



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

Hi Everyone!

How are you all doing? Chilly day! How crazy is it that the haze is from the wildfires?!

Today is a special day as it is my son, Ethan's birthday. I no longer have any teenagers as he turns 20 today! Happy Birthday, Ethan! Wish I could give him a hug but he's all the way in South Carolina.

Today was Freshness Delivered and boy oh boy did the produce look beautiful! Jess sent along pictures. Thanks for all you do, Jess! You are feeding the masses!

We heard from many of you! Our fabulous ballroom dance instructor and friend, Betty wrote, *"Great stuff about New Mexico. When my children were 17 and 14, we had a hot air balloon ride in Albuquerque, a wonderful experience. My brother lived there so we had a few great visits thru the years. I'm going to share the balloon video with them, and my nieces who grew up there."* Love that you are sharing our highlights and videos - spread the love! (And did you watch Dancing with the Stars, Betty?)

We heard from our wonderful volunteer and friend, Barbara. She wrote, "Thanks so much to Springwell and the wonderful Center at the Heights volunteers for the package of meat that was ordered and delivered to _____. She and I shared what was in the package as there was plenty to share. _____ does not have a computer to be able to correspond to you so I am thanking you, Springwell and the Center at the Heights staff from both of us." We love our partnerships, Barbara! Thanks for the kind words!

Our friend, Velma wrote, "*Thanks for the meat delivery. There certainly will be plenty of sausage and hot dog grilling going on. The best to you and your staff.*"

Glad you will be grilling, Velma!

Our friend, Elizabeth wrote, "*...my brother was the first store manager of McDonalds in Needham - he opened the store! He later went on to become a VP with McDonalds.*" Love to hear of your brother's success!

Again, 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

Since we did Freshness Delivered today, I thought it would be a great idea to check in with the USDA.

[COVID-19 Resources for Individuals and Families | USDA-FNS](#)

The .gov means it's official. Federal government websites always use a .gov or .mil domain. Before sharing sensitive information online, make sure you're on a .gov or .mil site by inspecting your browser's address (or "location") bar.

www.fns.usda.gov

Let's check in with our own. Many resources for food.

[Massachusetts Department of Agricultural Resources |](#)

[Mass.gov](#)

In response to the spread of COVID-19 and the measures being taken to address it, MDAR has compiled a list of resources to keep our agricultural community informed and aware of relevant policies and best practices: COVID-19 Resources for Agriculture. Earlier this summer, the department conducted a survey among farms to investigate the impacts of the COVID-19 pandemic on the agricultural community.

www.mass.gov

Senior Discounts:

We are so lucky to have Katie! She put this list together of places who take senior discounts. Thanks, Katie!!

- Applebee's: 10-15% off
- Ben & Jerry's: 10% off for seniors (60+)
- Boston Market: discount varies by location (65+)
- Burger King: 10% off (60+) plus additional discounts on coffee and soft drinks
- Carrabba's Italian Grill: 15% off entire meal for AARP Members
- Chart House: 10% off for AARP members
- Chick-Fil-A: 10% off or free small drink or coffee (55+)
- Chili's: 10% off (55+)
- Dairy Queen: 10% off for seniors
- Dunkin' Donuts: Free Donut with L or XL Beverage for AARP members or 10% off
- Einstein's Bagels: 10% off (60+)
- Friendly's Restaurants: 10% off meal w/ free coffee at breakfast or free small sunday during non-breakfast hours verified
- IHOP: 10% off (55+)
- McCormick & Schmick's: 10% off for AARP members
- McDonald's: daily coffee discounts (55+)
- Mrs. Fields: 10% off at participating locations (60+)
- Outback Steakhouse: 15% off for AARP members
- Wendy's: 10% off (55+)
- Dress Barn: 10%, discount day of the week varies by location (55+).

- Jo-Ann Fabrics: About every 3 month's, there's a [Senior Citizen Discount Day](#), where you can get 20% off their in-store purchases(60+)
- Kohls: 15% off on Wednesdays (55+)
- Michaels Craft Store: Varies by location
- Rite Aid: 20% off the first Wednesday of the month (with a Rite Aid shopping card (65+)
- UPS Store: 15% off for AARP members
- Walgreens: 20% off on "[Senior Day](#),"the first Tuesday of the month (55+ and AARP)

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!

