



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

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## Hi Everyone!

Does everyone have power? I love a good wind storm as long as everyone is safe and sound and no damage.

Today I am the proud mom of a 22 year - old! How did that happen?!?! I know many of you have met him at the Center. **Happy birthday, Nathaniel!** ♥♥♥

I want to let people know that they we have a woman who will take extreme safety precautions to come to your home and cut your hair. Maria came highly recommended by Linden and North Hill where she also cuts hair.

Topic: **Haircuts by Maria Zafferres**

**Cost: \$35**

**617-254-9824**

I also want to let people know about the Needham High School's Outdoor Photovoice Gallery tomorrow, October 1 at the Needham Town Common from 3 - 6:30PM. High School students from Needham, Dedham and Norwood took photos to show their perspective on the drug and alcohol culture. All are welcomed.

We also want to remind people to call **781-855-3629 for SHINE Open - Enrollment Virtual Appointments** and Katie will take care of you. The old Center number is not the number at this time.

As you can see, the Center Staff is here for you even over the weekend! Please email me or call the Center @ 781-855-3629 for Katie and we will help you.

Now for some updates!

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## NEWS/UPDATES

Charlie Baker is moving us up! We are headed to Phase 3 Step 2. Let's see what that means.

[Reopening Massachusetts | Mass.gov](#)

The Baker-Polito Administration's comprehensive plan to safely reopen the Massachusetts economy, get people back to work, and ease social restrictions while minimizing the health impacts of COVID-19.

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

Let's check in with Dr. Fauci and the NIH.

[Coronavirus \(COVID-19\) | National Institutes of Health \(NIH\)](#)

Resources and news releases from the National Institutes of Health regarding the coronavirus (COVID-19).

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

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## REMOTE PROGRAMMING

### **2 DIFFERENT SURVEYS!??**

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 Fitness Program Survey](#)

**A NEW ONE!!**

Anyone who participates in our **Remote Special Programs** such as Joy's Nature Programs, Talk the Walk, Current Events, Ron's History and Movie Discussions, Neil's Mindfulness, etc. (basically anything that isn't Fitness) please fill out this form/survey. This will help with funding as well as letting us know what other programs you want. Please remember to hit "SUBMIT." Thanks!

Here it is: [Center Special Program Survey](#)

## **NEW!!**

Topic: **Showa Boston Students Pen Pal Program\***

Time: **Weekly**

**To Become a Pen Pal: email Aicha akelley@needhamma.gov**

\*We are continuing our great partnership with the Showa Boston

School. (<https://showaboston.org>) Anyone who wants to

help out, please send Aicha an email and we will connect with a student from Japan. Each

week my contact will send out a weekly theme. The Japanese Students are happy to

share some things about Japan and we can share things about the US of A. For

example, sharing a picture of your hometown and write about it or tell

how you got your name. The student and senior can either write an email or send

a short video! This is a great way to learn about another culture and make a

friend. It is also extremely helpful to the students. Send me your email today


to join in the Pen Pal Program. (Also noted that it is very tech-safe.)

## **VIDEO PROGRAMMING:**

# **PRE-RECORDED VIDEO PROGRAMMING**

Getting a Good Night's Sleep: Rachael Falk, Psychologist, Hebrew SeniorLife

Rachael shares information about the prevalence and common causes of insomnia. She discusses how aging impacts sleep and the implications of sleep deprivation. She ends the talk with tips on how to develop good sleep hygiene and types of professional treatments that are available.

|   |  |
|---|--|
|  | <p><a href="#">Getting a Good Night's Sleep - Why it matters and what you can do to sleep well.</a><br/>and share it all with friends, family, and the world on YouTube.<br/><a href="https://youtu.be">youtu.be</a></p> |
|---|--|

## 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!

## 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: **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!

**CANCELLED THIS WEEK ONLY: 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 October 1 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: **ArtistAppreciation: 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: **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.

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 at 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.

**NEW!!!**

Topic: **The Homegrown Coffeehouse Concert Featuring Don White, with Kat Chapman and Special Guests**

Time: **Thursday, October 1@ 7:00 PM**

**To Join Zoom Concert: Log onto Zoom**

Meeting ID: **856 6623 8071**

Password: **793408**

The Homegrown Coffeehouse is excited to be reconnecting with everyone for the opening of our 38 th Season! We can't be in-person, and things won't be "normal" again for a while, but the music will be LIVE, and you can be part of it.



