



FRIENDS OF THE CENTER
AT THE HEIGHTS, INC.

Senior Compass

MASSACHUSETTS' FIRST ACCREDITED SENIOR CENTER.
NATIONALLY ACCREDITED SINCE OCTOBER 1999

The Center at The Heights • 300 Hillside Avenue • Needham Heights, MA 02494-1316 • Phone 781-455-7555 • Fax 781-444-1373 • www.needhamma.gov
Newsletter printed & mailed by Friends of The Center at The Heights, Inc.

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SEPTEMBER IS NATIONAL SENIOR CENTER MONTH!

Let's Celebrate!



BRING ON BROADWAY!

Monday, September 22 • 2:00 p.m.

The Center at The Heights



Big Smile Entertainment will present Broadway's best from yesterday to today. Professional vocalists with experience on the Great White Way will sing some of the most beloved songs from the stage, including selections from Fiddler on the Roof, Oklahoma!, Chicago, Cats, Sound of Music, Les Miserables, Jersey Boys, West Side Story, The King and I, South Pacific and more!

Light refreshments will be served.

Sign up by calling 781-455-7555 or stop by the Front Desk.

Thanks to Emeritus at Wilson Mountain for their sponsorship of this event!

ROOF DECK CONCERT! MUSIC BY "SECOND TIME AROUND"

Friday, September 12 • 2:30 – 4:00 p.m.

The summer may be fading, but the roof deck should be beautiful on a fall afternoon! The duo "Second Time Around" plays and sings '40s, '50s, '60s, and '70s country standards, oldies, blues, and rock. They encourage audience participation and bring back memories! Light refreshments will be served.

To ensure everyone's comfort and safety this event has a strict maximum of 26 participants – the roof deck's maximum capacity. We will take names for a wait list in case weather forces us inside to a larger room.

Please sign up by calling 781-455-7555 or stopping by the Front Desk.

PLEASE NOTE Friends of the Needham Elderly (F.O.N.E.) have changed their name to Friends of The Center at The Heights.



INDEX

PLEASE NOTE: With the exception of drop-in programs, we ask that everyone sign up for our programs and events by calling 781-455-7555 or stopping by the front desk.

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REP. DENISE GARLICK'S OFFICE HOURS

The Center At The Heights
First Come, First Served

Monday, September 22
11:00 a.m – Noon

Monday, October 20
11:00 a.m. – Noon

LUNCHEON AND JAZZ ENSEMBLE!

Wednesday, September 17 • 1:00 – 2:30 p.m.

The Center at The Heights Cabaret will be the setting as Traditions of Dedham, a senior living community, serves a delicious luncheon of tossed salad and shrimp scampi over angel hair pasta, with garlic bread, beverages, and cannoli for dessert. To add to your enjoyment we will also welcome the jazz ensemble of Ross Petot on piano and Bob Macinnis on trumpet.



Sign-up is required. Call 781-455-7555 or stop by the Front Desk.
Maximum seating is 60.

NAME THAT TUNE!

Wednesday, October 8 • 1:30 p.m.



Come join your friends and neighbors for a fun-filled hour of music and laughter. Test your memory of song titles and artists as we listen to music from the '20s, '30s, and '40s. Be prepared to sing, dance and laugh. A song will be played on a CD player and participants will need to identify it. The game is flexible and participants may choose to listen to an entire selection, sing along or dance. Prizes will be awarded and props will be used to make the game festive and engaging.

Sign-up is required by calling 781-455-7555 or stopping by the Front Desk.

There is no fee for this program thanks to the generous donation of time by the staff of ComForcare, a non-medical home care company.

TRAVEL TO PERU FROM YOUR ARMCHAIR!



Tuesday, October 21 • 2:00 p.m.

During his years as a tour guide for Collette Vacations as well as on his personal travel adventures, Ron Falong photographed over 42 countries on all 7 continents. Join us as we travel to fascinating Peru with Ron's fun facts and commentary as he shares his collection of photographs, maps, objects and music. The program promises to "engage, educate and entertain." Feel free to reminisce and share your travel experiences in this interactive presentation.

Sign-up is required by calling 781-455-7555 or stopping by the Front Desk.

Thanks to the support of BAYADA Home Health Care,
there is no fee for this program.

HAPPY HALLOWEEN COSTUME PARTY

FEATURING GOTHIC GHOST TALES
BY CANDLELIGHT WITH RITA PARISI

Tuesday, October 28 • 2:00 – 3:30 p.m.

