



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

9/9/2020

Hi everyone!

I hope you are all doing well! Today is my lucky day as my favorite number is 9!! I should play the lottery but today is your lucky day, too! **We have 2 new programs that we will start signing up for tomorrow morning, 9/10.**

FREE MEAT DELIVERY:

We will be delivering free boxes of pre cooked meat from Springwell to the first 50 people that sign up. The meat will be delivered on Monday, September 14. Each box will be 10 pounds and include 5 pounds of pork franks, 4 pounds of pork sausage, and 2 pounds of chicken sausage!

WONDERFUL WEDNESDAYS:

The first 50 people who register for this will receive a surprise treat bags of fun items to make you happy! The first one will be delivered on Wednesday, September 16. One week they will include games and entertainment, another week a spa bag and another week more surprises. You will need to register each week. These treat bags were sponsored by Briarwood, Needham Rotary, Temple Beth Shalom, Dedham Savings Bank, and the Exchange Club.

Again, registration for these start tmrw morning at 8:30AM by emailing me or calling the Center.

As always, the Center Staff, is here for you! Please email me or call the Center @ 781-855-3629 for Katie and we will help you. Now for some highlights.

NEWS/UPDATES

Today we learned that one of the participants in the clinical trial for a vaccine became ill. Let's learn more.



AstraZeneca's COVID-19 Vaccine Trial Is On Hold Because A Volunteer Became Ill : Coronavirus Live Updates : NPR

AstraZeneca's COVID-19 Vaccine Trial Is On Hold Because A Volunteer Became Ill : Coronavirus Live Updates AstraZeneca, which is working with the University of Oxford, hasn't said what the illness ...

www.npr.org



Pharma Companies Split on Coronavirus Vaccine Pricing Plans - WSJ

Pharma Companies Split on Coronavirus Vaccine Pricing Plans At Congressional hearing, some drug companies said they would sell their vaccines to prevent Covid-19 at cost while others indicated ...

www.wsj.com

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](#)

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: **2yC5Or**

*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

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!

NEW!!

Topic: **Hearing Aid 101**

Time: **Thursday, September 17, 2020 @ 1PM**

To join Zoom Meeting: **Stay tuned**

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.

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.

NEW!!!

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

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.

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: **Medicare 101***

Time: **Thursday September 24, 2020 @ 4:00 - 5:30 pm**

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

*Join us for a Medicare 101 educational meeting hosted by the MetroWest SHINE program on Zoom. This program is an overview of Medicare for people turning 65 or those just signing up for Medicare. We will be discussing Medicare enrollment as well as information about the parts of Medicare and coverage options. The meeting will include time for Q&A. Space is limited and registration is required.

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 18, 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: **COVID-19 and Your Estate Plan with Attorney Denise McCarthy***

Time: **Friday, September 18 @ 11:30AM**

To join Zoom PreRegister in for this meeting: [Click here](#)

(After registering, you will receive a confirmation email containing information about joining the meeting.)

*Denise will be able to discuss topics such as the healthcare proxy and power of attorney.

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.

Topic: **Now Hear This!***

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: **Coffee with the Cops***

Time: **Friday, September 25 @ 11:00AM**

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

Meeting ID: **896 3879 2229**

Passcode: **COPS**

*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***

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 11 will read: "The Open Boat" by Stephen Crane.

https://americanenglish.state.gov/files/ae/resource_files/the-open-boat.pdf

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: Historically Speaking: The Legacy Of John Lewis Through The Lens Of The National Museum Of African American History And Culture

Time: Friday, September 18, 2020 @ 7:00 pm to 8:30 pm

To preregister for this program [Click here](#)

*The late Representative John Lewis, Fifth Congressional District, Georgia, ardently supported the establishment of the Smithsonian National Museum of African American History and Culture. Join us for a discussion of the congressman's sustained support of the museum and its mission to affirm what it means to be an American. Michel Martin, host of NPR's Weekend Edition All Things Considered, will moderate a distinguished panel of Mr. Lewis' friends and colleagues about his storied life and accomplishments. Panelists include:

- The Honorable Cheryl Johnson, 36th Clerk of the U.S. House of Representatives, appointed by House Speaker Nancy Pelosi
- Secretary Lonnie G. Bunch, Smithsonian Institution
- Ms. Tammy Boyd, Chief Policy Officer & Senior Counsel, Black Women's Health Imperative(link is external) and former Legislative Director for Congressman John Lewis
- Ms. Linda Johnson Rice, NMAAHC Advisory Council Member, emerita and
- Mr. Taylor Branch, Pulitzer prize-winning author of "Parting the Waters: America in the King Years, 1954-63," and member of NMAAHC's Scholarly Advisory Committee

ENTERTAINING/INTERESTING

Our friend, Gerry sent me this inspiring and sweet video.



