



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

8/30/2020

HI ALL - This is the CATH staff with a brief commercial interruption in the midst of Aicha's highlights with a special wish to a special lady on her special day!

**HAPPY BIRTHDAY AICHA!!!**

**Now back to Aicha's highlights:**

Hi Everyone!

What a gorgeous day today is!! It's almost perfect!

I hope you are all doing well and enjoying the day. I would love to hear how you spent it. I heard from many of you today - so thanks for reaching out. This just proves that even though it's the weekend - but we ,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.

## **NEWS/UPDATES**

I heard on the news this morning that the numbers are going up a bit in Europe so let's look to see what the some places are doing about schools opening.



BBC Health Correspondent  
Laura Foster explains what  
schools are doing to keep pupils  
safe [www.bbc.com](http://www.bbc.com)

Let's look at Germany!



Germany Faces a 'Roller Coaster'  
as Schools Reopen Amid  
Coronavirus - The New York Times

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

## 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](#)

## MONDAY

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

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

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

Meeting ID: 856 4173 4234

\*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: **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. Try it!

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: **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.

- August 31: **Triumph of the Will** ([Click here for full movie](#))
- September 14: **Die Wannseekonferenz** ([Click here for full movie](#))
- September 21: **The Fighting Seabees** ([Click here for full movie](#))

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.

PLEASE READ THIS ARTICLE: [DECLUTTER ARTICLE](#)

## **TUESDAY**

**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: **Metrowest Legal Clinic\***

Time: **Tuesday, Sept. 8 / Oct. 13 @ 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 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](mailto: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](mailto:gerrykoss@gmail.com).

Topic: **CATH Garden Project**

Time: **Tuesdays, September 8th, October 13th, November 10th, December 8th@ 11:00 AM**

To Join Zoom Meeting: **Stay tuned**

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](mailto: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: **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: **Mindfulness Series with Neil Motenko\***

Time: **Tuesday, September 8, 22, & October 13, Thursday, October 29 @ 1:30PM**

To join Zoom Meeting [Click here](#)

**[https://us02web.zoom.us/j/89599505698?pwd=SWxLb1BBdi9hTHBkaGp1TTErUjgrUT09\\*A](https://us02web.zoom.us/j/89599505698?pwd=SWxLb1BBdi9hTHBkaGp1TTErUjgrUT09*A)**

Series on Mindfulness with Neil Motenko continues via Zoom, with a review of the many ways that mindfulness can benefit us, affording the opportunity to be more present in our lives, seeing things with more clarity and wisdom, and to cultivate qualities such as patience, discernment, equanimity and compassion that can help us navigate life's challenges. Each session focuses on a specific topic (to be announced shortly in advance), is interactive, includes guided practices, and covers basic mindfulness principles.

**\* Newcomers are always welcome. We gratefully acknowledge the sponsorship of Wingate Chestnut Hill.**

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:

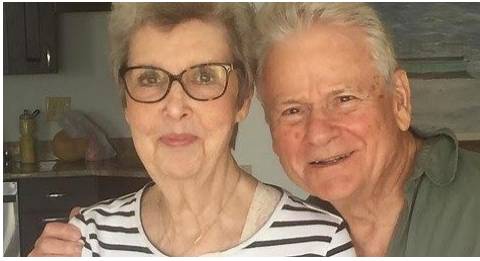
- September 1<sup>st</sup>: Get the Most Out of Life Insurance. Pat Sherman, Dedicated Life Insurance Consultant with Prudential Life Distributors will join us.
- September 15<sup>th</sup>: Tax Free Investing
- September 22<sup>nd</sup>: Focus on Fixed Income

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

**\*\* 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**

As you all know by now - Sunday mornings are spent with a cup of coffee and CBS Sunday Morning. There were 2 stories I wanted to share today. One is about hope and love!



## Man recreates wife's favorite anniversary gift after suffering a stroke

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

The other very interesting story (and Massachusetts plays a role!) about octopi.



## Studying the creativity and intelligence of the octopus

It's one of the most bizarre life forms on Earth

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

This left me wanting to know more about this fascinating animal.



## The Most Intelligent Animal on Earth? | Unedited Movie - Aliens of the Deep Sea | Nature Documentary

How has the octopus become so intelligent and capable of thinking in the abstract?

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

Let's work those abs like an octopus!



Add this to your abs workout!  
The Octopus - with  
[@imserenalee](#)

THE OCTOPUS A quick demo of an exercise I add to the end of core workouts: the yoga-inspired Octopus.

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

Many octopi find their home in the Caribbean Coral Reefs.



Reefs of the Caribbean

Underwater video of the reefs and sea life of the Caribbean focused on the Bloody Bay Wall at Little Cayman

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

Today would have been a great day to fly a kite. (I think... or was it too windy? I ma not a kite master...)



## Octopus Kites by Hengda - Frugal Outdoor FUN!! - A++

2 for about \$15 on Amazon! 157" Long x 31.4" Wide. Comes with string, handle and nice velcro pouch. Absolutely love them! Great for kite flyers young and old. Easy fun kite flying. Octopus / Jelly Fish Kites

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

Our Comic Relief Clip of the Day is all about funny scenes at aquariums!



## Funny Kids at the Aquarium | Girl SPOOKED By A Beluga Whale!

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

Of course there is only one song to pick for today's theme.



## Ringo Starr - Octopus s Garden (Beatles) (live 2005) HQ 0815007

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

Our Center quote of the Day is ***I wonder if, in the dark night of the sea, the octopus dreams of me.*** ~**N. Scott Momaday**

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

 ~Aicha