Please join us for a fascinating and fun celebration of Halloween! Dress up if you like or come as you are. We will listen to a theatrical presentation of three different ghost tales from the early 20th century written by Rose MacCaulay, Agatha Christie and Virginia Layefsky. (NOT APPROPRIATE FOR CHILDREN.)

Following the ghost tales, stay to enjoy light refreshments provided by Wingate Healthcare, our generous event sponsor.

Sign-up is required by calling 781-455-7555 or stopping by the Front Desk.

LECTURE: ANSEL ADAMS, ENVIRONMENTALIST

Wednesday, October 1 • 1:30 p.m.

A slide presentation on photographer Ansel Adams and his long career, which started at age 12 with a box camera in Yosemite. Find out about his work with the Sierra Club, the National Park Service, and his work in the environmental movement of the 1960s. The presenter, Lance Hidy, a member of the North Essex Community College Speakers Bureau, knew Ansel Adams personally and has designed several books featuring his photography.



Light refreshments will be served. We thank Norumbega Point at Weston for their joint sponsorship of this program.

Sign-up is required by calling 781-455-7555 or stopping by the Front Desk.

ARTHRITIS FOUNDATION TAI CHI PROGRAM



SPRINGWELL HEALTHY LIVING WORKSHOP RETURNS NEW SESSION!

Thursdays • 10:00 – 11:00 a.m.

Sept. 18, 25; Oct. 2, 9, 23, 30 (no class Oct. 16); Nov. 6, 13

The ancient discipline of Tai Chi combines agile steps, joint safe exercise and mental strength to improve mobility, breathing, and relaxation in ways that help you feel greater control over your daily life.

A minimum of 10 and a maximum of 16 are required for this program so PLEASE register as soon as possible by calling 781-455-7555 or stopping by the Front Desk.

This program is brought to you by Springwell and is funded in part by a grant from the Tufts Health Plan Foundation, the Massachusetts Executive Office of Elder Affairs and the U.S. Administration on Community Living.

MONDAY'S LUNCH BUNCH

Try someplace new, socialize, and enjoy a good meal. Meet at the Senior Center at 11:30 a.m., board our van and take a ride to:

SEPTEMBER



Monday, Sept. 1 – **Labor Day, COA Closed**

Monday, Sept. 8 – IHOP, Norwood

Monday, Sept. 15 – Café Escadrille, Burlington

Monday, Sept. 22 – Red Robin, Foxborough

Monday, Sept. 29 – Aegean, Framingham

OCTOBER



Monday, Oct. 6 – Friendly's, Norwood

Monday, Oct. 13 – **Columbus Day, COA CLOSED**

Monday, Oct. 20 – Ninety Nine, Walpole

Monday, Oct. 27 – One Bistro, Norwood

Sign-up is required by calling 781-455-7555 or stopping by the Front Desk.

DID YOU KNOW?

What's the difference between registering, signing up, swiping in and becoming a supporter? Registration allows us to enter you in our database and issue you a small plastic key ring tag for swiping in at the front desk. When you swipe in you touch the icons for different events such as Drop In, Duplicate Bridge, Current Events, etc. This process allows us to evaluate how many participants are visiting the center and what programs, events and classes they are using. Independently of Registration, we request that all participants sign up in advance for programs so that we can assign rooms effectively and contact participants if we need to cancel a program due to weather or the illness of the presenter. Ideally, all participants will register, sign up in advance for their activities and swipe in each time they visit the Center.

Participants also may become supporters of the Center's programs by joining the Friends of the Center at the Heights for \$25 annually. These support dues are used to defray the cost of producing the Compass – our newsletter - and other activities. Although we collect fees for some classes and the fitness room, they may not cover all expenses related to those activities. Support dues are vital to our programming and completely voluntary.

LOW VISION SUPPORT GROUP

**Wednesday,
September 17 • 10:30 a.m.**

Speaker: Terri Feingold from
The Carroll Center Store
"INFORMATION AND
LATEST PRODUCTS"

**Wednesday,
October 15 • 10:30 a.m.**

Speaker: Jeffrey Dugan from
Massachusetts Office on Disabilities
"EMERGENCY
PREPAREDNESS"

*As the speakers may bring handouts
and samples, sign-up is required by
calling 781-455-7555 or stopping
by the Front Desk. Questions may be
directed to Barbara Falla, Group
Leader, ext. 212.*

WEIGHT MANAGEMENT SUPPORT GROUP

7 WEEK SESSION

**Mondays at Noon
Sept. 8, 15, 22, 29;
Oct. 6, 20, 27**

Instructor: Pearl Pressman
Cost is \$28.

