



COUNCIL  
ON AGING  
Needham

Hi Everyone!

Happy NATIONAL DOG DAY!!!! Chubbs has been spoiled rotten all day! (Every day!!)  
He wanted to say "Hi!"



Chubbs - National Dog  
Day!

and share it all with friends, family, and  
the world on YouTube.

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

Today was busy! We had staff meetings and I popped onto *Ron's Opinion History* which was great! I also hosted *Allan's Prescription For Seniors in 2020* which was so informative and we will do again!!

I have a huge favor to ask 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 Participant Survey](#)

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

Now for some highlights.

## **NEWS/UPDATES**

I thought it was time to check in on any changes / updates with the VA.

### **Coronavirus FAQs: What Veterans Need To Know - Veterans Affairs**

The CDC defines COVID-19 as a disease caused by a new type of coronavirus (or “novel coronavirus”). The virus that causes COVID-19 belongs to a large family of viruses that are common in people and different animal species.

[www.va.gov](http://www.va.gov)

And while we are at it - let's check in with the Marines!

### **COVID-19 Coronavirus**

COVID-19, also referred to as coronavirus disease 2019, is a respiratory disease caused by a novel (new) coronavirus that was first detected in China and which has been detected in more than 100 ...

[www.marines.mil](http://www.marines.mil)

## **REMOTE PROGRAMMING**

**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](#)

## THURSDAY

Topic: **Bereavement Circle with Nikki\***

Time: **Thursdays, 2020 @ 9:00AM and 10:00 AM**

**To join Zoom Meeting:** Email me & I will put you in touch with Nikki & her sweet crew.

\*Nikki, from West River Hospice is opening up her weekly Bereavement Circle to anyone who wants to join this compassionate, friendly and comforting group. If you have lost someone - now is not the time to be alone. Please consider joining this group. Even if you don't want to chime in - listening to the fact that you are not alone in your thoughts, could help.

Topic: **Barre with Lisa\***

Time: **Thursday, July, 2020 @ 9:30 AM**

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

Meeting ID: **832 3378 6121**

Password: **2yC50r**

\*Barre incorporates the fluidity of ballet, the flexibility of yoga, and the core strengthening of Pilates. It is a structured, easy-to-follow total body workout. This low impact workout combines light weights (optional) and is set to music that makes you want to move. You will need a chair, mat, optional light weights. Please read the risk statement below. Lisa is looking forward to seeing everyone tomorrow.

Topic: **T'ai Chi with Scotty\***

Time: **Thursdays, 2020 @ 10:00 AM**

To Join Zoom Meeting [Click here](#)

Meeting ID: 841 2153 1726

Passcode: 569547

\*Scotty is a hit and you should join his program! 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: **Pilates with Lisa\***

Time: **Thursday, July, 2020 @ 10:30 AM**

To join Zoom Meeting [Click here](#)

Meeting ID: 899 9086 2700

Passcode: 029133

\*This class focuses on developing flexibility, balance and strength. In this class you will work on alignment, breathing, developing a strong core, and improving coordination and balance. You will need a mat. Please read the risk statement below. Lisa, looking forward to seeing you tomorrow and she is always accepting new students who could give it a try!

Topic: **Talk the Walk Discussion Group**

Time: **Thursdays, 2020 @ 11:00AM** (Starting Sept. 3rd)

To Join Zoom Meeting [Click here](#)

Meeting ID: **844 9177 4337**

Passcode: **WALK**

We are all aware that diversity is a hot topic now. But no-one can walk in someone else's shoes, so let's investigate and learn. Let's have discussions to move forward with a better understanding of many things involved in diversity. They may be uncomfortable, but the more we have them, we believe it will get easier for many. Once a week we will read an article or watch a TED talk and that is what will begin the discussion. We will see where the discussion leads. The rules are: respect, manners, time limits for having the floor. If anyone has any articles, talks or speakers which they think would benefit the group send to Aicha.

