



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

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## Hi Everyone!

How are you all? Did any of you see the moon last night? It was so beautiful. Too bad something so beautiful comes from something so horrible as the wild fires. **Please make sure to read the "NEWS" today as there are some important items.**

### Dine Around Needham September - TONIGHT

Wednesday, September 16th please plan to visit a participating local restaurant to sample their varied cuisines! From 6:00 - 9:00 p.m. many local restaurants will give residents a chance to discover new dishes or indulge in some of their favorites. August's Dine Around Needham was enjoyed by many patrons who, despite the inclement weather, managed to partake in this progressive dinner offering. Restaurant-goers are invited to choose appetizers, entrees and desserts or drinks from specialty curated menus from participating restaurants. Diners are encouraged to dine al fresco at the restaurants themselves or at any of the picnic tables placed around Town. All food items offered are available for takeout. Restaurants may also offer beer, wine and cocktails to go.

It was so great to hear from many of you. Our friend, Elizabeth wrote about senior discounts, **"Thanks for the discount list! Please add Frugal Fannie Fashion Warehouse - 10% Senior discount every Thursday."** Thanks for the update, Elizabeth!

Katie heard from our friend, Margie. She told us, **"Wants everyone to know how much she appreciates Freshness Delivered and it was so nice and everything looks great."**

***She knows we have someone new doing it so she wanted to let you know how great it is. Thank you!"*** Thanks, Margie!

And our friend, Maureen wrote, "***Thank you for the Freshness Delivered that we received today. The vegetables and fruits are delicious. We are very grateful for them.***" I received a lovely email from our friend, Teresa. She wrote, "***I wanted to let you know how much my husband and I appreciate everyone and everything the Center did for us. We really appreciate the box of meats from Springwell. I shared them with my brother and sister and they want me to say thank you for them. The fruits and vegetables we received are so fresh! I am going to try to make kale soup with the kale this week. I have never made it before but I will look for a recipe online and give it a try. It would be nice for this cool weather.***" Please let us know how the soup comes out, Teresa!

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.

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## **NEWS/UPDATES**

Michelle and Kathy, our SHINE Coordinators want me to share this information about Open Enrollment:

### **Medicare Open Enrollment Begins October 15**

Don't miss your chance to change Medicare plans for next year. It's extremely important to review your options EVERY year to make sure you have the plan that works best for you for next year. SHINE counselors are available for phone appointments during Medicare Open Enrollment, which runs October 15 – December 7. Please call 781-855-3629 to schedule your appointment today. Prior to your appointment, it is extremely important to set up a [MyMedicare.gov](https://www.mymedicare.gov) account, if you have not already done so. Please follow this short [video tutorial](#) if you need assistance.

We had a great **Coffee with John Fogarty, the President of Beth Israel Deaconess - Needham**. It was so informative and interesting. Some of the important items were reiterated by our friend, Alyssa who is the Director of Community Support. Here they are:

1. They would love to extend the invitation to their Annual Meeting of the Boards next Wednesday. September 23. Business Meeting from 5:30 - 6:15PM / The Race Toward a COVID-19 Vaccine (research and development) from 6:15 - 7:30PM. It is a virtual meeting, please RSVP to Tracy Murphy (tvmurphy@bidneedham.org). (I have added this in remote programming as well.)
2. People can donate to the Revival Fund (for more information [Click Here.](#)) John Fogarty explained that this fund helped in many ways during the pandemic. If anyone has questions about the Revival Fund, or giving in general, they can reach out to Kelly Wallace ([kwallace@bidneedham.org](mailto:kwallace@bidneedham.org))
3. Alyssa knows seeing a doctor or going to the hospital during COVID times can feel a little intimidating, however it's so important to keep up routine care so everyone can be as healthy as possible. The hospital has information on our Safe Care program here: <https://www.bidneedham.org/your-visit/safe-care> and some great videos on the topic here: <https://www.bilh.org/safecare>.

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## 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](#)

## TONIGHT! (WEDNESDAY)

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: **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: **Barre with Lisa\***

Time: **Thursdays, 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!

Topic: **Listening Library Hour with Perkins Library**

Time: **Thursdays, 2020 @ 2:30**

To PreRegister: **Contact Beth: 617-972-7241 or email Elizabeth :**

**Elizabeth.White@perkins.Org**

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.

## **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 / October 2 & 16 / November 6 & 20 / December 4 & 18  
@ 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.



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**

Passcode: **Hearing**

\*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: **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!

**NEW!!!**

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

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.

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# ENTERTAINING/INTERESTING

Our friend, Paul wants us all to look great while Zooming.