*To sign up, call the Needham
Senior Center at 781-455-7555.*

CLUTTER SUPPORT GROUP

Mondays • 2:00 p.m.

Feeling overwhelmed by clutter?
Need help letting go of what's
holding you back?

KEEP WELL CLINIC

**Wednesday,
September 3, 17;
October 1, 15
9:00 a.m. – Noon**

COMPASS COLLATING

**Wednesday, October 22
9:30 a.m.**

Please join us to help prepare
the next Compass.

SPECIAL PRESENTATION FOR MEDICARE BENEFICIARIES

**"What you should know about Medicare open enrollment"
(October 15 – December 7)**

Presented by
Ray Hurd, CMS Administrator and the Metro West SHINE Program
Tuesday, September 16 • 1:00 – 2:00 p.m.

The Center at The Heights
Sign up by calling 781-455-7555 or stop by the Front Desk.

SHINE BULLETIN

DO NOT IGNORE YOUR MEDICARE MAIL

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should be receiving information from your plan by the end of September. It is important to understand and save this information because it explains the changes in your plan for 2015. During the annual Medicare Open Enrollment (October 15 – December 7), you will have a chance to CHANGE your plan for next year. SHINE Counselors can help you understand your plan changes, as well as other options you may have. Make your SHINE appointment early!

DO NOT WAIT UNTIL IT'S TOO LATE!

Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health insurance programs. To schedule a SHINE appointment, call your local Senior Center (781-455-7555 for The Center at The Heights). For other SHINE related matters, call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back as soon as possible.

NEW! SPRINGWELL HEALTHY LIVING SIX WEEK WORKSHOP CHRONIC PAIN MANAGEMENT

Mondays • 1:00 – 3:30 p.m.

Sept. 8, 15, 22, 29; Oct. 6, 20 (No class Oct. 13)

We are excited to partner once again with Springwell to offer this latest evidence-based workshop developed by Stanford University to individuals living with the challenges of chronic pain management. This interactive workshop will teach how to deal with frustration, fatigue and poor sleep; use medication properly; eat well; exercise to maintain or improve strength, flexibility and endurance; and better communicate with family, friends and health care professionals.

**Please sign up by calling 781-455-7555 or stopping by the Front Desk.
Minimum: 10, Maximum: 18.**

This program is brought to you by Springwell and is funded in part by a grant from the Tufts Health Plan Foundation, the Massachusetts Executive Office of Elder Affairs and the U.S. Administration on Community Living.



Also located in Newton at
465 Centre St., 617-244-2034

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CINEMA AT THE CENTER

Fridays • 1:00 p.m.

Please Note: We have added movie ratings when they are available so participants can make their personal choices to view or not. Also, it is sometimes necessary to change the movie so please confirm with the Front Desk.

Friday, September 5

"Nebraska" (2013) RATED R

When a cantankerous old man thinks he's won a magazine sweepstakes prize, his son reluctantly takes a road trip with him to claim the fortune. As they drive from Montana to Nebraska, they visit friends and relatives to whom the dad owes money.

Friday, September 12

"Cover Girl" (1940)

Rita Haywood dances for Gene Kelly and decorates a magazine. Phil Silvers adds the laughs.

Friday, September 19

"The Book Thief" (2013) RATED PG-13

Based on the beloved international bestselling book, *The Book Thief* tells the story of an extraordinary, spirited young girl sent to live with a foster family in WWII Germany. She begins collecting books as she finds them.

Friday, September 26

"Chocolat" (2000) RATED PG-13

Based on the enchanting novel about a small French town turned upside down by the arrival of a bewitching chocolate confectioner, Vianne Rocher, and her spirited young daughter.

Friday, October 3

"The Impossible" (2012) RATED PG-13

The Impossible is a 2012 English-language Spanish disaster drama film. It is based on the experience of María Belón and her family in the 2004 Indian Ocean tsunami.

Friday, October 10

"The Awful Truth" (1937)

The Awful Truth is a wacky comedy film starring Irene Dunne and Cary Grant. The plot concerns the machinations of a soon-to-be-divorced couple, played by Dunne and Grant, who go to great lengths to try to ruin each other's romantic escapades.

Friday, October 17

"It's Complicated" (2009) RATED R

An American romantic comedy film starring Meryl Streep as a successful bakery owner and single mother of three who starts a secret affair with her ex-husband, played by Alec Baldwin, ten years after their divorce – only to find herself drawn to another man: her architect Adam.

