



**Warm Wishes for a Happy New Year**  
**from your friends at the Canton Council on Aging!**

During these uncertain times, things are changing rapidly and we are doing our best to give you the most up to date information.

Starting Monday, December 21<sup>st</sup>, due to the increasing number of positive cases of COVID-19 in the Commonwealth and in the Town of Canton, our Senior Center will be moving to a “by-appointment only” service model until such time as we can re-open safely.

As a result, our Senior Center will be closed to all Live Fitness programs beginning Monday December 21<sup>st</sup>.

Visits to the Senior Center will be limited to appointments only, in accordance with Township guidelines.

Please call us at 781-828-1323 to make all appointments

We had not anticipated closing down our Senior Center for Live Programs so suddenly and have now transitioned all events to a “virtual” medium.

From January, we will have all Fitness classes virtually and are working with the Instructors to use Zoom for their respective classes.

We are here to help you set up Zoom or assist you in any way to enable you to have an enjoyable virtual experience.

We will also start to offer Technology Assistance on Friday afternoons in January. Please call us at 781-828-1323 to make an appointment.

You can enjoy several programs by simply Dialing in, using your telephone! Please call us if you need assistance with technology to participate in any of these programs.

**\*\* NEW \*\***

**The Canton Council on Aging is pleased to offer an exciting new program in conjunction with the Canton Parks and Recreation Department:**

## **Canton Corresponds**

**Registration is now open for a community-wide pen pal program.**

**The program “Canton Corresponds” will connect older adults (or anyone feeling alone) with youth participants.**

**We are looking for student volunteers in grades K-12 and anyone who is feeling isolated during these trying times and would benefit from corresponding through letters with other Canton residents. This experience will be fun for all involved and be a great way to feel connected!**

**You can register by calling the Council on Aging at 781-828-1323  
or at**

**[https://www.cantonrec.com/info/activities/program\\_details.aspx?ProgramID=29315](https://www.cantonrec.com/info/activities/program_details.aspx?ProgramID=29315)**

We have transitioned to all Virtual Programs at the Canton Senior Center- here is the line-up for all the programs you can participate in, from the comfort of your homes.  
Please call us at 781-828-1323 if you require assistance

### Virtual Programs at a Glance

<u>Day</u>	<u>Time</u>	<u>Event</u>
<b>Monday</b>	9:00 AM	Sports Class with Sherry
<b>Tuesday</b>	9:00 AM	Yoga with Sherry
	10:00 AM	Coffee & Chat
	11:00 AM	Line Dancing with Rich
<b>Wednesday</b>	10:00 AM	Zumba with Eddie
	1:00 PM	T'ai Chi with Vince
<b>Thursday</b>	9:00 AM	Sit Fit with Sherry
	2:00 PM	Conversations That Count
	5:00 PM	Virtual Happy Hour
<b>Friday</b>	10:00 AM	Zumba with Eddie
	12:30 PM	Friday Specials!
	2:00-4:00 PM	Tech Help

### We have some wonderful guests from our community for our Tuesday morning Coffee Chats in January!

- 1/5: Canton Veteran's Agent Arafat Knight
- 1/12: Barbara Reardon from Canton Board of Health
- 1/19: What are you watching with COA staff
- 1/26: David Fleischman from APR Physical Therapy on Back Pain

### Special Presentation: Tuesday, January 12<sup>th</sup> at 5:30 PM

#### Seven Steps to Managing Your Memory: What's Normal, What's Not and What to Do About It.

Dr. Andrew Budson is back to explain how individuals can distinguish changes in memory due to Alzheimer's versus normal aging, what medications, vitamins, diets, and exercise regimes can help and the best habits, strategies and memory aids to use, in seven simple steps.

Dr. Budson is Chief of Cognitive & Behavioral Neurology at the Veterans Affairs Boston Healthcare System, Director of Education at the Boston University Alzheimer's Disease Center, and Professor of Neurology at Boston University. Call 781-828-1323 to register for this wonderful presentation!

**Join Zoom meeting:** <https://us02web.zoom.us/j/82335067862>

**OR Dial in:** 1 929 205 6099 US At Prompt, enter Meeting ID: 823 3506 7862

## Please have a look at our exciting array of Friday Specials for the month of January!

**1/8: Southern Italian Cooking with Michael Scutari!** Join Teacher Naturalist, Michael Acciavatti Scutari, for a hands-on, virtual cooking program where we will use mostly local ingredients to make a Southern Italian dish, Caponata, with a twist. Inspired by his grandmother's cooking, whose family came from a small hill town outside of Napoli, Michael will demonstrate the art of "la cucina povera" (the poor man/woman's kitchen), where less is more, where flavors astound, and where cultures have collided for millenia! Cook along or watch the program and do your cooking later! Call 781-828-1323 to register and get the recipe and list of ingredients.

