



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

Hi Everyone,

I hope you are all doing well. How many of you have puddles of condensation all over the house? UGH!

I spoke to one of our friends, Fern today, which was lovely! She and I were working on gathering recipes for a cookbook back when the Center was open. After we were talking for a bit it only made sense that NOW is the time to gather those recipes. While everyone is home - open those recipe boxes and junk drawers and send me some of your favorite recipes. If you could send along a few sentences of why the recipe is special to you or what special memory the recipe evokes. I hope to hear from many of you! Maybe a Quarantine Cookbook!!

Please remember that the Center Staff is here for you even over the weekend!! You can either email me or call the Center Line to chat with Katie @ **781-855-3629**.

Now for some highlights.

NEWS/UPDATES

Kathy, our fabulous **SHINE** Program Coordinator wants everyone to know **SHINE** is up and running - remotely. She wrote to me to share with you, "Do you have questions about Medicare? **SHINE** is available to help by phone! **SHINE** counselors provide FREE, unbiased health insurance counseling for Medicare beneficiaries of all ages and their caregivers.

Since the Center is closed, there is help available by phone.

Call **781-855-3629** for a phone appointment.

For other questions, call **781-453-8076** and leave a message with your name, phone number, and a brief explanation of why you are calling."

We are still getting many questions about taxes since our AARP tax appointment have been cancelled. Please have a look at the IRS site for some answers. [Click here](#)

[Free File: Do Your Federal Taxes for Free | Internal Revenue Service - irs.gov](#)

File for an extension of time to file for free using Free File tax software.
www.irs.gov

REMOTE PROGRAMMING

I want to remind everyone that when you are joining a Zoom program - please use the latest link as some have changed.

Topic: DRUMS ALIVE

Time: **M/W at 9:00 T/TH at 9:00 T/TH at 11:00 F at 9:00 (standing/chair supported)**

Drum Alive is back Daily! Kelly has been given the opportunity to provide Drums Alive classes at home for people of ALL AGES. The classes are being sponsored by Blue Cross Blue Shield and are FREE to all participants while we are in Stay At Home orders. Please email Aicha with any questions.

Let's get you started:

Here is a link to a signup page. <https://mailchi.mp/ec3716c65d68/drumsalivecoa>

Once you fill out your contact info, I will send you more information to get going with classes at home.

1. Kelly will be sending out an ONLINE WAIVER Form you to sign. You can fill this out electronically. There are four spots for you to complete: Location (your location will be your COA or Other), First and Last Name; Date; and Signature. Your signature is electronic. You just have to "click" in the signature box and type your name. You will see a choice of fonts you can use for your "signature" and you are done. If you have any questions about it, please let me know. ksipe@bylfitandrec.org.
2. When you have submitted it, Kelly will send you the complete schedule of classes and you will be able to join any (or all) of them you choose.
 - o The Drums Alive classes are M-F at 9:00 AM and T/TH at 2:00 PM (the FRI 9:00 classes is a seated/standing class but open to everyone)

MONDAY

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

Time: **Monday, June 22, 2020 @ 9:00 AM**

To join Zoom Meeting [Click here](#)

Meeting ID: 867 9291 9750

*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: T'ai Chi with Scotty

Time: Monday, June 22, 2020 @ 10:00 AM

To Join Zoom Meeting [Click here](#)

Meeting ID: 830 1525 3335

Password: 642623

*So Scotty came back last week and was 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: Strength Training with Pearl*

Time: Mondays, 2020 @ 10:30am

To join Zoom Meeting [Click here](#)

*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: Western Gunslingers with Daniel Seligman*

Time: Monday, June 8 @ 11:00 AM

To join Zoom Meeting [Click here](#)

Meeting ID: 848 4743 2052

Password: 430296

*The course consists of ten Powerpoint seminars on the life and times of gunslingers who lived in the American West in the late 19th century and are well known in American popular culture. The seminars are broken up into two series: five on the "Good Guys" and another five on the "Bad Guys."

The American West has been portrayed extensively in westerns and other media and subjected, on the one hand, to broad exaggeration, and, on the other, to a more recent **tendency to uninformed debunking. The intent is to present the unvarnished truth, as far as it can be ascertained from historical records.**

The Good Guys series consists of the following five seminars:

22-Jun	11:00 - 12:30	Buffalo Bill
29-Jun	11:00 - 12:30	Annie Oakley
6-Jul	11:00 - 12:30	Jesse James
13-Jul	11:00 - 12:30	Billy the Kid
20-Jul	11:00 - 12:30	Belle Starr
27-Jul	11:00 - 12:30	Black Bart
3-Aug	11:00 - 12:30	Butch Cassidy

Topic: **Clutter Support Group***

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

To Join Zoom Meeting [Click here](#)

Meeting ID: **865 6904 4770**

*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.