Wednesday, October 22

(Wednesday Documentary)

"Tim's Vermeer" (2013) RATED PG-13

A documentary film about inventor Tim Jenison's efforts to duplicate the painting techniques of Johannes Vermeer, in order to test his theory that Vermeer painted with the help of optical devices.

Friday, October 24

"The Grand Budapest Hotel" (2014) RATED R

Set in the fictional country of Zubrowska between the wars, it's the story of a world-class concierge, his adoring bellboy and the hive of intrigues and characters that buzz around them.

Wednesday, October 29

(Wednesday Documentary)

"I Married a Witch" (1942)

This romantic comedy film stars Veronica Lake as a witch whose plan for revenge goes comically awry, with Fredric March as her foil. The film also features Robert Benchley, Susan Hayward and Cecil Kellaway.

Friday, October 31

"The Uninvited" (1944)

Ray Milland and Ruth Hussey buy an old house that is truly haunted. No bed sheet ghost in this one.

SHOPPING EXPERIENCE: Friday, September 19 Wegman's Friday, October 17 Trader Joe's

Sign-up is required by calling 781-455-7555 or stopping by the front desk.

Departure from the Senior Center will be 10:30 a.m. If you require a pickup at your home in Needham, please inform the receptionist, and be sure to provide your phone number.

GROCERY SHOPPING:

To participate in our independent grocery shopping service, which provides transportation from one's Needham home to Roche Bros and Sudbury Farms, please call 781-455-7555 x204 for more information.

HOUSING TOUR!

**Monday,
September 29
9:30 a.m.
Departure**

North Hill of Needham invites you to tour their independent living community and enjoy a lecture and lunch! The North Hill van will depart from the Center at the Heights at 9:30 a.m.

Maximum of 14. Sign-up is required by calling 781-455-7555 or stopping by the front desk.

THE ELDER ABUSE HOTLINE

To report or ask questions about suspected abuse of an elder, please call the hotline at 1-800-922-2275. For more information, call The Center at The Heights.

NEW PROGRAM!

PERSONAL CARE FOUR-WEEK WORKSHOP

**Four Session Workshop
on Personal Care
Including Make-up Tips!**

ANN MAZZOLA,
a Nurse Supervisor with
Home Instead Senior Care and
SHAHLA WHITMORE from
Angelbare Permanent Cosmetics
will present.

MAKE-UP/BEAUTY TIPS

**Tuesday, September 9
1:00 p.m.**

Learn how to choose the best makeup colors, massage your face and give yourself an eyebrow lift! *Bring your own makeup, no products will be sold.*

NUTRITION

**Tuesday, September 23
1:00 p.m.**

Learn simple tips and the latest recommendations and recipes.

PERSONAL CARE

**Tuesday, October 7
1:00 p.m.**

Did you know good personal hygiene can help keep us healthy as well?

MUSCLE TONE AND EXERCISE

**Tuesday, October 14
1:00 p.m.**

Please wear comfortable clothes and running sneakers; exercises and demonstrations included.

*Sign-up is required by calling
781-455-7555 or stopping
by the Front Desk
There is no fee for this
exciting new workshop!*

TRIP NEWS

Come Cruise With Us! BOURNE SCALLOP FESTIVAL WITH NORTHEAST NAVY SHOWBAND AND MEMPHIS ROCKABILLY BAND

Friday, September 19

We are pleased to bring back, by popular demand, the entertaining and "Oh so scrummy" BOURNE SCALLOP FESTIVAL. This famous Scallop Festival is now located at the Cape Cod Fairgrounds. The festival features a delicious scallop luncheon (or chicken) along with live entertainment, arts and crafts, and specialty food booths and amusements! Coach leaves from Linden and Chambers St. at 10:15 a.m. and from The Center at The Heights at 10:30 a.m.

We need a minimum of 35 guests to operate. This trip also requires the tickets to be purchased by the Friends up front and a non-refundable deposit so please book as early as possible to help us out! Contact the Trip Desk at 781-455-7555, ext. 209 with your pickup location (Linden and Chambers or The Center) and luncheon choice. Please make checks payable for \$49.00 to Friends of T.C.A.T.H. and mail to The Center at The Heights, 300 Hillside Ave, Needham, MA 02492, Attn: Trips. No refunds if cancellation is received within 10 days prior to departure, unless replacement can be found.

FOXWOODS CASINO

Thursday, October 23

Trip includes casino time from 10:15 a.m. to 4:15 p.m., a \$10.00 food coupon or free festival buffet and \$15 in Keno Bucks. (Make sure you have your driver's license or Foxwoods card.) This lavish casino includes poker, bingo, restaurants, spa and swimming pool, bowling, entertainment options, and great new shops to explore and enjoy – something for everyone and every age. Coach departs 7:45 a.m. from Linden and Chambers St. and 8:00 a.m. from The Center at The Heights. Approximate return between 6:30 and 7:00 p.m.