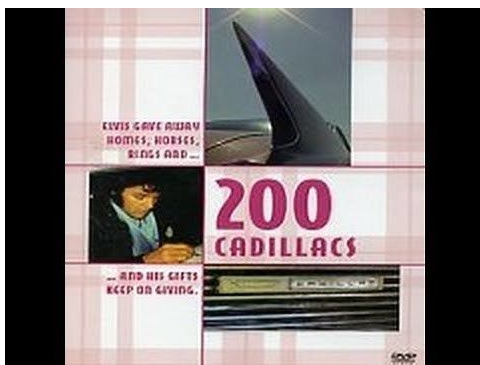


## [HOW TO LOOK BETTER ON ZOOM \[ How to Light & Angle Your Screen to Look Your Best\] - YouTube](#)

How to look good on zoom with your computer webcam. In this video I'll go over the best angles for your computer and the best lighting so that you can look g...

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

This day in history in the year 1908 the automobile company General Motors was incorporated after a merger of Buick and Oldsmobile. You know I love Elvis so let's look at some of his cars made by General Motors: Cadillacs!



## [200 CADILLACS \(Elvis Presley\)](#)

Documentary detailing Elvis extraordinary generosity. Featuring Linda Thompson and tons more people who knew Elvis; Jerry Schilling, Marion Cocke, Myrna Smith et al. included are 200 rare Elvis photos

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

So General Motors is based in Detroit. One of the nice things to do is visit the Henry Ford Museum. Let's go learn.



## [History & Mission - The Henry Ford](#)

Evolution of Our Collection Collecting policies, procedures, and goals shifted over the decades following Henry Ford's death, but stayed consistent with Henry Ford's founding vision.; America's Stories Come to Life By the beginning of the 21st century, our campus had grown into a unique multi-venue destination.; Educational Principles Despite operating challenges, the education of ...

[www.thehenryford.org](http://www.thehenryford.org)

Another great museum in Detroit is the Motown Museum. I love Motown Music so let's head to the museum.



## [Motown Music - The Sound th Changed America - Motown Museum Home of Hitsville U.S](#)

Motown, of course, stands for more than just the historic music. The label and its remarkable legacy is a reflection of the hard work of dedicated individuals overcoming incredible obstacles to achieve great success.

[www.motownmuseum.org](http://www.motownmuseum.org)

One of the best musical shows I ever saw was this.



## [Motown 25: Original Broadcast](#)

Motown 25: Original Broadcast  
Recorded to VCR in Baltimore, MD by  
Carol Hardin Hermes on Monday night  
May 16, 1983.

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

Another thing that Detroit is famous for is Asian Corned Beef! Let's watch a cooking show.



## [DETROIT-STYLE CORNED BEEF EGG ROLLS](#)

Detroit Digest, Deadline Tv's food show, visits an Asian Corned Beef shop on Detroit's east side to try the corned beef egg rolls, a Motor City original.

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

Here is a neat compilation of old homes in Detroit. Beauties!



## [Old photos of Detroit \(1890-1910\)](#)

Old photos of Detroit(Michigan). All the photos are in the public domain.

Library of Congress, Prints & Photographs Division, Detroit Publishing Company Collection. Music from YouTube Audio Library.

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

Time to move with some help from the Motor City!



## [Senior Gold Dance Fitness Aerobics is a low impact exercise working out to Motown, Doo Wop and more!](#)

Senior Gold Dance Fitness Aerobics is a low impact exercise for active adults, baby boomers, seniors and anyone else who loves to dance their way to health. The music this workout are from back in the day, motown, doo wop, rock and more. The dance exercise moves are fun, safe and effective to burn fat, calories and help manage your weight. The ...

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

Our Center How To is all about detailing your car. It's on my to-do list.



## [How to Detail the Interior of Your Car \(COMPLETE GUIDE\)](#)

Keeping the inside of your car clean makes drives a lot more enjoyable, especially when there isn't

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

Our Comic Relief Clip of the Day is from Eddie Murphy. It's from the show the PJs and about family and friends from Detroit.



## [The PJs S01E11 - U Go Kart](#)

More and Download:

<http://bc.vc/4EuFRPF>

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

Our MAFA Song of the Day is what Rolling Stone Readers Poll said was the Number 1 song from Motown: My Girl!



## [The Temptations - My Girl](#)

The Temptations - My Girl

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

Our Center quote of the Day is *"Detroit: Cars and rock 'n' roll. Not a bad combo."* ~*Kid Rock*

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

- **Aicha**