



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

9/1/2020

Hi Everyone!

Who can believe it is September 1?! Where did the time fly while we are all sitting 6' apart from one another? I thought the expression was "time flies when you're having fun..." 😄

Did everyone have a chance to vote?

Today was a day of prepping the Compasses for delivery! Way to go Katie and Kippy!

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

As we have to start prepping for the flu, let's check in with Mass Public Health.

[What should I know about flu? | Mass.gov](#)

The flu virus is in the wet spray (droplets of saliva and mucus) that comes out of the nose and mouth of someone who coughs or sneezes. If you are close enough to a person with the flu (3 - 6 feet) when they cough or sneeze, you can breathe in the virus and get sick.

www.mass.gov

Let's check in with what New York is doing.

What You Should Know About the Flu (Influenza)

The New York State Flu Tracker tracks laboratory-confirmed influenza cases each week across New York, in each region and county, and compares trends between seasons. The New York State Department of Health (NYSDOH) collects, compiles, and analyzes information on flu activity year-round in New York ...

www.health.ny.gov

REMOTE PROGRAMMING

PLEASE, PLEASE, PLEASE TAKE THIS SURVEY! 😊

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](#)**

WEDNESDAY

Topic: **CATH Coffee Hour***

Time: **Wednesdays @ 9:00 AM**

To Join Zoom Meeting [Click here](#)

Meeting ID: **409 252 1447**

Password: **12345**

*Join our Kristen for a time to socialize, catch up, see familiar and new faces and just talk. Anything is up for discussion in this friendly Coffee Hour! Pour a cup and join us!

NEW!

Topic: **Wake up and Drum with Joe!** ** Even if you don't want to drum yourself - tune in for the performance!*

Time: **Wednesdays, September 2 & October 7 @ 9AM**

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

Meeting ID: **4050865832**

Password: **5TnSmM**

**Joe always brings laughter, stories and yes, music!! We will be waking up and having a virtual drum circle. Project Resiliency says of drumming together, "Drum Circles also provide an opportunity for participants to feel connected with others and gain a sense of interpersonal support. A drum circle provides an opportunity to connect with your own spirit at a deeper level. Group drumming alleviates self-centeredness, isolation and alienation." So roll out of bed, grab a pail, empty coffee container, a table top and join us drumming!

Topic: **DanceFitness with Showway**

Time: **Wednesdays, 9:20-11:00 am**

- 9:20 am : sound check and meet time for class
- 9:30 am : Line Dancing
- 10:00 am: Nia Class

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

Meeting ID: **822 2741 6903**

Passcode: **916946**

*Showway is just the best!! Join her in your living room as we do Line Dance followed by Nia/Latin music inspired dance fitness. Participants need to start their Zoom at 9:20am to do a sound check with the instructor. The schedule is 9:20-10am: LineDance & 10:00-11 am: Nia class. Please bring water and set up a chair / yoga mat for cool down stretch. If you've never done a program with Showway - now is the time. Here energy and spirit are amazing!

Topic: **Coffee with the President of Beth Israel Deaconess Medical Center - Needham, John Fogarty***

Time: **Wednesday, September 16 @ 10:00AM**

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

Meeting ID: **862 0758 9781**

Passcode: **BIDM**

*Join Beth Israel Deaconess Hospital Needham President, John Fogarty, for a Zoom coffee hour and hospital update. John will speak to the hospital's response to COVID-19, recovery after shutdown of non-essential services, and plans for the future. Please come prepared with questions and a cup of your favorite coffee or tea!

Topic **Opinion History with Ron***

Time: **Wednesdays, 2020 @ 11:00 AM**

To join Zoom Meeting [Click here](#)

Meeting ID: **861 2520 8844**

Password: **672425**

*Look who's back!! Ron! Did you have a hard time in history class? Was it a mass of memorizing a continuous batch of presidents, kings, and battles that felt meaningless and you forgot all about them very quickly. This course is very different.

First, there are no right answers.

Second, there are only your opinions.

Third, I am the moderator. I do not have an opinion. I want to hear your thoughts and help to sharpen your opinions. All research will be done by you individually. I will not try to sway you by giving you material to study. GOOGLE, GOOGLE, GOOGLE and THINK!

Theme for the day: **Was the Spanish Armada poorly planned? Emphasis on Philip II and Elizabeth.**

Topic: **Words of Wisdom Discussion Group***

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

To join Zoom Meeting [Click here](#)

Meeting ID: **409 252 1447**

Password: **12345**

*Join Kristen in her weekly discussion group. They had a great group last week. Anything is up for a discussion and chatting about simpler times, getting through these times, and just being together. She loves new faces so stop by!