Sept. 3rd item to read: [\*I'm black and my mom is white. This is the talk we had to have about George Floyd's killing.\*](#)

Topic: **Train the Brain with Stephen\***

Time: **Thursdays, 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, tootle body coordination, speed, spatial awareness, endurance and flexibility. Give it a try! **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: **After Lunch - Gentle Yoga with Michelle\***

Time: **Thursdays @ 1:00PM**

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

Meeting ID: 443 604 7877

Passcode: 0DbGrY

\*Michelle is a fabulous yoga instructor and can make this a Seated Yoga as well!

Topic: **Life Transition Binder Presentation with Sandra Batra\***When the Center was open, Paul would host a hearing aid clinic to repair and clean and upkeep our hearing aids.

Since that can't happen, Paul will give a presentation on tips on how best to care for your hearing aids.

Time: **Thursday, September 3rd @ 1pm and Friday, October 9th @ 1pm Friday, October 23 @ 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.

**NEW!!**

**Topic: Alaska, Bears and Beyond\* Time: August 27 @ 2:00 PM**

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

Meeting ID: **862 1959 4478**

Passcode: **Alaska**

\***Joy is coming back -thankfully as we love her!** Alaska is often regarded as the last frontier and one of the last places to see numerous large wildlife. Through the Kenai fjords, small boats allow close access to thundering, calving glaciers, breaching humpback whales, dozing Steller sea lions and playful sea otters. Along the way bald eagles, puffins, murrens and other sea birds abound. Accessible only by bush plane, the ocean beaches of the Lake Clark National Wildlife Refuge are a little-known area for

brown bear viewing. In this open landscape, brown bears can be easily observed fishing, playing, napping and raising their young. Just north of Anchorage, the landscape shifts between fertile valley fields and the majestic views and crystal-clear streams of mountain glaciers. Join us as we tour parts of this diverse state now experiencing increasing change in the modern world.

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

**NEW!!!**

**Topic: Famed Photographer, Lou Jones and COVID19 Through the Lens of a Camera**

(\$200 but looking for sponsor)

**Time: Thursday, September 10 @ 2:00PM**

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

Meeting ID: **864 2866 0949**

Passcode: **Jones**

\*Lou is presenting a moving photo-documentary look at how people have been dealing with the pandemic both creatively, bizarrely & isolated.

**NEW!!**

**Topic: The ABC's of Zoom with Bridgewater State's Senior College Staff\***

**Time: Thursday, August 27th @ 2:30PM**

To preregister for Zoom Meeting email [BSUSeniorCollege@bridgew.edu](mailto:BSUSeniorCollege@bridgew.edu)

\*If you are interested in taking some great classes with Bridgewater State University's senior college (For only \$55 - you can register for as many classes as you like - here is



a link to tell you more: [BSU Senior College](#).) Zoom will be used for the programs but this class would be great for anyone wanting to know more about Zoom.

Topic: **Arthritis Class with Stephen\***

Time: **Thursdays, 2020 @ 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. \*Motion is lotion in this exercise class! This program includes range of motion, strengthening/flexibility, aerobic/endurance & balance & coordination exercises. Mindful relaxation completes the class. You DO NOT have to have arthritis to take part. Any movement is great these days - and always.

**NEW!!**

Topic: **“Being a Senior Citizen in the Coronavirus Era – Challenges and Solutions**

Time: **Thursday, August 27 @ 6:00PM**

To Preregister for Zoom Meeting: [Click here](#) **(After registering, you will receive a confirmation email containing information about joining the meeting.)**

Henry Quinlan has created this presentation that presents must-have planning advice for people in retirement as well as those contemplating retirement. The goal is to equip seniors with more tools and resources to address the many new challenges presented by the coronavirus. Among the challenges are anxieties, loneliness, who to believe, travel issues, loss of identity. Many tools offered both digital and non-digital. Other solutions involve brain fitness, and building your emotional pension. Topics covered

include: Living with uncertainty and anxiety, need for critical thinking skills, staying in touch – digital and non-digital tools, travel issues. Also, major concerns and treatments

(a) Depression

(b) Loneliness

Brain Fitness

(a) Learning

(b) Increasing memory

(c) Benefits

Alpha State of Mind

(a) Definition

(b) How to obtain it

## **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: 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.

**NEW!!**

Topic: **Now Hear This!**

Time: **Friday, Aug 21, 2020 @ 11:00 AM**

**Join Zoom Meeting** [Click here](#)

Meeting ID: 827 1520 3241

Passcode: 009522

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: Coffee with the Cops

Time: Friday, September 25 @ 11:00AM

To Join Zoom Meeting: Stay Tuned

Let's join our favorite women and men in blue to discuss how things are going in Needham. Bring your questions as they have the answers!