For reservations, please contact 781-455-7555, ext 209.

Full payment of \$26.00 is due upon reservation. Please make checks payable to Friends of T.C.A.T.H. and mail to The Center at The Heights, 300 Hillside Ave, Needham, MA 02492, Attn: Trips.

Please note this tour requires a minimum of 35 guests to operate and Foxwoods Casino reserves the right to change or alter casino program at any time without notice. (No refunds if cancellation is received within 10 days prior to departure, unless a replacement can be found.)



Golden Law Center

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- In house therapists

- Family owned and operated
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- Skilled nursing care with specialties in medically complex cases

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**The mission of The
Needham Council on
Aging is to respond to
its older residents'
needs by providing a
welcoming, inclusive,
and secure environment
where individuals and
families benefit from
programs, services and
resources that enhance
their quality of life and
provide opportunities
for growth.**

FRIENDS OF THE CENTER AT THE HEIGHTS, INC.
2014 MEMBERSHIP/DONATION FORM

Name: _____ Date: ____/____/____

Address: _____

Phone Number: _____

Please check below:

The Senior Compass can be sent to my e-mail address:

Please list e-mail address carefully.

A Compass should be mailed to my home address.

Membership (Jan. 1, 2014 to Dec. 31, 2014)	\$25.00
Additional Donation	\$ _____
Memorial* (Please see below)	\$ _____
Total Enclosed	\$ _____

Please suspend delivery for the months of _____.
I will contact the Friends to restart delivery when I return. (*Applies to members who are away for more than a few weeks during the winter or summer months.*)

*Name of Deceased _____

Name and Address of Deceased Family _____

Please make checks payable to Friends of T.C.A.T.H. and mail to Friends of T.C.A.T.H., 300 Hillside Ave., Needham, MA 02494. Thank you!

Note: If there is a "14" next to your name on the mailing label of this Compass, your dues are up to date for 2014.

**FRIENDS OF THE CENTER
AT THE HEIGHTS DONATIONS**

GENERAL

- Elizabeth Bond
- Russell Derinzo
- Cecilia Digney
- James & Nanette Eckert
- Rachel Gordon
- Mr. & Mrs. Michael Heffernan
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- Herbert Geller in memory of Scott A. Geller
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- Francesca M. Borrelli in memory of Stella Oldfield

- Ramond Abdella in memory of Margaret Sarkis
- Ernest A. Steeves in memory of Susan Steeves

PLEASE NOTE



The Needham Council on Aging and Senior Center does not receive funding for recreational programming. Programs may have costs in an effort to meet the overall expenses for all programs. If you cannot afford a class, please contact us about a scholarship.

ALERT: Please register for all classes as soon as possible as we reserve the right to cancel any class or program that does not meet a participation minimum by the end of its second week.

FITNESS CENTER

The Center's Fitness Room is open for registration and drop-in use during the following hours:

- Monday:**
11:30 a.m. – 2:30 p.m.
- Wednesday:**
9:00 a.m. – Noon
- Thursday:**
1:00 – 4:00 p.m.
- Friday:**
9:00 a.m. – Noon

Once the required paperwork and equipment orientation is complete, access cards are available for a minimum of 4 weeks of unlimited drop-in use for \$20. If you have questions, you should drop by during the hours listed above to speak with the fitness room staff.

FITNESS WALKING GROUP

All walks depart The Center at 10:30 a.m. Limited to 14; File of Life® required

**Friday, September 5,
Castle Island**

Individuals from the wait list for the last Castle Island trip on May 23 will have priority for this Sept. 5 trip.

**Friday, September 12,
Broadmoor**

**Friday, October 10,
Walden Pond**

**Friday, October 17,
Copley Square via
Commuter Rail**

**Friday, October 24,
Forest Hills Cemetery**

EXERCISE AND DANCE CLASSES

MONDAY

TAI CHI 6 WEEK SESSION 9:00 a.m.

Sept. 15, 22, 29; Oct. 6, 20, 27
Instructor: Scott Brumit.

Cost is \$24.

Sign-up is required.

Contact The Center at The Heights
781-455-7555.

Tai Chi is a slow-motion, moving meditative exercise for relaxation and health. Scott has studied various forms of martial arts since 1983, including tai chi and qigong.

YOGA 6 WEEK SESSION 9:00 a.m.

