



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

Hi Everyone!

I hope you are all doing well. If anyone is looking for a way to keep busy, here is some information AARP asked me to share:

VOLUNTEERS NEEDED!
JOIN THE AARP FOUNDATION TAX-AIDE TEAM!

The AARP Foundation Tax-Aide Program is now recruiting volunteers for the 2020 income tax season. The Program provides the opportunity to acquire new skills, as well as be involved in the community.

Familiarity with the long-form 1040, Schedules A and B and confidence in using a computer is necessary. IRS-certified instructors provide free training. Training will be online and virtual for the 2021 tax season due to Covid requirements. You do not have to be a member of AARP to be part of the program.

To apply go online to [AARP.org/taxaide](https://www.aarp.org/taxaide) choose "Becoming a tax-aide Volunteer".

The AARP Foundation in conjunction with the IRS administers the AARP Foundation Tax-Aide Program. The AARP Foundation is a charitable, non-partisan organization, established in 1961.

Our wonderful, Katie who is taking our calls from all of you thought it would be a great idea to remind people about our Freshness Delivered. She wrote, "When someone says, "if someone else needs it, please give it to them. I don't want to take it from someone who needs it." I would say almost half of them say it...(So nice!...) I tell people all the time it is not need - based and it a program benefitting the farmers and keeping seniors out of the stores." Thanks for the reminder and great points, Katie!

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.

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

My mother-in-law, Pat wanted me to share this information with you all. Thanks, Trishie! (As we call her since she became a grandmother!)



[Next stimulus checks:](#)

[What to expect](#)

Many people are still wondering about the status of their first stimulus check -- or don't even know they qualify for one. Here's what you need to know if you think this applies to you.

www.cnet.com

I thought we should check in with the Fed.

[Agencies issue two final rules](#)

The federal bank regulatory agencies finalized two rules, which are either identical or substantially similar to interim final rules currently in effect and is

www.federalreserve.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](#)

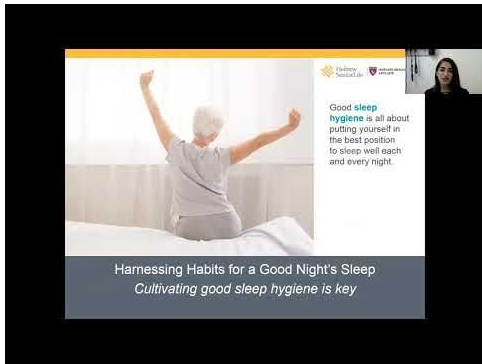
VIDEO PROGRAMMING:



HARVARD MEDICAL SCHOOL
AFFILIATE

Getting a Good Night's Sleep: Rachael Falk, Pshycologist, 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.



[Getting a Good Night's Sleep - Why it matters and what you can do to sleep well.](#)

and share it all with friends, family, and the world on YouTube.

[youtu.be](#)

DAILY Program:

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!

WEDNESDAY

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:

	American Cancer Society	United States Preventative Services Task Force	American College of Radiology/Society of Breast Imaging
Age to Start Screening	Age 45, option to start at 40	Age 50, option to start at 40	Age 40
Age to Stop Screening	Life expectancy less than 10 years	Age 74	Life expectancy less than 5-7 years
Frequency	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.

WEDNESDAY

NEW!

Topic: **Wake up and Drum with Joe!***

Time: **Wednesdays, October 7 @ 9AM**

To join Meeting: [Click here](#)

Meeting ID: **4050865832**

Password: **5TnSmM**

**Joe always brings laughter, stories and yes, music!! We will be waking up and having a virtual drum circle. Project Resiliency says of drumming together, "Drum Circles also provide an opportunity for participants to feel connected with others and gain a sense of interpersonal support. A drum circle provides an opportunity to connect with your own spirit at a deeper level. Group drumming alleviates self-centeredness, isolation and alienation." So roll out of bed, grab a pail, empty coffee container, a table top and join us drumming!

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 **Opinion History with Ron* (TIME CHANGE!)**

Time: **Wednesdays, 2020 @ 1:00 PM**

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 at 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 at 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 at 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: **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.

Topic: **Coffee with Sen. Raush**

Time: **Wednesday, September 30 @ 4:00PM**

To Preregister for Zoom Meeting: **RSVP [at this link](#)**

*Join State Senator Becca Rausch for a virtual coffee hour over Zoom! This year has been a difficult year for many, and Senator Rausch wants to hear the good, the bad, and the ugly of your 2020. Senator Rausch also welcomes all to share their questions and opinions on state issues with her and her Beacon Hill team. Senator Rausch, a resident of Needham, serves as the Senate Chair of the Joint Committee on Municipalities and Regional Government and the Senate Vice Chair of the Joint Committee on Elder Affairs.

THURSDAY

Topic: **Bereavement Circle with Nikki***

Time: **Thursdays, 2020 @ 9:00AM and 10:00 AM**

To join Zoom Meeting: **Email me & I will put you in touch with Nikki & her sweet crew.**

*Nikki, from West River Hospice is opening up her weekly Bereavement Circle to anyone who wants to join this compassionate, friendly and comforting group. If you have lost someone - now is not the time to be alone. Please consider joining this group. Even if you

don't want to chime in - listening to the fact that you are not alone in your thoughts, could help.

Topic: **Barre with Lisa***

Time: **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!

