



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

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## Hi Everyone!

What a gorgeous day! For should I say it's a Wonderful Wednesday! I hope those of you who registered for the surprise bags enjoyed the goodies!

I want to remind everyone that the Flu Clinics are different this year than in years past. You MUST preregister for an appointment. You can not just show up. For all the information regarding the flu clinic: [Click here](#). Please spread the word to your friends - to everyone receives these highlights.

It was great hearing from many of you today. Our friend, Elin wrote, "Some people in town may have recently received mail-in postcards to request a mail-in ballot if they did not return a postcard before the primary. If they returned a post card requesting a mail-in ballot for both the primary and the Nov. 3 election (like I did), they would not have received another post card. Also, the red Information for Voters booklet has been sent out by the Secretary of the Commonwealth. It includes a Voter Registration Form in case anyone is not registered." Thanks for the information, Elin!

Our friend, Brenda wrote, "Just received my Wednesday delivery. Lots of scents which was great and some games. Very appreciated and thanks to Steve for his charming conversation Really like the new fruit/vegetable vendor (Katsaroybis?) because they provide different fruits and vegetables every week — the variety is great. Thanks for all the assistance from COA." Thanks, Brenda! Please remember to register each week for Freshness Delivered and Wonderful Wednesdays!

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

Our friend and local author, Tom wanted me to share this information:

Senior veterans in town can receive free food October 4 at the VFW Post in Needham on October 4 from 10AM to 1PM

The Needham Veterans of Foreign Wars Post 2498 is happy to announce that we are participating in the FOOD4VETS program sponsored by The Massachusetts Military Support Foundation. We will be distributing Vital Meal Kits (VMKs). These contain nonperishable and well-balanced meals. Each food package contains enough food and nutritional value for two people to have three meals a day for 14 days.

Our distribution process follows all COVID-19 health guidelines. Participants have limited interaction as they pick up their VMKs, which are easy to access. Veterans can PRE REGISTER by: [Clicking here](#)

Please arrive at Post 2498 between 10AM and 1PM on October 4. Bring proof of military service. We are at 20 Junction St, Needham.

Now that we have heard of our local VFW - let's check in with Veteran's Affairs.

### [Coronavirus FAQs: What Veterans Need To Know | Veterans Affairs](#)

Get answers to VA related Veteran questions about the coronavirus, your VA health appointments, health facility questions, and what Veterans and family members need to know.

[www.va.gov](http://www.va.gov)

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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](#)

### VIDEO PROGRAMMING:

Anyone who couldn't attend Gloria Gries' Program on Women's Suffrage - here is the video. [Click here](#)

### DAILY

Topic: **One - on - One Sessions with a Personal Trainer\***

Time: **Monday - Friday 7AM - 7PM**

To Schedule: Email me or call the Center Line at 781-855-3629

Cost: \$50 per hour (Checks will be made out to "Town of Needham" and mailed to Center at the Heights, 300 Hillside Ave., Needham, MA 02494.)

\* We are now offering Personal Training Sessions with Stephen and Lisa Cadigan - our trusted trainers! Stephen or Lisa will have an introductory session to work out what exercise program (work on back, core, strengthening, recovery of surgery or injury, over zoom, over phone, in - person while socially distancing) is best for your needs during COVID 19. This sort of one-on-one program typically costs hundreds of dollars. Signup now to get the best exercise plan for specifically you!

### SAVE THE DATE!

Topic: **Dana-Farber's Mammography Van - For Breast Cancer Awareness Month**

Time: **Tuesday, October 20th @ 8AM - 3:30PM**

**To schedule your mammogram: Stay tuned.**

\*This chart shows common screening recommendations for women who are at average risk for breast cancer:

	<b>American Cancer Society</b>	<b>United States Preventative Services Task Force</b>	<b>American College of Radiology/Society of Breast Imaging</b>
<b>Age to Start Screening</b>	Age 45, option to start at 40	Age 50, option to start at 40	Age 40
<b>Age to Stop Screening</b>	Life expectancy less than 10 years	Age 74	Life expectancy less than 5-7 years
<b>Frequency</b>	Annually ages 45-54; every 1-2 years at age 55 or older	Every 2 years	Annual

If you are due for your annual mammogram please join us at the Center Parking Lot. The Dana Farber Mammogram offers digital mammography (2D mammography). The van will come to the Center at the Heights Parking Lot and their friendly, professional staff will provide easy access to a vital screening. The entire process takes less than 20 minutes. And now with so many concerned about COVID 19 - this is a safe and easy way to get your mammogram. and Pre-registration is required, and most forms of insurance are accepted.

