



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

Hi Everyone!

I hope you are all doing well and keeping busy and healthy!

A few items: REMINDER: Today is the last day to RSVP for the complimentary DRIVE THRU LOBSTER ROLL TREAT with WINGATE ONE & WINGATE RESIDENCES: **RSVP** and pre-order **TODAY** by calling: **781.455.9080** or cferullo@wingatehealthcare.com

****Attendees have choice of Lobster Roll, Mediterranean Chicken Wrap or Veggie Wrap****

Event Date: **Thursday, September 17**

Event Time: **11:30 a.m. - 1:00 p.m.**

Curbside Pickup at Wingate Residences

Needham 235 Gould Street, Needham, MA 02494

It was so nice to hear from so many of you. Our friend, Adrienne told a wonderful NYC story. She wrote, "***Had to relate this NYC story. Thursday, AM 1/26/11, Yoga class at Lady of Pompay, Bleeker St. Greenwich Village. My Yoga instructor introduced me to Rosario, age 93, barely 5 ft tall, slim, full makeup, manicure, and gregarious. Rosario takes two subway trains from Queens, to the Hula class. "When it's cold I snuggle up to the most handsome young man in the subway car". Go Rosario!***"

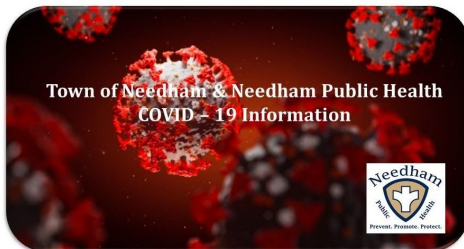
Our friend, William wrote, "Hi Aicha: I just received the meat! Thank you, Thank you, so much to everyone. God Bless." You are welcome!

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

It is Monday so let's check in with Needham Public Health.



[COVID - 19 | Needham, MA](#)

Find the latest COVID-19 information for the Town of Needham here:

Reopening Needham ; Coronavirus (COVID-19) Information ; Testing Sites by appointment ; Receive daily COVID-19 updates via text/email: **SIGN ME UP** For more updates visit:

www.needhamma.gov

And now the Mass Dashboard:

[Dashboard of Public Health Indicators](#)

9/13/2020 Cases to Date_conf 1/1 Massachusetts Department of Public Health COVID-19 Dashboard-Daily and Cumulative Confirmed Cases Data Source : COVID-19 Data provided by the Bureau of Infectious Disease and Laboratory Sciences ; Tables and Figures created by the Office of Population Health.

www.mass.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](#)

Tuesday

Topic: **Gentle Fitness***

Time: **Tuesdays, @ 9:30AM**

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

Meeting ID: **853 9928 6741**

Passcode: **797598**

*Lisa (our fabulous barre and pilates instructor) has now added Gentle Fitness! Gentle Fitness is a strength and conditioning class which focuses on moving safely from one exercise to the next. You will work on balance strengthening, stability and flexibility. You will need a mat and optional weights.

Topic: **Gentle Mat Yoga with Michelle***

Time: **Tuesdays, 2020 @ 10:00 AM**

To Join Zoom Meeting [Click here](#)

Meeting ID: **443 604 7877**

Passcode: **0DbGrY**

*Everyone loves Michelle's Gentle Seated Yoga so we thought we would add something special in the evening - Gentle Mat Yoga! As always, Michelle will make it as personal as possible so if you have a special area you want to work on - let her know.

Topic: **Current Events Discussion Group***

Time: **Tuesdays, @ 10:30AM**

To Join Zoom Meeting Email Gerry Koss (host) @ gerrykoss@gmail.com.

*Current Events meets every Tuesday from 10:30 to 11:30 on Zoom. A concise update of the past week's news is followed by a discussion. All are encouraged to bring up additional topics and all have the option of speaking and/or listening.

To ensure our meetings are secure, participants must have an initial Zoom invitation, which is good for all recurring meetings. To request a Zoom invitation be sent to you, please contact Gerry Koss (Host) at gerrykoss@gmail.com.