FRIDAY

Topic: **Center Short Story Discussion Group***

Time: **Friday, June 26, 2020 12:00 PM**

To Join Zoom Meeting [Click here](#)

Meeting ID: **853 0520 9804**

Password: **623397**

*We met last week and decided to make our Book Group a **Short Story Group** as this will make it less pressure to read a full book and make it more social. For anyone who wants to join in, the story we will discuss And/Or, by **Sterling A. Brown**. [Click here for Short Story](#)

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, Margie wrote and shared this, "***After watching so many of the terrific musical videos you send, I decided to search for Neil Diamond. He's one of my favorites. I just finished listening to this concert and wanted to share it. It also includes Sweet Caroline. Maybe if people start singing along with his famous song, baseball will start up soon and we'll have the Red Sox to cheer on in July!***" Here is the Neil Diamond Concert! [Click here for Neil](#)



[Neil Diamond Live Full Concert 2019](#)

Neil Diamond Live Full Concert 2019
www.youtube.com

One of my favorite foodies is Ina Garten. Here is a great interview about her career. [Click here for Interview](#)



[Ina Garten: "Barefoot Contessa: How Easy Is That?" | Talks at Google](#)

Ina Garten joins Marissa Mayer in conversation about her book Barefoot Contessa: How Easy Is That? This video was recorded on January 18, 2011 at Google's San Francisco office. Barefoot Contessa: How Easy Is That? review from Publisher's Weekly: "The focus is on creating simpler yet appetizing dishes that save time and minimize stress in the ...
www.youtube.com

Nutrition is so very important to everyone - especially for immune systems and more. Here is a great article with an embedded video to watch.

[Nutrition for Seniors: Feed Your Best Life | Bellaire at Devonshire](#)

Nutrition for Seniors: Feed Your Best Life. Nutrition is the key that can unlock health and healing – your diet can help you avoid the doctor and allow you to enjoy life more! The choices you make about what is on your plate can affect your mood and help treat diseases like diabetes and heart disease.

www.bellaireatdevonshire.com

So who knew there was a thing termed "Kitchen Workouts?" Well now we all do! Here is one version. Let me know if any of you try!



[Move More! Kitchen Fitness](#)

Kitchen fitness will help you fit more movement into your day. Sneak in this 8-minute routine the next time you're making dinner for a quick calorie burn + hip strengthening session! MOVING MORE throughout your day is a great way to boost energy, improve your mood, manage your weight, and safely strengthen your pelvic floor and core. If you ...

www.youtube.com

Let's head to Vieux-Nice, France for a walking tour of restaurants and pubs.



[Nice Old Town, Shops, Bars, Restaurants - France - 4K Virtual Tour](#)

Wandering in Nice Old Town (Vieux-Nice), see the streets with shops, bars and restaurants. Click here to see highlights and guide. The Old Town of Nice (or Vieux Nice as the locals call it) is one of the city's main attractions and a must-see for any visito Not particularly because of a huge amount of unmissable historical sites, but because ...

www.youtube.com

The tour made me think of a place Stephan had showed me. People risk life and limb to get to the restaurant at the end of this road. I love food - but not sure I would be up for the road trip. [Click here Gorges de Bourne](#)



[France: driving through Gorges de la Bourne \(Isère\)](#)

A ride through the Gorges de la Bourne, a canyon in the Vercors plateau.

www.youtube.com

It's Friday night so pop some corn, grab a drink (and some paper towels as there will be condensation) and watch this full-length movie - *Alice's Restaurant*. Wikipedia says: **Arlo Guthrie plays himself in this film based on his song of the same name. After getting kicked out of college, Arlo decides to visit his friend Alice (Pat Quinn) for Thanksgiving dinner. After dinner is over, Arlo volunteers to take the trash to the dump, but finds it closed for the holiday, so he just dumps the trash in the bottom of a ravine. This simple act of littering gets him arrested, and sends him on a bizarre journey that ends with him in front of the draft board.**

[Click here](#)



[ALICE'S RESTAURANT \(1969\) FULL MOVIE](#)

ALICE'S RESTAURANT (1969) FULL MOVIE

www.youtube.com

Who remembers the show *Alice*? Our Comic Relief Clip of the Day is one about mistaken identity! [Click here for Alice](#)



[Alice.S01E04 Pay the Fifty Dollars](#)

During a nightclub gig, Alice is arrested for prostitution. Alice is an American sitcom television series that aired on CBS from August 31, 1976, to March 19, 1985. The series is based on the 1974 film Alice Doesn't Live Here Anymore.[The show stars Linda Lavin in the title role, a widow who moves with her young son to start life over again ...
www.youtube.com

I know I just shared Billy Joel but this seemed too perfect. Our MAFA Song of the Day is [Click here for Italian Restaurant](#)



[Billy Joel - Scenes from an Italian Restaurant \(Live from Long Island\)](#)

Billy Joel "Scenes From An Italian Restaurant" Live from Long Island Listen to Billy Joel:
<https://billyjoel.lnk.to/playlist!sfair> Follow Billy Joel:
Facebook: <https://billyjoel.lnk.to/playlistFI!s...>
Instagram: <https://billyjoel.lnk.to/playlistII!s...>
Twitter: <https://billyjoel.lnk.to/playlistTI!s...> Website:
<https://billyjoel.lnk.to> ...
www.youtube.com

Our Center Quote of the Day is *"Let food be thy medicine and medicine be thy food."*
– Hippocrates