CANCELLED NEXT WEEK Topic: **Pilates with Lisa***

Time: **Thursdays 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 tomorrow this Thursday is: [October 1 is](#)

<https://www.tolerance.org/magazine/summer-2019/whats-my-complicity-talking-white-fragility-with-robin-diangelo>

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: 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: **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 @ 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: **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 **on October 2 is: Wild Plums” by Grace Stone Coates**

http://files.meetup.com/4787252/Coates.%20Wild%20Plumbs.pdf?fbclid=IwAR1QThIshJ3j4aqNtKM38iXZ6nFlx5CwnjhpViApKzYYIWRJo1ruN_H9AZs

MONDAY

NEW!!!

Topic: **Weight Management with Pearl**

Time: **Mondays, 2020 @ 12:00PM**

To join Zoom: [Click here](#)

Passcode is **8119**.

*Does COVID have you gaining a few pounds? Are you concerned about your weight? Do you reach for food when you're bored, tired, stressed or anxious, instead of when you're hungry? Do you skip breakfast but then wind up eating all evening long? Would you like to learn how to change these and other behaviors that keep you from being your ideal weight? If so, why not join an informative and supportive weight management program. This program will teach you how to make doable lifestyle changes that will enable you achieve your weight related goals. The group will meet once a week. Each meeting will have a specific topic of discussion, with such topics as emotional eating, eating in restaurants, portion control, etc.

The group is led by Pearl Pressman, a Certified Weight Management Consultant, who has lost over 100 pounds. As an independent consultant, not tied to a particular brand, she will provide support and assistance drawing from a variety of weight management

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.

ENTERTAINING/INTERESTING

Our friend, Nancy sent this very funny video! (There is profanity!)

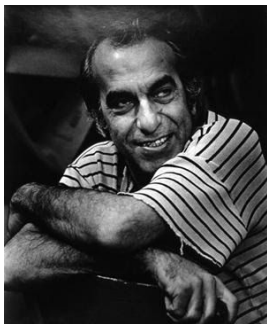


[Cousin Sal Pranks Aunt Chippy at Ceramics Class - YouTube](#)

Jimmy has pulled so many pranks on Aunt Chippy that at this point he's always worried that she'll catch on. So he sent his cousin Sal to mess with her whe...

www.youtube.com

My mother's brother or my Uncle Roland studied under and then was mentored by Peter Voulkos. Here is who he is.



[Peter Voulkos | Smithsonian American Art Museum](#)

In 1972, after nearly a decade working primarily as a sculptor in metals, Peter Voulkos returned to ceramics. In the mid-1950s, he had virtually reinvented the field by introducing into clay, issues and techniques previously restricted to contemporary painting and sculpture. In the early 1970s Voulkos concentrated on two basic ceramic forms: three-tiered, sculptural "stack pots," and ...

americanart.si.edu

And a bit more:



[Peter Voulkos, A Brief History](#)

Peter Voulkos (1924-2002) was a ceramist most known for his abstract expressionist sculptures. He received his BS from the Montana State College, Bozeman and received his MFA from the California College of Arts and Crafts (now the California College of the Arts). He taught at the Los Angeles County Art Institute (later renamed the Otis College ...

www.youtube.com

Here is a video you can watch, relax, meditate or just enjoy the artwork!



[4K UltraHD Urban Relaxation Video with City Sounds - Olympic Sculpture Park, Seattle](#)

4K Ultra HD city scenery can be really beautiful and relaxing. Take delight in the views from one of the most popular and visited parks in Seattle - from Olympic Sculpture Park. Enjoy our new 4K relax video from

<http://www.proartinc.net> and
<http://www.beautifulwashington.com>

Enjoy the opportunity to take delight in the breathtaking city views ...

www.youtube.com

Our Center How - To is about air dry clay!



[DIY | Air Dry Clay \(Easy Recipe!!\)](#)

Our first summer break project was a huge success...this homemade clay will be a homerun for kids of all ages! Don't forget to subscribe for new vids every M-W-F <http://bit.ly/sub2moms>
SUPPLIES • ½ cup of cornstarch
<http://amzn.to/2ejk7q6> • 4 oz white glue
<http://amzn.to/2dZL81Y> • 1 TBS lemon juice • 2 TBS oil STEPS 1. Add ½ cup of ...

www.youtube.com

Our Comic Relief Clip of the Day is a parody on the sculpture scene from **Ghost**.



[Community - Jeff Winger ghost scene](#)

Community 01x19

www.youtube.com

Our MAFA Song of the Day is from real movie! Unchained Melody!



[Ghost – Pottery Scene – Unchained Melody](#)

Ghost – Pottery Scene – Unchained Melody

www.youtube.com

Here is the song in its entirety.



[Righteous Brothers - Unchained Melody \(subtitle in english/subtitulado espaC1ol\) \(Live 1965\)](#)

Un saludo para Goury ... ! Unchained Melody (Melodia desencadenada)
Lyrics Oh, my love my darling I've hungered for your touch a long lonely time and time goes by so slowly and time can do so much are you still mine?
I need your love I need your love
Godspeed your love to me Lonely rivers flow to the sea, to the sea to the open arms of the sea ...

www.youtube.com

Our Center quote of the Day is “Every block of stone has a statue inside it and it is the task of the sculptor to discover it.

Michelangelo

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

- Aicha