Dana-Farber's Mammography Van possesses a valid license and certificate of inspection issued by the Massachusetts Department of Public Health.

## **THURSDAY**

Topic: **Bereavement Circle with Nikki\***

Time: **Thursdays at 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: **Thursdays 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 at 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 at 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, at 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 24 is: Understanding White Privilege: 20 Everyday Examples <https://www.harpersbazaar.com/uk/culture/a32752175/white-privilege-everyday-examples/>

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 fir core and leg strengthening, posture awareness a d 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: **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: **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: **Short Story Discussion Group**

Time: **Friday, September 25 @ 12:00PM**

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

Meeting ID: **894 4350 9457**

Passcode: **623397**

\*Our Short Story Group is going great. 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 25 is: Madhuri Vijay "You Are My Dear Friend"

<https://www.newyorker.com/magazine/2020/08/17/you-are-my-dear-friend>

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!

## **COMING UP FUTURE PROGRAMMING!**

Topic: **Virtual Reiki with Valerie**

Time: **Tuesday, September 29 @ 11:00 / 11:40 / 1:00 / 1:40**

**To join Zoom Meeting: email Aicha to book your 20-minute appointment and she will send you the Zoom link.**

\*Reiki is a Japanese relaxation technique that can also promote healing. It is the energy of the universe—around us and within us. Reiki also has an ancient tradition of being offered virtually, from a distance which is ideal for these Covid 19 times. Valerie Gaines, Reiki Master Teacher in the Usui Reiki system, will be offering Reiki sessions via Zoom for our own community. Valerie practices Reiki at Wellesley Women's Wellness Center and has been a Certified Hospital Reiki Volunteer at Brigham and Women's Hospital for five years. First come - first served.

Topic: **Artist Appreciation: Paul Klee**

Time: **Thursday, October 1 @ 1:00PM**

To Join Zoom Meeting [Click here](#)

Meeting ID: **840 5941 6707**

Passcode: **KLEE**

\*Today we'll explore the life and career of Swiss/German artist Paul Klee with research librarian Michele Marram. Klee was a great admirer of children's art and used ink, oil, tempera and watercolor in his own works. Following the presentation we will have a chance to create our own Klee-inspired works. (but you don't have to participate in this part.)

MATERIALS: White or blue paper, cereal box, scissors, ruler, pencil, black marker, colored pencils or crayons.

Topic: **Women! Empowered Health, Empowered You. Self-Care is Not Selfish: Self-Care During Covid-19: Prioritizing Your Health in Challenging Times\***

Time: **Thursday, October 1, 2020 @ 7 pm**

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

\*This health event celebrates women's health and well-being. Join Amy Comander, MD, Director of Breast Oncology and Survivorship and Center at NWH and MGH Waltham & other expert panelists as they cover the importance of self care. Hosted by the Mass General Cancer Center at Newton-Wellesley Hospital.

Topic: **Virtual Memory Cafe\***

Time: **Friday, October 2 @ 10:00AM - 12:00PM**

**To Preregister for Zoom Meeting: email @ [bsoltzberg@jfcsboston.org](mailto:bsoltzberg@jfcsboston.org) at least 24 hours in advance or call 781-693-5628 by (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. Please join us as  
Dancer Art Sullivan trained with the Mark Morris Dance Company in New York and has taught dance to people of all ages, abilities, and styles. Come celebrate movement and music with us – dancing is great for the body. We will meet by Zoom/Conference Call.

Topic: **Intro to Fall Photography for Basic Cameras**

Time: **Friday, October 2, 2020 @ 2:30PM**

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

Meeting ID: **876 6179 5026**

Passcode: **FALL**

Love those fall colors? Want to take better images of fall subjects with your point and shoot camera, or cell phone, just in time for fall scenery? You've all seen many of Joy's photos in her nature/travelflash talks - now let's learn her tips! We will cover tips on composition, capturing fall colors and likely wildlife that might add to your images. We will also address some of the optional settings available on many point and shoot cameras or cell phones that can lead to better images.