Award-winning songwriter, humorist, storyteller, author, and Homegrown Coffeehouse favorite for 25 years, Don White, will perform a full-length virtual Zoom/YouTube/Facebook concert Thursday, October 1 at 7 p.m. Kat Chapman, who many of you will remember as “Katrin”, will open the evening. The show will be FREE, with a virtual tip jar hosted by Venmo and PayPal. In addition to supporting the performing arts community, a portion of the money donated will be split between the Homegrown Coffeehouse and the Needham Community Council Food Pantry.

We have never done a virtual concert before, but these are very different times with COVID. Since the coronavirus shuttered live music venues in mid-March, Don has shifted all of his concerts over to the Zoom, YouTube, and Facebook platforms. Every week he has been partnering with a venue or an organization to raise funds to support their work. This Thursday, that’s us and the Needham Community Council.

If you haven’t seen a Zoom concert yet, this is the time. The show is interactive – Don can hear and see you, and you can see and hear each other. You can hear laughter and applause. AND, every show includes an after-party on Zoom, with surprise musical guests doing a song-swap. Kat will be there too, of course. We can’t tell you who they all will be this time, or it wouldn’t be a surprise! Just saying it will include some of our favorite people.

The concert on October 1 will be Don White's usual mix of song, story, and humor. He's been bringing audiences to laughter and tears for thirty years, released ten CDs, three live DVDs, and a book, *Memoirs of a C Student* .

The Zoom “Doors” open at 6:45, to give you time to get settled and see some familiar faces

## **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.

**NEW!!!**

Topic: **Where Do We Go From Here: Your Available Housing Options**

Time: **October 2, 2020 @ 10:00 AM**

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

Meeting ID: **848 1557 7567**

Passcode: **5GV1dV**

\*Are you considering a move? Was an assisted living or another senior living community on your horizon before the corona virus hit? How about now? Do you still want to relocate and have concerns? Are you aware of other ways to downsize and various housing options? Roberta Hershon, Seniors' Real Estate Specialist and Realtor with Louise Condon Realty in Needham will share her thoughts, resources and answer all your housing questions.

(Roberta Dehman Hershon, Realtor, SRES  
Louise Condon Realty, Inc.)

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: 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** (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: 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 @ 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 October 2 is: "Wild Plums" by Grace Stone Coates

[http://files.meetup.com/4787252/Coates,%20Wild%20Plumbs.pdf?fbclid=IwAR1QThIshJ3j4aqNtKM38iXZ6nFlx5CwnjhpViApKzYYIWRJo1ruN\\_H9AZs](http://files.meetup.com/4787252/Coates,%20Wild%20Plumbs.pdf?fbclid=IwAR1QThIshJ3j4aqNtKM38iXZ6nFlx5CwnjhpViApKzYYIWRJo1ruN_H9AZs)

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: **Intro to Fall Photography for Basic Cameras with Joy!!**

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

To join Zoom Meeting [Click here](#)

Meeting ID: **876 6179 5026**

Passcode: **FALL**

Joy is back! You've seen her nature pictures now learn her tips! 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? 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.

## **COMING UP FUTURE PROGRAMMING!**

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

Topic: **Life Transition Binder Presentation with Sandra Batra**

Time: **Friday, October 9th @ 1pm**

Join Zoom Meeting [Click here](#)

Meeting ID: **755 9730 3811**

Password: **life**

\*This program was so popular - Are all your important details organized in one place so your family can easily access it if you were incapacitated? Could your family step-in and help you manage your affairs if you needed assistance? Join Sandra Batra, as she explains how

she can work with you to create a customized binder that incorporates all your life details, including: personal data, property, financial, retirement and insurance details, medical, and service provider information. Take control and act now so your loved ones have the information they need in the event of an emergency. This will give you and your loved ones peace of mind and provide them with direction and guidance.