Topic: **Dance With Urbanity***

Time: **Tuesdays, 2020 @ 10:30–11:45 a.m. (No classes on 11/24/20, 12/22/20, 12/29/20)**

To join Zoom Program: email ask@urbanitydance.org for a digital zoom invitation.

*This free class is designed for people with Parkinson's Disease (but anyone can take) keeps individuals moving in a fun, welcoming, and safe environment. The instructors will guide you through exercises designed to enhance and maintain mobility, flexibility, balance, posture, coordination, and strength, which are all easily modifiable for various levels of mobility. The professionally-trained instructors use live music, storytelling, and movement styles from around the world. In this social, creative outlet, participants can discover or rediscover the joy of movement. Caregivers and loved ones are welcome to attend, although not required.

Urbanity's instructors are safety certified and have trained with David Leventhal of Mark Morris Dance Group, who codified the original Dance for PD curriculum in collaboration with Brooklyn Parkinson's Group.

All are welcome; no previous dance experience required!

Topic: **Train the Brain with Stephen***

Time: **Tuesdays, 2020 11:30 AM**

To Join Zoom Meeting [Click here](#)

Meeting ID: **816 9119 6399**

*This class will involve dynamic, bilateral movement and physical brain activities to improve stability, total body coordination, speed, spatial awareness, endurance and flexibility. Please have the following items ready and available to use during the class (ALL ITEMS SHOULD BE NON-BREAKABLE AND UNABLE TO HURT/INJURE/DAMAGE YOURSELF, YOUR PET OR THE FLOOR IF DROPPED):

1) 1 small Bean Bag, bag of frozen Peas or similar item.

- 2) 3 Paper Plates or Paper Bowls.
- 3) 1 Spoon (preferably a long one - maybe wooden) and (1) something that is roundish, and will fit easily in the spoon's scoop. EXAMPLES - a plastic Egg, a Walnut, a small bottle of Whiteout, etc.
- 4) 1 small Ball. EXAMPLES - a Baseball, or a Tennis Ball.
- 5) 1 small Pad of Paper and 1 Pen/Pencil - preferably a Pad of "Stickies" for the paper.
- 6) 1 small Personal Item. EXAMPLES - Old, empty Prescription Bottle, Aspirin/Tylenol Bottle, pair of Glasses, or ANY item you choose that is small and non-breakable.

Topic: **Sip Wine & Tour a Tuscan Vineyard***

Time: **September 22, 2020 from 12:00-12:45 pm EDT.**

Cost: **\$25**

To Preregister and Pay for the Tour: [Click here](#)

*Pack your bags because we're going on a virtual vacation!!

Go behind the scenes at Tuscan vineyard for a lesson in Italian wines.

Grab a glass and join Italian winemaker Pierluigi, or his family member, as he welcomes you to his family's vineyard in Tuscany for an expert lesson and wine tasting tips. In this Online Escape, you'll learn about the history of Tenuta Torciano, the vineyard where Pierluigi's family has been making wine for 300 years. Learn about the different types of wine produced in San Gimignano, one of the great wine regions of Tuscany, and get a behind-the-scenes look at the vineyard. You'll see what it takes to make a great bottle of wine, then get expert tips for tasting wines at home. Not sure how to tell if your Chianti is from Chianti? Wondering what the "swirl and sniff" is all about? Well, whether you're already an oenophile or aren't sure where to get started, this Online Escape will give you the knowledge you need to select, sip, and savor the best wines at home. The link below will allow participants to register and pay for the class. They will then receive emails reminding them of the class and giving them information of what they'll need prior to the class.

EF Go Ahead Tours new Online Escapes! As the world's largest private education company, EF draws on over 50 years of experience and a vibrant network of local Tour Directors, historians, and experts to create one-of-a-kind journeys for curious travelers. Online Escapes are live, interactive experiences so you can interact with your host, ask questions in real-time, and have the chance to get to know your host and meet others from your phone, tablet, or computer.

