.



What is chislic? The origin of a South Dakota food favorite

This article is about one of 18 South Dakota food favorites. For the complete list, go here. Chislic: Salted cubes of meat — ranging from mutton to beef to venison to goat — deep fat fried or ...

www.argusleader.com

The movie The Revenant is about South Dakota exploration. Here is the trailer. Great movie!!



The Revenant | Official Trailer [HD] | 20th Century FOX

When all is lost, you fight. Watch the new trailer for The Revenant Movie, in theaters this December. Inspired by true events, THE REVENANT is an immersive and visceral cinematic experience capturing one man's epic adventure of survival and the extraordinary power of the human spirit. In an expedition of the uncharted American wilderness ...

www.youtube.com

Our Comic Relief of the Day is a full length movie from 1955.



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www.youtube.com

Our MAFA Song of the Day is from Doris Day.

Black Hills of Dakota from Calamity Jane (1953)



The town heads out to the Ft. Scully Annual Ball, with Calamity Jane (Doris Day) and Wild Bill (Howard Keel) seated prominently in the head carriage and Lt. Danny Gilmartin (Philip Carey) and Katie (Allyn Ann McLerie) behind them. Wild Bill and Danny had previously drawn straws to see who would get to escort Katie; Wild Bill, as the loser, has ...

www.youtube.com

Our Center quote of the Day is "***I learnt more about politics during one South Dakota dust storm than in seven years at the university.***" ~Hubert H. Humphrey

Have a great evening everyone and we will
chat tomorrow! ~Aicha

-