**1/15: Creating Your Psychological First Aid Kit for Surviving the Coronavirus. Join Henry Quinlan** for this interesting and informative presentation: In the coming months there will be more stay at home time because of the winter and surging coronavirus. It is more important than ever to be prepared. Psychological first aid is designed to mitigate the effects of stress and anxiety that can be brought on by a lockdown brought on by the coronavirus. It outlines the steps need to cope with the stresses brought on by the coronavirus.

**1/22: Sheryl Faye presents: Susan B. Anthony: Failure is Impossible. Join the talented Sheryl Faye and learn more about this remarkable woman!**

Susan B. Anthony was a women's rights activist who devoted her life to racial, gender and educational equality. She played a prominent role in the women's suffrage movement, the 19th amendment which gave women the right to vote in 1920. Join the talented Sheryl Faye and learn more about this remarkable woman!

**1/29: Covid 19 Vaccine, Is this the Cure?** Join **Eddie Martucci**, Pharmacist from the Big Y, who will talk about the pandemic and numbers to date, discuss the three companies involved in the vaccine process through "Operation Warp Speed", and the differences, availability, efficacy and safety of each vaccine.

## For the following programs, please call us at 781-828-1323 to make an appointment

- ❖ SHINE Counselor – Mondays 9:00-11:00 AM
- ❖ Grab and Go Lunch pick up- Wednesdays 11:30-12:30 AM
- ❖ Podiatry Clinic- Thursday 11:00 AM, every other month (next Clinic is on February 11<sup>th</sup>)
- ❖ Legal Clinic-Friday at 1:00 PM, every other month (next Clinic is on January 8<sup>th</sup>)

# Virtual Fitness Classes at the Canton COA via Zoom

## Mondays

### ❖ Sherry's Sports Class

Starting **January 4, 2021** at **9:00 AM**

Join Zoom Meeting <https://us02web.zoom.us/j/83294889105>

Meeting ID: 832 9488 9105     **Dial In 1 929 205 6099** At prompt enter meeting ID **832 9488 9105#**

## Tuesdays

### ❖ Sherry's Yoga class

Starting **January 5, 2021** at **9:00 AM**

Join Zoom Meeting <https://us02web.zoom.us/j/85650207197>

Meeting ID: 856 5020 7197     **Dial In 1 929 205 6099** At prompt enter meeting ID **856 5020 7197#**

### ❖ Line Dancing with Rich

Starting **January 5, 2021** at **11:00 AM**

Join Zoom Meeting <https://us02web.zoom.us/j/81447122619>

Meeting ID: 814 4712 2619     **Dial In 1 929 205 6099** At prompt enter meeting ID **814 4712 2619#**

## Wednesdays

### ❖ Zumba with Eddie

**In January on Wednesdays at 10:00 AM**

Click on the link below, then on the right side of the page, under "Upcoming Virtual Classes" click on "Gold with Eddie" for that day's class.

<https://www.zumba.com/en-US/profile/eddie-gonzalez/1499929>

### ❖ T'ai Chi with Vince

Starting **January 6, 2021** at **1:00 PM**

Join Zoom Meeting <https://us02web.zoom.us/j/87068423506>

Meeting ID: 870 6842 3506     **Dial In 1 929 205 6099** At prompt enter meeting ID **870 6842 3506#**

## Thursdays

### ❖ Sherry's Sit Fit class

Starting **January 7, 2021** at **9:00 AM**

Join Zoom Meeting <https://us02web.zoom.us/j/82478399882>

Meeting ID: 824 7839 9882    **Dial In 1 929 205 6099** At prompt enter meeting ID **824 7839 9882#**

## Fridays

### ❖ Zumba with Eddie

**In January on Fridays at 10:00 AM**

Click on the link below, then on the right side of the page, under "Upcoming Virtual Classes" click on "Gold with Eddie" for that day's class.

<https://www.zumba.com/en-US/profile/eddie-gonzalez/1499929>

## Other Programs Via Zoom

### 1. Coffee & Chat

**Tuesdays at 10:00 AM**

Zoom meeting <https://zoom.us/j/365693758>

Dial in +1 929 205 6099 At prompt, enter Meeting ID 365693758#

### 2. Conversations That Count

**Thursdays at 2:00 PM**

1:00 PM- Conversations That Count! With Professor Angelina Avedano

Zoom meeting <https://us02web.zoom.us/j/86257030822>

Dial in +1 929 205 6099 At prompt enter Meeting ID: 86257030822#

### 3. Happy Hour

**Thursdays at 5:00 PM**

Zoom Meeting <https://us02web.zoom.us/j/84352718811>

Dial in +1 929 205 6099 At prompt enter Meeting ID:84352718811#

### 4. Friday Specials

**Fridays at 12:30 PM**

Join Zoom meeting <https://us02web.zoom.us/j/85999623025>

Dial in +1 929 205 6099 At prompt enter Meeting ID 85999623025#

### 5. Tech Help with Dawnmarie and Shaun

**Fridays 2:00-4:00 PM**

Call us for an appointment at 781-828-1323

## Monthly Specials

1. Low Vision Support Group Call

**Fourth Wednesday of every month (usually)**

Dial in +1 929 205 6099 At prompt Enter Meeting ID 896 557 858 58#

Or Join Zoom Meeting

<https://us02web.zoom.us/j/89655785858>

2. Book Club

**First Tuesday of every month at 10:30 AM**

Call us at 781-828-1323 for Zoom information

3. Caregivers Support Group Call

**Second Tuesday of every month at 1:00 PM**

Caregivers Support Group Meeting via Telephone Call.