Sept. 15, 22, 29; Oct. 6, 20, 27
Cost is \$24.

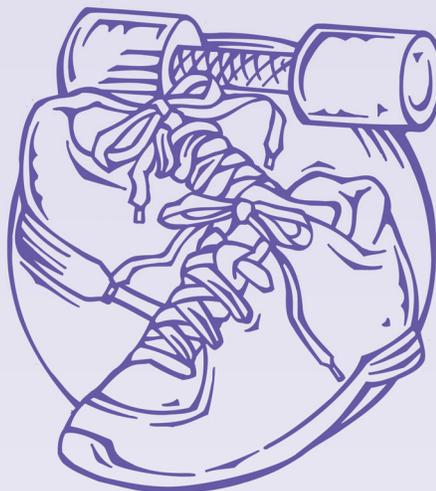
SENIOR SEATED STRENGTH 7 WEEK SESSION 10:15 a.m.

Sept. 8, 15, 22, 29; Oct. 6, 20, 27
Cost is \$28.

This exercise class is designed to accommodate mature individuals of various fitness levels. This seated class includes a thorough warm-up, strength training exercises using light hand weights, and gentle stretching exercises to increase flexibility and reduce muscle tension.

LINE DANCING 7 WEEK SESSION 12:00 p.m.

Sept. 8, 15, 22, 29; Oct. 6, 20, 27
Cost is \$28.



TUESDAY

EASY YOGA: 9 WEEK SESSION 9:15 a.m.

**Sept. 23, 30; Oct. 7, 14, 21, 28;
Nov. 4, 18, 25 (No class Nov. 11)**

Instructor: Steffi Shapiro. Cost is \$79.
Phone 781-455-0400, ext. 235

Easy Yoga is a gentle form of yoga that is especially suited to older adults. Most of the exercises can be done while sitting in a chair or in a comfortable standing position. Come join us to experience how the practice of yoga can boost self-confidence and memory, as well as improve overall strength, coordination and flexibility! More information can be found about Easy Yoga on the website www.elder-yoga.com.

Sign up through Needham Community Ed. The catalog is posted under Community Education and Adult Ed. at www.needham.k12.ma.us.

ARTHRITIS EXERCISE 9 WEEK SESSION 2:00 p.m.

**Sept. 2, 9, 16, 23, 30;
Oct. 7, 14, 21, 28**

Cost is \$36.

NEW CLASS!

STABILITY BALL CORE TRAINING

7 WEEK SESSION
3:00 p.m.

**Sept. 30; Oct. 7, 14, 21, 28;
Nov. 4, 18**

(No class Nov. 11)

Cost is \$28.

You will learn how to use the stability ball while strengthening your CORE (lower back and abdominals); improving posture & balance; and working every muscle in your body, including your brain.

BALLROOM DANCING: 4 WEEK SESSION 1 9:15 a.m. • Sept. 9, 16, 23, 30 QUICKSTEP-

Dancing Experience Required
Cost is \$16.

4 WEEK SESSION 2 9:15 a.m. • Oct. 7, 14, 21, 28 BEGINNING WALTZ -

NO Dance Experience Required
Cost is \$16.

EXERCISE AND DANCE CLASSES

WEDNESDAY

PARK AND RECREATION SENIOR EXERCISE CLASS

10:30 a.m.

CONTINUATION OF 9 WEEK SESSION

Aug. 6 – Oct. 1

9:15 a.m.

9 WEEK SESSION BEGINS

Oct. 15, 22, 29; Nov. 5, 12, 19;

Dec. 3, 10, 17.

Sign up by calling Park and Recreation at 781-455-7550.

This low impact aerobics class includes stretching and use of free weights with an emphasis on cardiovascular fitness and endurance.

BETTER BALANCE, LIVING STRONGER

8 WEEK SESSION

2:45 p.m.

Sept. 10, 17, 24;

Oct. 1, 8, 15, 22, 29

Cost is \$50.

Prevent falls and enjoy your day-to-day activities. Have fun while learning to improve your balance and increase strength. This class is great for beginners and those who are looking for a change from their usual exercise routine.

THURSDAY

ZUMBA®

9 WEEK SESSION

10:00 a.m.

Sept. 4, 11, 18, 25;

Oct. 2, 9, 16, 23, 30

Cost is \$36.

ARTHRITIS EXERCISE (OFFSITE)

9 WEEK SESSION

2:00 p.m.

Sept. 4, 11, 18, 25;

Oct. 2, 9, 16, 23, 30

Cost is \$36.