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!

NEW!!!

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:

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: **Low Vision: Tips and Talks**

Time: **Wednesday, Sept. 16 at 1:00**

To join call **(844) 263-1619 Followed by 932 288 655#**

Our very own Low Vision Coordinator, Tom Gallant, has coordinated this presentation along with Massachusetts Association for the Blind and Visually Impaired. Needham's own Officer Harmon will provide insights into phone fraud scams and how to recognize fraudulence and avoid scams.

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: **FEMA on Financial Resilience Tools***

Time: **Wednesday, September 16, 2020 @ 1:00 pm**

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

*The Federal Emergency Management Agency (FEMA) works with partners to promote individual and community resilience. In collaboration with the Federal Deposit Insurance Corporation (FDIC) and the Consumer Financial Protection Bureau (CFPB), FEMA will host a National Preparedness Month webinar on Wednesday, September 16, at 1:00 to 1:30 p.m. ET. Hear experts from the FDIC and CFPB give real-world examples of how to be more financially prepared for emergencies or disasters and share tools that can help individuals and communities increase economic resilience.

FDIC will focus on the financial preparation and disaster recovery information in their Money Smart for Adults curriculum, where you can find practical knowledge, skills-building opportunities, and resources. CFPB will feature its Start Small, Save Up initiative, which offers tips on building savings, including guides on starting an emergency savings account, saving at tax time, and opening a bank account. A booklet that users can fill out to plan their savings goals is also available. In addition, check out these free resources that can help you financially prepare:

- [Emergency Financial First Aid Kit \(EFFAK\)](#)
- [Financial Emergency Fact Sheet](#)
- [Your Disaster Checklist](#)

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

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

To Preregister for Zoom Meeting: RSVP@maplewoods1.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 16TH: Caregiver Self-Care

SEPTEMBER 23RD: Alternative Options to Caregiving at Home

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

Time: **Wednesday, Sep 16, 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.

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**

*Join Zvi's crew to hear fabulous writing.

Michael C. Keith Bio

Michael C. Keith is the author of two dozen non-fiction books on media subjects, one of which was selected by President Clinton for his official summer reading list. He is also the author of an acclaimed memoir (published by Algonquin Books) and 15 short story collections, the latest being *Insomnia 11* from MadHat Press. Keith retired emeritus professor from Boston College in 2017. He has received numerous awards and nominations for his work as a scholar and writer.

Gregory Wolos Bio

More than ninety of Gregory Wolos's short stories have been published in journals like *Glimmer Train*, *Georgia Review*, *descant*, *Florida Review*, *The Pinch*, *Post Road*, *Nashville Review*, *Yemassee*, *Baltimore Review*, *Los Angeles Review*, *PANK*, and *Tahoma Literary*

Review. Gregory is a six time Pushcart Prize nominee, and his work has won awards sponsored by descant, Solstice, the Rubery Book Awards, Gulf Stream, New South, Emrys Journal, and Gambling the Aisle. He is the author of three fiction collections: Women of Consequence, Regal House Publishing, 2019; Dear Everyone, Duck Lake Books, 2020; The Thing About Men, forthcoming, Cervena Barva Press, 2021). For full lists of publications and commendations, visit www.gregorywolos.com.

Rob Dinsmoor Bio

Rob Dinsmoor has written dozens of scripts for Nickelodeon and MTV and published stories in many literary magazines, two of which were nominated for Pushcart Prizes. The author of several memoirs, his latest book is collection of short stories titled Toxic Cookout. He hails from Bloomington, Indiana and now lives on the North Shore of Massachusetts with his dog Jack, a fellow Hoosier. Visit his Website at www.robertdinsmoor

Phil Temples Bio

Phillip Temples resides in Watertown, Massachusetts. He's published four mystery-thriller novels, a novella, and a short story anthology in addition to over 150 short stories. Phil is a member of the Mystery Writers of America and the Bagel Bards. You can learn more about him at temples.com.