Topic: **PIIT with Lisa and Stephen (Personalized - Intensity Interval Training)***

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

To join Zoom Meeting [Click here](#)

Meeting ID: **859 4613 1521**

*Today, one of the most popular trending fitness classes in the mainstream fitness world is "High Intensity Interval Training." Our fitness crew, Lisa and Stephen have put together a version of this for our Center participants: Personalized - Intensity Interval Training. It is defined by what works best for you! It builds cardiovascular fitness while improving muscular strength and endurance. This is more personalized and geared towards individual levels.

Topic: **Exercise with Ease**

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

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

Meeting ID: **254 025 0890**

Passcode: **443362**

*Join one of our fan favorites, Laila for a total body, low impact strengthening and stretching class to improve strength, joint mobility and decrease muscle tightness and stiffness. Please have hand weights (or alternative resistance "equipment"- cans or small water bottles) and mat for class.

Topic: **Bridgwater State's Senior College Information Session**

Time: **Wednesday, September 2 @ 1:00PM**

To join Zoom Meeting Preregister email BSUSeniorCollege@bridgew.edu

*Join this informational program to learn about the offerings, meet instructors, chat with other participants and ask any questions! (For only \$55 - you can register for as many classes as you like - here is a link to tell you more: [BSU Senior College.](#))

Topic: **Men's Health Forum***

Time: **Wednesday, Sep. 9, Oct 14, Nov 11, Dec 9, Jan 13, 2020 @ 2:00 PM**

To Join Zoom Meeting [Click here](#)

Meeting ID: **889 4707 3717**

*Men typically don't make their health a priority and now, more than ever, it has to be a priority! It's time to change that. Men statistically are more stubborn about discussing, learning, taking care of their health. The program was spearheaded by our own, Stephen Cadigan and is ALL about men's health. Bring your Q & A's!

Topic: **Dementia Caregiving Basic Training: A Virtual 6 - Week Series***

Time: **Wednesdays @ 2:00PM**

To Preregister for Zoom Meeting: RSVP@maplewoods.com. Login instructions for Zoom will be forwarded upon preregistration.

***Are you looking for answers? Join us for a series of events that are specially designed to give care-givers a broad overview of important information, planning tools, and practical strategies to provide care for an aging loved one with dementia.**

- **SEPTEMBER 2ND: Working with the Healthcare Team**
- **SEPTEMBER 9TH: Tackling Challenging Behaviors in Dementia**
- **SEPTEMBER 16TH: Caregiver Self-Care**
- **SEPTEMBER 23RD: Alternative Options to Caregiving at Home**

Topic: **Women's Health Forum ***

Time: **Wednesday, Aug 19, 2020 @ 2:00 PM**

To Join Zoom Meeting [Click here](#)

Meeting ID: **831 0857 0762**

*Now - more than ever our health is of the utmost importance! We want our CATH Ladies healthy and we have such a great resource with Lisa Cadigan, we decided to make a women's - focused health program. Women too often are taking care of 1000 things, yet not themselves. Each month will have a new topic, new speakers and time for questions and

answers. There are a lot of confusing messages out there. Join us to get to the truth and get focused and motivated.

NEW!!!

Topic: **Fiddler on the Roof: A Conversation on Family Relationships**

Time: **Wednesday, September 2, 2020 @ 4:00PM**

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

Meeting ID: **831 4278 5328**

Passcode: **265886**

*There have been 5 Broadway revivals of *Fiddler on the Roof* and a recent successful off-Broadway production of it in Yiddish. Although the story is about a poor Jewish dairyman and his family, the theme is universal. Tevye, represents every parent with a point of view on intergenerational conflict otherwise known as the “generation gap.”

In *Fiddler on the Roof*, we meet three of Tevye’s five daughters – each one’s choice of husband moves their papa further away from his tradition and beliefs. Fiddler also addresses change of a way of life, a theme we can certainly relate to today.

In addition, we will discuss the history, the collaboration, the scenes and songs that comprise the 1964 production of *Fiddler on the Roof*. **This is a great program for men and women! Things to think about...**

- **Tevya is a father who has daughters that he loves is why he has to go with the times. And ultimately his daughter’s happiness is important to him.**
- **Tevya's loving and generous, hot tempered and short amalgamation makes him human.**
- **Men transfer their own fathers when they are connected to Tevye**
- **Fiddler is about a father’s ability to rebound in the face of catastrophe**

Topic: **CBD - Myths, Truths and Benefits***

Time: **Wednesday, September 9 @ 10:00AM**

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

Meeting ID: **740 7785 4818**

*Anna Schickel, owner of Your CBD Store in Needham, will give a talk on the history of hemp and the myths vs. facts of hemp-derived CBD, also known

as cannabidiol. Anna is a Speech-Language Pathologist who experienced a severe back following a car accident. Unhappy with the side effects of pharmaceuticals, Anna discovered CBD after visiting a friend's CBD store in her hometown of Ithaca, NY. CBD has allowed Anna to return to living an active lifestyle of running, hiking, biking and skiing, without addictive qualities or negative side effects of medication. Please join us to learn more about the history of hemp and CBD, a non-psychoactive and organic alternative.