Topic: **Become a Spanish Art History Aficionado***

Time: **Tuesday, October 06, 2020 from 1:30pm - 2:30pm**

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

*Experience a Spanish art history lesson with a local expert in Madrid.

Art history lovers, this one's for you. The Prado and the Reina Sofia are two of the most impressive museums in Europe, and it's hard to find anyone more inspired by them than art expert and local guide Federico. Join him in his hometown of Madrid, where he'll share the highlights of both museums while giving you an overview of Spanish art history. You'll learn about the different periods and styles of Spanish art, from the Renaissance and Baroque to Surrealism and Expressionism. Expect to meet the masters along the way—you'll get to know famous Spanish painters like Velázquez, Goya, Miro, Dalí, and Picasso. He'll also reveal the inspiration and meaning behind some of their most compelling masterpieces, like Las Meninas. With Federico's signature flair for storytelling, you'll be whisked away to the art galleries of Madrid during this Online Escape.

Topic: **Folk, Country and Rock Music Appreciation!***

Time: **Tuesdays, 2020 @ 2:00 PM**

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

Meeting ID: **880 3250 3991**

Passcode: **MUSIC**

*JOin this weekly group to listen to old & new music. We will learn trivia, song meanings and interpretations, and more. Send Aicha any requests and she will research and play on the day of the class. Hopefully this will lead to reminiscing and discussion about the song or musicians.

Topic: **Mindfulness Series with Neil Motenko***

Time: **Tuesday, September 22 @ 1:30PM**

To Join Zoom Meeting [Click here](#)

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

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

Topic: **Lawrence of Arabia: His Impact on the Past & Present as Presented by Bill Begin**

Time: **Tuesday, September 15 @ 1PM**

To join Zoom Meeting: **Stay tuned**

*After his very well-received presentation on Gertrude Bell: Desert Queen, Bob is coming back with a related talk on Lawrence of Arabia. (He was supposed to do this on the day the Center closed.) A little over 100 years ago, the world was engulfed in the struggle of WWI. In the Middle East, the conflict between the Allies, England & France against the Ottoman Empire & the Germans. Both sides were trying to enlist the support of the Arabs. The Arabs would align themselves with England, in part due to the efforts of an Archeology student, T.E. Lawrence. He was completely taken by the lure of the Middle East. After many fascinating happenings and conflicts, he realized he could not serve the Crown and The Arabs at the same time. This is a tale of false diplomacy and broken promises. Decisions made in the interest of the Empire still haunt us today.

Topic: **Hospital 2 Home-Dementia Capable Care Transitions: Better Care, Better Outcomes***

Time: **Tuesday, September 15, 2020 @ 1:00-2:00 PM**

To Preregister for Zoom [Click here](#) (you will have to set up an account)

*People with cognitive impairment and their care partners experience daunting challenges receiving dementia capable healthcare and related community-based transition services during and after a hospital stay. As many as 25% of elderly hospital patients may have dementia, often without a recorded diagnosis. Best practices in hospital-to-home care transitions have been shown to reduce readmission rates, as well as mitigate the potential for poor outcomes. This presentation will introduce participants to Hospital2Home, a highly successful care transitions model for people living with dementia with a hospital readmission rate of less than 1%.

Presenter: Jeffrey Klein, President/CEO of Nevada Senior Services Inc.

Topic: **Financial Clinic with Galina***

Time: **Tuesdays, 2020 @ 2:00 PM & 2:30PM**

To Join Meeting : **Email me and I will connect you with an appointment**

*Some of you met with Galina during her Tuesday afternoon financial clinics last year where Galina answered your financial questions and gave you advice. A number of you also attended her financial presentations in the past.

Galina Pekurovskaya is a Financial Adviser with the Bulfinch Group in Needham.

Galina is resuming her Financial Clinic every Tuesday at 2 pm. In the spirit of Quarantine, she will conduct it on-line. Pre-registration is required. Feel free to sign up for a Tuesday afternoon 2 pm session with Galina"

Topic: **Arthritis Class with Stephen***

Time: **Tuesdays @ 3:00 PM**

Join Zoom Meeting [Click here](#)

Meeting ID: **816 8790 1740**

*This class is a mostly seated exercise class that does not encourage activities that might exacerbate arthritis symptoms and sore joints. It addresses range of motion, strength, flexibility, endurance balance and coordination.