Zvi A. Sesling Bio

Zvi A. Sesling is the Poet Laureate of Brookline, MA. He has published numerous poems and flash fiction. He edits Muddy River Poetry Review, He is author of War Zones, The Lynching of Leo Frank, Fire Tongue and King of the Jungle and three chapbooks Simple Game, Baseball Poems, Love Poems From Hell and Across Stones of Bad Dreams. He has been nominated for the Pushcart Prize four times and his books have been nominated for national and local awards. His flash fiction book Secret Behind The Gate will be published by Cervena Barva Press in early 2021. He lives in Chestnut Hill, MA with his wife Susan J. Dechter.

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: **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: **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. The article for September 15 is How to Make this Moment the Turning Point for Real Change by Barack Obama.

<https://obama.medium.com/how-to-make-this-moment-the-turning-point-for-real-change-9fa209806067>

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: **Social Isolation Virtual Summit**

Time: **Thursday, September 24, 2020 @ 2:00-4:30 PM**

To preregister for event and see complete agenda: [Click here](#)

Join engAGED: The National Resource Center for Engaging Older Adults for an interactive discussion with leaders from the Aging Network who will discuss ways to reduce social isolation and increase engagement among older adults.

Hear about the latest research on social isolation and loneliness, as well as innovative social engagement best practices that respond to current challenges. National leaders and local experts will highlight innovations that address social isolation in diverse communities and how technology is helping to foster engagement during COVID-19. The Summit will also offer an opportunity for participants to provide input and share resources.

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.

ENTERTAINING/INTERESTING

Since I'm missing my kid on his 20th birthday, I thought we would travel to South Carolina where he gets to school. Have any of you been to Charleston? Love it there! Instead of walking let's take a horse and buggy ride through the city.



[Carriage ride through Charleston, SC.](#)

A 1-hour narrated carriage ride through the historic district of Charleston, SC.

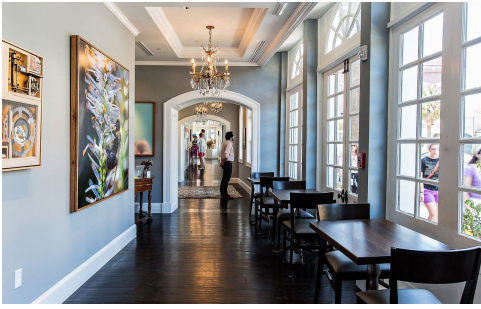
www.youtube.com

Let's have a look inside some of the beautiful historic homes in Charleston. Some are said to be haunted.

[Historic Charleston Foundation House Museums | Charleston, SC](#)

House Museum Tours Of The Nathaniel Russell House And The Aiken-Rhett House Describe The Places & People That Helped Shape Charleston. Take A Tour.

www.historiccharleston.org



[Charleston Art Galleries: The Vendue, Charleston Art Hotel](#)

Art Galleries at The Vendue. Visitors will discover the best of Charleston art galleries at the historic Vendue hotel.

www.thevendue.com



[Charleston: The Ultimate Local s Guide || Gatekeepers](#)

www.youtube.com

Let's meet Beverly from South Carolina. Love her southern drawl. Let's exercise with Beverly!!



[Beverly Exercise #108](#)

Beverly Exercise #108

www.youtube.com

Andy Dick is a comedian and actor who was born in Charleston! I think he is hilarious and he was on the show NewsRadio. Here are some bloopers for our Comic Relief Clip of the Day.

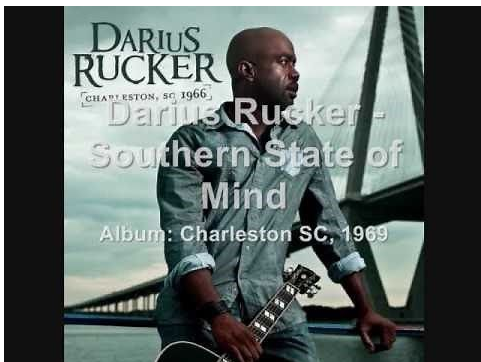


[News Radio Hilarious Bloopers And Outtakes! - YouTube](#)

Enjoy! If You Want To FLY AIRPLANES Now You Can!

<http://affordaplane.com>

www.youtube.com



[Southern State of Mind - Darius Rucker](#)

Artist: Darius Rucker Song: Southern State of Mind Album: Charleston SC,

www.youtube.com

Our Center quote of the Day is *“Come quickly, have found heaven.”* – Artist Alfred Hatty in a wire to his wife upon discovering Charleston

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

- Aicha