*\*\* 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

Aside from my son being born on this day, another happening on this day were George Washington writing to his nephew in 1776 how disappointed he was with his militia. History.com wrote, ***"In a letter to his nephew, Lund Washington, plantation manager of Mount Vernon, General George Washington writes on September 30, 1776, of his displeasure with the undisciplined conduct and poor battlefield performance of the American militia. Washington blamed the Patriot reliance on the militia as the chief root of his problems in the devastating loss of Long Island and Manhattan to the British."***

In his letter, Washington wrote, *"I am wearied to death all day with a variety of perplexing circumstances, disturbed at the conduct of the militia, whose behavior and want of discipline has done great injury to the other troops, who never had officers, except in a few instances, worth the bread they eat."* Washington added, *"In confidence I tell you that I never was in such an unhappy, divided state since I was born."*

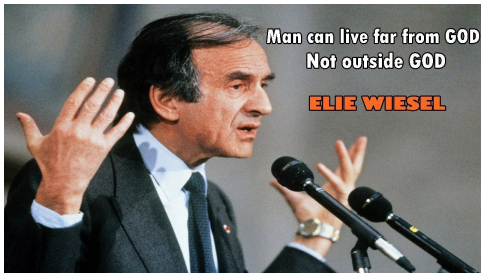
This day also marks the day the James Dean died in a car accident. One of my favorite movies is **Giant**. Here is the trailer.



[Giant \(1956\) Official Trailer - Elizabeth Taylor, Rock Hudson Movie HD](#)

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

In this day in history another great man was born. In 1928, Elie Wiesel, Holocaust survivor and best-selling author. Here is his Perils of Indifference Speech.

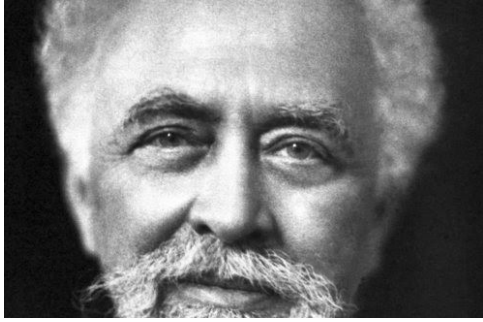


[Perils of Indifference by Elie Wiesel, The Nobel Prize winner talks about his Childhood Hardships](#)

Speech 37 of Greatest Speeches of all Time by "ELIE WIESEL" talks about his childhood hardships in his speech 'THE PERILS OF INDIFFERENCE' given on 12 April ...

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

Another Noble Prize Winner was born on this day (maybe Nathaniel will be on this list!). Jean Baptiste Perrin is and here is what he has accomplished.

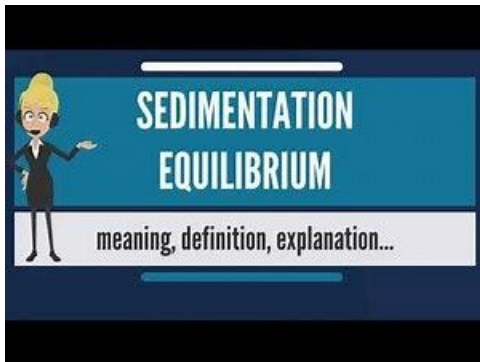


## [Jean Baptiste Perrin - Facts - NobelPrize.org](#)

The Nobel Prize in Physics 1926 was awarded to Jean Baptiste Perrin "for his work on the discontinuous structure of matter, and especially for his discovery of sedimentation equilibrium".

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

Never heard of Sedimentation Equilibrium before? Let's learn!



## [What is SEDIMENTATION EQUILIBRIUM? What does SEDIMENTATION EQUILIBRIUM mean?](#)

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

Truman Capote was also born on this day. What an interesting man and great writer. Here he is on Dick Cavet with Groucho Marx. There's an interesting dinner party!





## [Truman & Groucho talk about animals](#)

Add "&fmt=18" for the high-resolution version. From THE DICK CAVETT SHOW. May 25, 1971.

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

Our Comic Relief Clip of the Day is from Fran Drescher who is also born on this day. Here is the first episode of The Nanny!



## [The FIRST Episode Of The Nanny! FULL EPISODE | The Nanny - YouTube](#)

In the first ever episode of 'The Nanny' Fran meets The Sheffields! From Season 1 Episode 1 'The Nanny' - The pilot episode of The Nanny! Fran Fine has just ...

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

Our MAFA Song of the Day is from Marilyn McCoo who is also born on this day. Who remembers this song?



[Marilyn McCoo & Billy Davis Jr. - You don't have to be a star 1977](#)

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

Our Center quote of the Day is **“I was eleven, then I was sixteen. Though no honors came my way, those were the lovely years.” ~Truman Capote**

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

**- Aicha**