Offsite Location:

The YMCA • 380 Chestnut Street

FRIDAY

SENIOR SEATED STRENGTH

9 WEEK SESSION

9:15 a.m.

Sept. 5, 12, 19, 26;

Oct. 3, 10, 17, 24, 31

Cost is \$36.

Instructor: Pearl Pressman

Sign-up is required. Contact The Center at The Heights at 781-455-7555.

See description under Monday Seated Strength.

PARK AND RECREATION SENIOR EXERCISE CLASS

9 WEEK SESSION

10:30 a.m.

Oct. 17, 24, 31; Nov. 7, 14,

21 (no class Nov. 28);

Dec. 5, 12, 19

Sign up by calling Park and Recreation at 781-455-7550.

Please see description under Wednesday Senior Exercise Class.

GAMES & MORE

MONDAYS

KINGS IN THE

CORNER WITH CLIF

9:30 – 10:30 a.m.

Drop by and jump into this simple, but fun card game.

TUESDAYS

BRIDGE:

9:00 a.m. – Noon

LEARN TO PLAY

CRIBBAGE:

10:00 a.m.

Sept. 2, 9, 16, 23, 30;

Oct. 7, 14, 21, 28

Clif Holbrook

WEDNESDAYS

BRIDGE

Noon – 3:00 p.m.

LEARN TO PLAY

HEARTS

WITH CLIF

10:00 a.m.

Sept. 3, 10, 17, 24;

Oct. 1, 8, 15, 22, 29

CANASTA (CLASSICAL)

12:30 – 3:00 p.m.

Instruction Available

THURSDAYS

BRIDGE

9:00 a.m. - Noon

DUPLICATE BRIDGE:

12:30 – 3:30 p.m.

KNITTING

10:30 a.m. – Noon

Do you enjoy knitting, crocheting, sharing stitches or patterns? This is an informal group for all levels.

FRIDAYS

QUILTING

10:15 a.m.

MAH JONG/SCRABBLE:

1:00 – 4:00 p.m.

DROP IN DOMINOES:

1:00 – 3:00 p.m.

POOL AND PING PONG

Monday – Friday • 9:00 a.m. – 4:00 p.m.

CENTER COMPUTER RESOURCES

DROP-IN ASSISTANCE

Drop by to use the Media/Computer Lab's desktops or ask questions about problems you may be having using your computer, cell phone or tablet during the following times:

Wednesdays
2:30 – 4:00 p.m.

**Mondays and
Tuesdays**
1:00 – 3:00 p.m.

*Sign up at the front desk
(781-455-7555) is required*
Fee: \$5 per class

CENTER COMMON USE COMPUTERS AVAILABLE

We now have several desktops available for drop-in use at The Center. Four computers are located in the first floor Game/Pool Room and one in the second floor Library. A printer is available in the Library for printing documents from any of The Center desktops and limited personal copying.

COMPUTER CLASSES

Media/Computer Lab • Room #212 • Computer Classes

The Needham Free Public Library will be partnering with the Needham Council on Aging to offer senior computer classes at The Center at The Heights this fall.

The classes will be very basic and all geared to the interests and experience of seniors. The 90 minute classes will be offered on the following Wednesdays at 10:30 am at The Center at The Heights Computer/Media Lab. Sign-up is required by calling 781-455-7555 or by stopping by the Front Desk at the Center. **Seating is limited to 12 participants so sign up early. There is no fee for these classes.**

BASIC COMPUTER TERMINOLOGY AND HOW TO USE THE COMPUTER

Wednesday, September 3 • 10:30 a.m.

Discuss terms such as Internet, world-wide-web, links, menus, learn what a mouse is and how to use it, and how to cut-and-paste, etc. No previous experience required.

HOW TO USE THE INTERNET

Wednesday, September 10 • 10:30 a.m.

Seniors will learn how to search on the Internet and how to interpret results, make and use bookmarks, scroll, and print. No previous experience required.

EMAIL:

WHAT IS IT AND HOW DO I USE IT?

Wednesday, September 17 • 10:30 a.m.

We will explore a few of the more common email programs such as gmail and Yahoo. If you have an email address, please bring a written copy of address and the password. No previous experience required.

BASIC INTRODUCTION TO MICROSOFT WORD

Wednesday, October 8 • 10:30 a.m.

Ever wondered how to write a letter, a resume, or craft a list using the computer? This class will help you to explore these options. No previous experience required.

EVALUATING WEBSITES: HOW CAN I TELL IF THE INFORMATION IS VALID?

Wednesday, October 15 • 10:30 a.m.