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.

Topic: **Coronavirus Scams, Older Adults, & Financial Protection\***

Time: **Thursday, October 8, 2020 at 11:00AM**

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

\*Join experts from the Consumer Financial Protection Bureau (CFPB), the Federal Trade Commission (FTC), and the Administration for Community Living at Health and Human Services (HHS) for a free webinar regarding the uptick of scams during COVID. You can not learn to be safe. Stay updated and register for this program.

The FTC will begin the program with an overview of coronavirus-related scams targeting older adults. The CFPB will share resources to help older adults avoid financial distress due to the pandemic. HHS will conclude the webinar with a discussion of the role of the aging network, including Adult Protective Services, legal services attorneys and Long-term Care Ombudsman program experts. The panelists will share government resources for aging service providers and older consumers.

**Presenters:**

Hilary Dalin – HHS, Administration for Community Living

Lisa Weintraub Schifferle – CFPB, Office for Older Americans

Colleen Tressler – FTC, Division of Consumer and Business Education

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## ENTERTAINING/INTERESTING

This day in history, in the year 1944, FDR defended his dog against a Republican attack. Here is the full story.

### FDR defends his dog in a speech - HISTORY

After FDR's death, Fala lived with Eleanor and, when the dog died in 1952 at the ripe old age of 12, he was buried near the president at his family home in Hyde Park, New York.

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

We all know Siba the Standard Poodle won the Westminster Dog Show, but for a little fun, let's watch the agility contest.



### Best of the Agility competition from the 2020 Westminster Kennel Club Dog show | FOX SPORTS

Watch all the winning runs from the 8b

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

Jeff Koons, Puppy (1992) has been housed with the Guggenheim Museums. Koons's iconic flower puppy is a 43-foot-tall West Highland White Terrier with an internal irrigation system.



## The Guggenheim Museums and Foundation

Visit the Frank Lloyd Wright–designed  
Guggenheim Museum in NYC

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

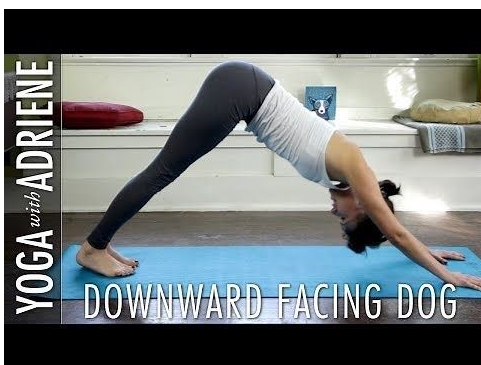
Let's have a look at dogs with jobs with bonds. I miss Luke!



## Guide Dogs: A Natural Bond

The emotional connection that humans  
share with dogs is tangible and given  
we've been cohabiting for many  
thousands of years, perhaps it's no  
wonder. [www.youtube.com](http://www.youtube.com)

Let's move a little. Time to practice the Downward Dog!



## Downward Dog - Downward Facing Dog Yoga Pose

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

My niece, Lilly and I want(ed) to open a hot dog shop called Downward Dog.



## One of NYC's Last Independent Hot Dog Vendors

Danny and Elizabeth Rossi, a father-daughter duo, run a hot dog cart outside New York City's Metropolitan Museum of Art. [www.youtube.com](http://www.youtube.com)

Our Comic Relief Clip of the Day is all things dogs!



## \*Try Not To Laugh Challenge\* Funny Dogs Compilation [MUST SEE] Funny Dog Videos Vines 2016

Try not to laugh while watching Funny Dog Videos Compilation 2016, ...

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

Our MAFA Song of the Day is from my honey! We haven't had Elvis for a while.



## Elvis Presley - Hound Dog (1956) HD 0815007

HQ-Video. Elvis Presley - Hound Dog  
(1956) Bereits 1953 ein Hit fuer Big  
Mama Thornton.

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

**Our Center quote of the Day is:** "If there are no dogs in heaven, then when I die I want to go where they went." ~Will Rogers

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

**- Aicha**