Topic: **Center Short Story Discussion Group\* (NEW PASSWORD!!)**

Time: **Fridays, 12:00 PM**

To Join Zoom Meeting [Click here](#)

Meeting ID: **853 0520 9804**

Password: **SHORT**

\*Our **Short Story Group** is going great! Record number of participants today! 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 Aug 28 is One Day Less by Clarice Lispector. [One Day Less](#)

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!

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

Since we touched in with the VA and it is National Dog Day I thought this was appropriate.



### The Full story for military dogs in Afghanistan

Filmed in Afghanistan, the two-hour special profiles four military dogs and their handlers in the war zone as they locate insurgents and dangerous explosives. Dog who saved a thousand lives

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

And another video on canine heroes!



### Police Dog: Training your best friend

There's a special relationship between an MTA canine police officer and the dog. The dog is more than a tool, more than a partner. He becomes your best friend. And although it might not be easy training your best friend, MTA Police Canine handler Officer Alison Schmitt, originally from Malverne and now Holtsville, proved more than up to the ...

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

Watch this interesting Ted Talk about the Secret Lives of Dogs.



## The secret life of dogs

Some think dogs love us just like we love them; others see them as collections of instinctive behaviors incapable of complex feelings. The truth, according to animal behaviorist Julia Espinosa, lies somewhere in the middle. In this talk, she and her canine guest star Loki explain how (and why) we should challenge our assumptions about animal ...

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

Let's head to Alaska and have a race.



## Iditarod 2020 Highlights from ALL DAYS | QRILLPAWS 2020 - YouTube

Want to experience the Iditarod 2020 again? Here are highlights from all days. Thank you for supporting us through the QRILLPAWS 2020. This wouldn't have been possible without you! - What is ...

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

Now we are heading to Ecuador for one of the sweetest stories I have ever seen!

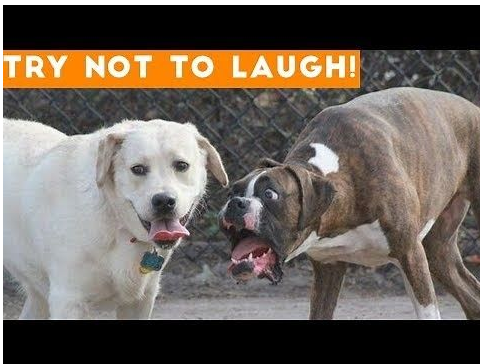


## How one dog traveled 6,455 miles to find a family

A distance of 6,455 miles doesn't begin to measure the journey one dog made -- to join a team, and find a family.

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

Our Comic Relief Clip of the Day is, of course, funny puppies!



## Try Not To Laugh At This Ultimate Funny Dog Video Compilation | Funny Pet Videos

Brand new weekly theme compilation where we challenge you to Try Not To Laugh at these Funny Dogs. Funny Pet Videos brings you the best cute animal compilations, try not to laugh challenges, fails, wins, and hilarious viral videos. We feature dogs, cats, horses, pigs, lions, lizards, rodents, bugs, spiders, tigers, kittens, puppies, squirrels ...

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

Our MAFA Song of the Day is about Boo!





## Lobo - Me and you and a dog named Boo - Lobo

"Me and You and a Dog Named Boo" is the 1971 debut single by Lobo and written by Kent LaVoie. It appears on the *Introducing Lobo* album. The single peaked at number five on the Billboard Hot 100 and was the first of his four number one on the Easy Listening chart, where it had a two-week stay at number one in May 1971.

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

Our Center quote of the Day is **"Some of my best leading men have been dogs and horses."** – Elizabeth Taylor (actress)

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

Aicha