Topic: **Sing Along with Margie at the Piano***

Time: **Wednesday, September 2 @ 1:00PM**

To join Zoom Meeting [Click here](#)

*Margie's back!! Join our fun and talented pianist, Margie as she hosts us in some singing and fun. She takes requests!!! It was so much fun last week. A good escape for some old favorite songs. Grab your favorite Vintage Voice-r and join us!

Topic: **Flash Fiction Reading with Zvi and His Crew**

Time: **Wednesday, September 16, 2020 @ 4:00PM**

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

Meeting ID: **845 7989 9701**

Passcode: **Flash**

*

Topic: **Poetry Reading with Somerville Bagel Bards**

Time: **Wednesday, October 14, 2020 @ 4:00PM**

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

Meeting ID: **868 8886 6324**

Passcode: **Poetry**

*Write up tbd

Topic: **Let's Laugh Today Zoom Laughter Club***

Time: **Wednesdays, 2020 @ 7:30 - 8:15PM**

To join meeting [Click here](#)

Password: **014657**

*Laughter is the best medicine so join this fun-loving crew to end the day with laughs and love! Anyone can do these easy, healthful breathing techniques along with simulated laughter that always seems to turn into real laughter! All ages and levels of physical ability are welcome. There are no fancy poses and no jokes or comedy is involved. There's plenty of free parking at all our venues. Since laughing is dehydrating, please bring your water bottle.

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: Virtual Hiring Fair with Seniors Helping Seniors

Time: Thursday, September 10 @ 11:00AM - 12:00PM

To Preregister for Zoom Meeting **To register and receive instructions for attending via Zoom meeting on your computer, please call Lisa at (617) 877-3163 by September 8th.**

*• Are you looking for meaningful, part-time flexible work to supplement your income?

• Is your heart open to helping socially isolated seniors?

• Do you feel ready to get out of the house and back into the community?

If you're retired/semi-retired and available at least 6 - 8 hours per week, *Seniors Helping Seniors of Greater Boston & Metrowest* may be the opportunity for you!

Our unique model of peers helping peers provides mature older adults who are still active a worthwhile way to enhance the quality of life for those who need it most.

(Please note: During the COVID-19 pandemic, Personal Protective Equipment (PPE) is provided to caregivers when placed.) **Seniors Helping Seniors has been voted one of the Top Places To Work by the Boston Globe in 2018 & 2019!**

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, total 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,

Time: **Thursday, September 3rd @ 1pm @ 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.

Topic: **Tips for Dementia Caregiving at Home***

Time: **Thursday, September 10 @ 1:30-2:45 PM**

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

*Managing daily care for a loved one with Alzheimer's Disease or other dementia-related illness can be isolating and stressful. With fewer outside supports available due to COVID-19, many caregivers are facing longer hours of hands-on care at home.

Learn tips, strategies, and activities to engage loved ones with dementia. Join other caregivers to discover ideas that can make a big difference in your day.

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.

Topic: **Focus on Fixed Income Seminar**

Time: **Thursday, September 3rd @ 4:30pm - 5:30pm**

To Join Meeting: Email Aicha @ akelley@needhamma.gov

*Financial Workshop for Women Investors Series fourth program “Focus on Fixed Income” is a 45-minute educational program geared to people who are interested in creating a reliable income stream. Focus on Fixed Income covers bond characteristics and features as well as key strategies to get the most out of your fixed-income investments.

Topic: **Stocks: The Nuts and Bolts**

Time: **Thursday, September 10th @ 4:30pm - 5:30pm**

To Join Meeting: Email Aicha @ akelley@needhamma.gov

**Financial Workshop for Women Investors Series third program focuses on when you are considering your long-term financial goals, how do stocks measure up? During our presentation, you'll learn the differences between common and preferred stock, the importance of dividends, ways to craft your stock strategy, and different ways to own stock.*

Topic: **Patriots and Pirates: NC Wyeth in Needham** A Gloria Greis Presentation

Time: **Thursday, September 10, 2020 @ 7:00 PM Eastern Time**

Join Zoom Meeting [Click here](#)

Meeting ID: **958 5569 2941**

Passcode: **952182**

Join Needham's most popular historian, Gloria Greis from The Needham Historical Society for a presentation about Artist NC Wyeth raised his children “to live like patriots and think like pirates.” He wanted them to be vigorous and self-reliant, and to think and act for themselves, but to be rooted in the values and history and traditions that made America a beacon. Much of Wyeth's art also reflected this attachment to an American idealism that grew out of his own family history.