This 90 minute overview will teach the user awareness of what is available on the Internet and how to attribute a relative value to the content. No previous experience required.

SEARCHING FOR MEDICAL INFORMATION ON THE INTERNET

Wednesday, October 22 • 10:30 a.m.

This class will provide a brief examination of where and how to find medical information on the Internet. No previous experience required.



CENTER-WIDE FREE WIFI

Setting: Need-Wireless

Password: highland14

LIFELONG LEARNING

AARP SMART DRIVER COURSE

Friday, September 19 • 9:00 a.m. – 1:00 p.m.

Space is limited to 15. Please sign up by calling 781-455-7555 or drop by the Front Desk. This class will address topics including defensive driving techniques, proven safety strategies, new traffic laws and rules of the road, how to deal with aggressive drivers, how to safely navigate adverse weather conditions, and expanded information on automobile technology. Massachusetts already has a 25% discount for drivers age 65+. Participants should check with their insurance company for any additional discounts that may be available. This course is open to both AARP members (\$15) and non-members (\$20). Payment is due at beginning of class by check payable to AARP or cash given to the instructor.

TRANSPORTATION OPTIONS FOR SENIORS: ITN GREATER BOSTON

Friday, October 17 • 10:30 a.m.

Sign-up is required by calling 781-455-7555 or stopping by the Front Desk.

ITN Greater Boston provides a community-based, quality transportation service for seniors and adults with visual impairments.

WATERCOLOR WORKSHOP FOR SENIORS

(Needham Adult Education)

7 CLASS SESSIONS

Tuesdays • 1:00 – 3:00 p.m.

Oct. 7, 14, 21, 28; Nov. 4, 18, 25

(no class on Nov. 11 for Veteran's Day)

Sign up at Needham Community Education at 781-455-0400 ext. 235.

Lavonne Suwalski, Instructor • Cost is \$95 • Limited to 14

The soft hues and translucent quality of watercolors make them a uniquely appealing medium. Join us as we learn various watercolor techniques and experiment with colors and textures. Drawing is an integral part of this class, but no experience is necessary – we will learn and practice in a fun, supportive environment! This class is open to both beginning students and those with some experience with watercolors. A materials list is posted by class title to the district website www.needham.k12.ma.us under Community Ed and Adult Education.

EXTREME COUPONING

Wednesday, October 22 • 1:00 – 3:30 p.m.

Sign up at Needham Community Education at 781-455-0400 ext. 235

Elizabeth Lahens, Instructor • Cost is \$35 • Limited to 24.

Do you watch the Extreme Couponing show and want to know how they do it? Or, have you been eager to cut down on your monthly expenses but are not sure how to begin? If so, join us for this fun class to learn how you can drastically save on groceries, organic foods, prescriptions, airfare, clothing, household items, and much more. You will learn the tricks of the trade from an experienced extreme couponer – one who was able to get a \$375 grocery bill down to zero! No matter what your income level, you will gain valuable tips on how to start saving more of your hard-earned money with extreme couponing.

Note: Since Elizabeth strongly believes that as you learn to get more for less you can donate to organizations and people in need, participants are encouraged to bring a non-perishable food item to class to donate to the Needham Community Council food pantry.

ART CLASS FOR ALL LEVELS

Mondays

Noon - 1:30 p.m.

Sept. 8, 22; Oct. 6, 20, 27

Cost is \$20.

ART OPEN STUDIO PAINTING

Wednesdays

11:00 a.m. – 2:00 p.m.

Sept. 3, 10, 17, 24;

Oct. 1, 8, 15, 22, 29

Space is limited. Sign-up is required.

WRITING YOUR MEMOIR: TELLING OUR STORIES

(Needham Adult Education)

5 CLASS SESSIONS

The Center at The Heights

Wednesdays

10:00 a.m. – Noon

Oct. 8, 15, 22, 29; Nov. 5

Cost is \$89. Limited to 12.

Sign up at Needham Community Education at 781-455-0400 ext. 235.

CREATIVE WRITING GROUP

10:00 a.m.

Sept. 9, 23; Oct. 14, 28

There is no fee or registration for this group. Write your memoirs, short stories or fun facts about an experience and share them with the group.

CURRENT EVENTS GROUP

10:30 a.m.

Sept. 2, 16, 30; Oct. 7, 21

This group is a friendly place to equally share information with one another in a supportive environment.

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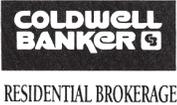


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Seniors Real Estate Specialist

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**VISIT US ONLINE AT:
www.needhamma.gov**

Read this newsletter in your choice of easy-to-read formats.

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