Topic: **Women's Investment Club**

Time: **Tuesday's @ 6:00 - 7:00PM**

To Register for Zoom Meeting email Aicha @ akelley@needhamma.gov for Invite Join Chiquita Rice as she makes women Money- Smart! Each week a different topic:

- September 15th: Tax Free Investing
- September 22nd: Focus on Fixed Income

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

Topic: **Singing Songs of the 70s**

Time: **Monday, September September 14 & Tuesday, October 13 @ 7:00PM**

TO join Zoom Meeting [Click here](#)

Meeting ID: **884 9739 0104**

Passcode: **510470**

*Musician Pam Steinfeld recreates the age of the singer/songwriter. She brings the songs of James Taylor, Carole King, Carly Simon, and Joni Mitchell to life, on guitar, vocals, and piano. An award-winning singer/songwriter herself, Pam peppers the show with anecdotes about the artists, songwriters, and often lyrical meaning behind the songs. Come join the party!

“Pam was a tremendous find for our musical programming. She is extremely talented.”

Aicha Kelley

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: **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: **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>

ENTERTAINING/INTERESTING

Today marks the anniversary of the writing of the National Anthem by Francis Scott Key. It also marks the anniversary of Joe Kittinger, a former USAF fighter pilot during the Vietnam War, becoming the first person to pilot a gas balloon solo across the Atlantic Ocean in 1984.

Let's have a look at a hot air balloon fest in New Mexico.



[Colorful Time-Lapse of
Hot Air Balloons in New
Mexico | Short Film
Showcase](#)

www.youtube.com

Let's take a pedestrians view of Santa Fe, New Mexico.



[Views from City Walking Tour in Santa Fe\(NM\)](#)

www.youtube.com

I have always wanted to go here.



[Exploring White Sands, New Mexico](#)

www.youtube.com

Let's visit this very unique art experience.



[A Walk Around "Meow Wolf" Art Experience In Santa Fe, New Mexico](#)

www.youtube.com

It's fun to see where foods were invented.



[The Breakfast Burrito Was Invented in New Mexico — Cooking in America](#)

...

www.youtube.com

Let's learn more about the history of New Mexico.



[New Mexico - HISTORY](#)

Colonized by Spain, the land that is now New Mexico became U.S. territory as part of the Gadsden Purchase in 1853, though New Mexico did not become a U.S. state

www.history.com

Time to do some moving for your joints from New Mexico!



[Debra Atkinson on ABC
New Mexico | 5 Exercise
Fixes Your Joints Will
Love](#)

www.flippingfifty.com

www.debraatkinson.com/media Got joints with arthritis, or bone-on-bone due to cartilage loss? Learn how to do commonly painful exercises better or add substitutes that let you work your joints without pain. 1. squats 2. lunges 3. hip bridges 4. hamstring curls 5. side step with bands All modified with you in mind.

www.youtube.com

Barbary sheep are from New Mexico so our Comic Relief Clip of the Day is all things sheep!



[SHEEP & GOATS can be
SUPER FUNNY, SEE
FOR YOURSELF! -
Funny ANIMAL
compilation](#)

www.youtube.com

Our MAFA Song of the Day is going to be the National Anthem with a story behind it. Here is the story - the song to follow.



[The 1968 National Anthem Performance That Changed José Feliciano's Life | Only A Game - WBUR](#)

www.wbur.org



[1968 WS Gm5: Jose Feliciano performs national anthem](#)

[1www.youtube.com](http://www.youtube.com)

Our Center quote of the Day is *"What most people don't understand is that UFOs are on a cosmic tourist route. That's why they're always seen in Arizona, Scotland, and New Mexico. Another thing to consider is that all three of those destinations are good places to play golf. So there's possibly some connection between aliens and golf."* Alice Cooper

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