Chito (Texas Country Reporter)

See why one Del Rio resident is considered a local hero. "Chito" Martiarena Del Rio, TX
Contact: Russell Stidham Phone: 830-774-5033
Email: Russell@sentrysecurityservice.com Like Texas Country Reporter on Facebook:

<https://www.facebook.com/TexasCountryReporter>

Follow us on Twitter: <https://twitter.com/TCRbob>

TCR #1473, 11-21-2015

www.youtube.com

Since I feel like we just need some happy news - I remembered this and wanted to share.



Why one young man made it his mission to interview WWII veterans

Rishi Sharma has always been into superheroes – the real kind

www.cbsnews.com



Happy (Official Trailer)

From Academy Award nominated director Roko Belic, HAPPY takes us on a journey from the swamps of Louisiana to the slums of Kolkata in search of what really makes people happy. Combining real life stories from around the world and powerful interviews with leading scientists in happiness research, HAPPY explores the secrets behind our most valued ...

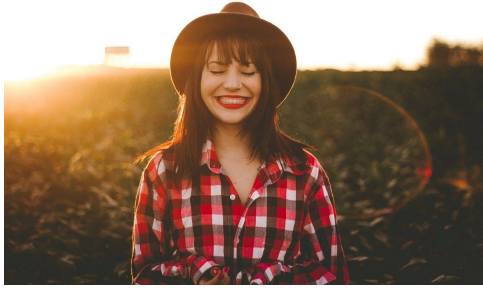
www.youtube.com



102 y/o Dancer Sees Herself on Film for the First Time - YouTube

UPDATE: Alice passed away peacefully on Wednesday, April 6th, 2016. She spent the last day of her life in good spirits, enjoying listening to music and havin...

www.youtube.com



How to Train (And Rewire) Your Brain For Happiness | by Thomas Oppong | Thrive Global | Medium

Our brains are wired to be negative, but the good news is that you can train your brain to hold on to happiness in a few minutes a day. As we understand better how the brain works, it gives us more...

medium.com

CNN reported that **Finland** was named the happiest country in the world for the third year in a row according to the United Nations' latest World Happiness Report. **Finland** is followed by Denmark, Switzerland, Iceland and Norway. So let's head to Finland.



Walking in HELSINKI / Finland - Downtown in Winter - 4K 60fps (UHD)

Winter in the Finnish capital. The charming city of Helsinki is cold and windy during the winter. This walk starts near the Esplanadi, heads toward the Market Square with a Christmas market. Then we go to the Uspenski Cathedral, Helsinki Cathedral, Amos Rex and even check out the Finlandia Hall and

Temppeleaukion Church. Not a vlog, no

...

www.youtube.com

So this article says that black beans are the number one food to make you happy. Hmmmmmm... I love black beans but I feel like chocolate chocolate chip Haagen Dazs makes me happier.



50 Foods That Make You Happy | Eat This Not That

While a greasy plate of fries or sugary snack may temporarily alleviate a bad mood, long-term happiness is rarely doled out at a drive-thru. Fortunately, there are plenty of foods with proven mood-boosting benefits that can help you get happier and healthier with every bite.

www.eatthis.com



Healthy Black Bean Soup | Jamie Oliver

Kick-start a healthy new year with
Jamieb

www.youtube.com

Our Comic Relief Clip of the Day is the funniest moments from Johnny Carson.
He made me happy!



Best of The Tonight Show with Johnny Carson

Best of The Tonight Show with Johnny
Carson

www.youtube.com

Our MAFA Song of the Day had to be from Pharrell.



Pharrell Williams - Happy (Official Music Video)

Get Pharrell's album G I R L on iTunes:

<http://smarturl.it/GIRLitunes> Get

Pharrell's album G I R L on Amazon:

<http://smarturl.it/GIRLamazonMP3>

Follow Pharrell:

<http://pharrellwilliams.com>

<http://facebook.com/pharrell>

<http://twitter.com/pharrell>

<http://instagram.com/pharrell>

#PharrellWilliams #Happy #Vevo #Pop

#OfficialMusicVideo

www.youtube.com

Our Center quote of the Day is ***“Happiness consists more in conveniences of pleasure that occur everyday than in great pieces of good fortune that happen but seldom.”***– Benjamin Franklin

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

~Aicha

♥~Aicha