Artist NC Wyeth was born in Needham and raised on South Street. His childhood was spent rowing on the Charles, riding his horse along its banks, and exploring the town's woods and farms. Needham landscapes and town scenes are among his earliest works. Wyeth left Needham as a young man, but despite this long absence, he maintained a nostalgic longing for Needham and his family. This nostalgia was an inseparable part of his art – a source of inspiration and identity. Needham images, especially his houses and his family, would be recurring themes in his work.

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: **Needham Creative Writing with Beth***

Time: **Friday, September 4 August 7 & 21 2020 @ 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. Beth shared some prompts but your own are great too.

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!* (UPDATED PASSWORD!)**

Time: **Fridays, 2020 @ 11:00 AM**

Join Zoom Meeting [Click here](#)

Meeting ID: **691 892 6899**

*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: **Virtual Memory Cafe***

Time: **Friday, September 11 @ 10:00AM - 12:00PM**

To Preregister for Zoom Meeting: **email @ bsoltzberg@jfcsboston.org or call 781-693-5628 by September 9th.** (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. This one will welcome Cornell Coley, M.Ed. for an exploration of African-roots rhythms, songs and culture from Brazil, the Caribbean and Latin America. Cornell is an award-winning percussionist, dancer, teacher and public performance artist. He uses various instruments from his collection and encourages our guests to participate from home. If you love music - join this!!

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

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

To Join Zoom Meeting [Click here](#)

Meeting ID: **853 0520 9804**

Password: **623397**

*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 September 4 is John Steinbeck's *The Chrysanthemums* <https://literaryfictions.com/fiction-1/the-chrysanthemums-by-john-steinbeck-2/>

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!

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

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

To Join Zoom Meeting [Click here](#)

Meeting ID: **853 0520 9804**

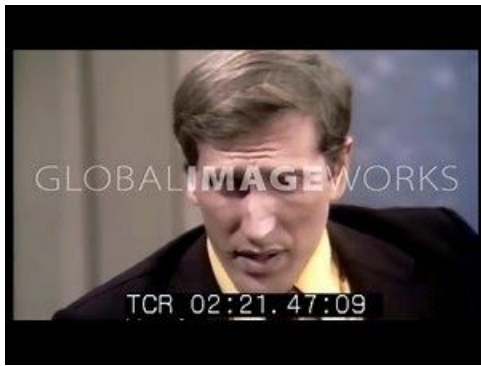
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You should always consult with your physician before engaging in any physical activity program. By participating in this online exercise class, you assume all dangers, hazards and risks of such participation. The exercises demonstrated by the instructors 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

Today is the anniversary of Bobby Fischer became the first American to win the Chess Championship.



Bobby Fischer in de Dick Cavett Show 1972

De beste schaker ooit op aarde, althans volgens zichzelf. Maar ook volgens vele andere grootmeesters. Te gast in een hilarische talkshow.

www.youtube.com

Chess.com says: *"There are many ways to measure the strongest chess nations. By sheer volume, Russia dominates, with 2,559 titled players, including a remarkable 243 grandmasters. In fact, Russia has more grandmasters than 143 countries combined, according to FIDE's list of 179 federations."* So let's head to Russia.



Moscow 4k, Russia - Walking tour - Red Square

www.youtube.com

Time to move. Our friend, Paul sent this video and if the video doesn't inspire you to boogie - the fact that the daughter and mother look like sisters should make you want to move. (remember those Ivory Soap Commercials.)



Uptown Funk Baby Line Dance - YouTube

Dance: "Uptown Funk Baby" line dance created by Keema and Nana J of K2C (Keema's Kickin' Crew). Song: "Uptown

Funk" by Mark Ronson featuring Bruno Mars. NO C...

www.youtube.com

Let's watch a little on Russia and voting this year.



Russian voters appear to approve constitutional changes that could extend Putin's reign

www.youtube.com

Let's watch some food! Russian food.



Ultimate Russian Food in Moscow!! STURGEON OF KINGS Epic Beef Stroganoff in Russia!

www.youtube.com

Our Comic Relief Clip of the Day is with Yakov Smirnoff and Johnny!



Yakov Smirnoff on Johnny Carson

www.youtube.com

Our MAFA Song of the Day is a big band jazz song.



Midnight In Moscow - Kenny Ball and his Jazzmen

Their song made it to number two on the Billboard

www.youtube.com

Our Center quote of the Day is ***"All I want to do, ever, is just play Chess" (Bobby Fischer)***

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

♥~Aicha