Dial in: +1 929 205 6099 At prompt, enter Meeting ID: 853 4588 4031#

OR Join Zoom Meeting: <https://us02web.zoom.us/j/85345884031>

4. Memory Café

**Fourth Thursday of every month at 1:30 PM**

Join Zoom Meeting <https://us02web.zoom.us/j/82662169927>

Call in, using your telephone: 1 929 205 6099 US At prompt Enter Meeting ID: 826 6216 9927#

## Online Resources

Here are some websites with interesting programs for you to access during these times!

Please call us at 781-828-1323 if you require assistance with any of these.

### \*NEW\*

- ❖ <https://www.metopera.org/season/on-demand/>
- ❖ <https://nyphil.org/watch-listen>
- ❖ <https://www.npr.org/2020/03/17/816504058/a-list-of-live-virtual-concerts-to-watch-during-the-coronavirus-shutdown>
- ❖ <https://www.newportmansions.org/about-us/videos>
- ❖ <https://www.kennedy-center.org/digitalstage/>
- ❖ <https://www.youtube.com/user/LibraryOfCongress>

### Museums and More!

#### MUSEUM TOURS

- <https://artsandculture.google.com/partner/museum-of-fine-arts-boston?hl=en>: This interactive tour of the Museum of Fine Arts in Boston is definitely worth a look. It guides you through the museum without ever needing to leave your couch.
- <https://britishmuseum.withgoogle.com> : Explore ancient history from Africa, Asia, the Americas, Europe and Oceania in this totally interactive virtual tour in the British Museum
- <https://artsandculture.google.com/partner/georgia-o-keeffe-museum?hl=en>: Take a virtual tour of Georgia O’Keeffe’s greatest works, from modernism to watercolors and see why she is affectionately dubbed the “Mother of American Modernism,”
- <https://artsandculture.google.com/partner/the-metropolitan-museum-of-art?hl=en>: Tour iconic paintings and exhibits at The Met in New York
- <https://artsandculture.google.com/partner/national-gallery-of-art-washington-dc?hl=en>: Virtual tour of the National Gallery of Art in Washington DC



- <https://www.louvre.fr/en/visites-en-ligne#tabs>: Virtual tour of four exhibits in The Louvre, Paris!

### **Here are a few more Virtual Tours:**

- <https://www.nationalmuseum.af.mil/Visit/Virtual-Tour/>: a virtual tour of the National Museum of the United States Air Force
- <https://www.womenshistory.org/womens-history/online-exhibits>: A virtual tour of the National Women's History Museum

### **WILDLIFE**

- <https://naturalhistory.si.edu/visit/virtual-tour> : Take a narrated or self-guided tour of the Smithsonian Museum of Natural History in Washington DC
- <https://www.visitorlando.com/en/things-to-do/virtual-tours/seaworld-orlando>: Take a tour to Sea World, Orlando!
- <https://kids.sandiegozoo.org/videos>: If you're in the mood for a trip to the Zoo, visit the San Diego Zoo here with its Live Cams!
- <https://aqua.org/media/virtualtours/baltimore/index.html>: Life in the water- a virtual tour of the National Aquarium in Baltimore

### **NATURE**

- <https://travel.earth/breathtaking-virtual-tours-of-natural-sites/>: Breathtaking views of natural wonders from Google Earth

### **MISCELLANEOUS**

- [Viking.tv](#) : Explore the world from the comfort of your home!
- [edX.org](#) : Find free, online classes in poetry, art, history and many more subjects, offered by Harvard, MIT and several other institutions. Join the class and learn or simply enjoy the class!
- For all **baseball** fans! Dick Flavin's weekly blog called *Musings* is a great read. You can find this week's posting and archives of previous postings on his website: [www.dickflavin.com](http://www.dickflavin.com). For those who wish to subscribe, you can do so at the bottom of the introduction page.
- **Red Sox**: For those who want to watch Red Sox videos, YouTube has hours of content- from interviews to game clips and unique insights. Check them out at Red Sox Productions YouTube page: [www.youtube.com/redsox](http://www.youtube.com/redsox)
- **NESN**: Check your local listings and [NESN.com](http://NESN.com) for replays of classic baseball games.