



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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*Come in out of the cold for
friendship and entertainment
at the Center at the Heights!*

JOE BLANCHARD

Wednesday, January 7 • 2:00 p.m.

CLASSICALLY INSPIRED ORIGINAL PIANO COMPOSITIONS

Join us as we welcome Joe Blanchard and his original easy listening piano pieces. Joe has been performing and volunteering his musical talent for many years at a variety of local venues including libraries, hospitals, hotels and special events such as the Boston Flower Show.

Sign-up is required.

Call 781-455-7555 or stop by the Front Desk.

RON GOLDMAN, SINGER-GUITARIST

Tuesday, January 13 • 2:00 p.m.

POPULAR STANDARDS AND SHOWTUNES FROM THE GREAT AMERICAN SONGBOOK

Singer-guitarist Ron Goldman will perform a wide variety of popular music through the decades by singers such as Tony Bennett, Ray Charles, Frank Sinatra, Judy Garland, Bing Crosby, and many others. Enjoy additional music from dozens of Broadway shows such as Oklahoma, Carousel, My Fair Lady, The Sound of Music, West Side Story, Cabaret, and A Chorus Line.

Sign-up is required.

Call 781-455-7555 or stop by the Front Desk.



PLEASE NOTE Friends of the Needham Elderly (F.O.N.E.) has a new name: Friends of The Center at The Heights.

SENIOR CENTER HOURS: MONDAY - FRIDAY 9:00 AM - 4:00 PM

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PLEASE NOTE: With the exception of drop in programs, we ask that everyone sign up in advance for our programs and events. We also ask that everyone swipe in when entering The Center; whether here for a drop in or scheduled program. Program sign-up for January and February programs and classes will begin on **Tuesday, December 30**. Please call 781-455-7555 or stop by the Front Desk.

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REP. DENISE GARLICK'S OFFICE HOURS

The Center At The Heights
First Come, First Served
Monday, January 12
11:00 a.m. – 12:00 Noon

HOLIDAY CLOSINGS

THE CENTER IS CLOSED ON:
MONDAY, JANUARY 19
IN OBSERVANCE OF MARTIN
LUTHER KING DAY
AND
MONDAY, FEBRUARY 16
IN OBSERVANCE OF
PRESIDENTS DAY

BILL BURKE'S VARIETY SHOW

Wednesday, January 28 • 11:00 a.m. – 12:00 Noon

Whether crooning to '40s masters such as Frank, Dean and Tony, or rocking to '50s doo-wop, Bill's energetic and comedic variety show will keep you laughing, tapping your toes and singing along!

THANK YOU to Emeritus of Wilson Mountain for sponsoring this event!

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

STRING SWING RETURNS!

Monday, February 2 • 2:00 p.m.

Rob Natoli and his talented colleagues return for a Winter Concert of swing including "I've Got My Love to Keep Me Warm" and "Baby It's Cold Outside."

THANK YOU to Cahoon Care Associates for sponsoring this event!

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

COOKING DEMONSTRATION CHEF BARRY FROM AVITA OF NEEDHAM



"BAKING WITH BENEFITS"

Wednesday, February 11 • 2:00 p.m.

Chef Barry from Avita of Needham returns to demonstrate how certain baked goods such as lemon squares with a shortbread crust and strawberries dipped in chocolate have both health and memory benefits. He will also bake some heart-shaped sugar cookies to pair with flavored coffee. Join us in the kitchen at The Center at The Heights for this fun and delicious lead-in to Valentine's Day!

This program will take place in the Center's kitchen. **Participation is limited to 15.**

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



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THE
RESIDENCES
AT WINGATE

SPECIAL SCREENING

“THE AGE OF LOVE:
IT’S NEVER TOO LATE TO DATE”

Friday, February 13 • 2:00 p.m.

In observance of Valentine’s Day, The Center at The Heights is excited to host the first New England screening of “The Age of Love” - an amazing new documentary that has won several film awards. The film follows the humorous and poignant adventures of 30 seniors in Rochester, NY who sign up for a first-of-its-kind speed-dating event exclusively for 70 to 90 year olds. From anxious anticipation through the dates that follow, it’s an unexpected tale of intrepid seniors who lay their hearts on the line and discover how dreams and desires change – or don’t change - from first love to the far reaches of life.

Come to the screening to learn about how speed dating works as well as to hear the stories of these Rochester, NY seniors. We will organize a follow-up speed dating event the next Friday.

THANKYOU to Briarwood Rehabilitation and Healthcare Center for sponsoring this event!

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

FOLLOW-UP SPEED DATING EVENT

(NO AGE RESTRICTION)

Friday, February 20 • 2:00 p.m.

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

Space is limited.

MONDAY’S LUNCH BUNCH

NEW SESSION

Try someplace new, socialize, and enjoy a good meal. Meet at the Senior Center at 11:30 a.m., board our van to the places below. If you need to be picked up at your home in Needham, please let the receptionist know. You will pay the cost of your meal, tip, and tax at the restaurant. Enjoy!

JANUARY



Monday Jan. 5 – Mandarin Cuisine, Newton

Monday Jan. 12 – Bertucci’s, Needham

Monday Jan. 19 – **MLK DAY - NO LUNCH BUNCH**

Monday Jan. 26 – Mick Morgan’s, Needham

FEBRUARY



Monday Feb. 2 – **NO LUNCH BUNCH**

Monday Feb. 9 – The Chateau, Norwood

Monday Feb. 16 – **PRESIDENTS DAY-
NO LUNCH BUNCH**

Monday Feb. 23 – Ninety Nine, Walpole

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

INCLEMENT WEATHER POLICY

The policy of The Center at The Heights to follow the weather emergency policies governing the Needham Public Schools. If Needham schools are CLOSED due to a weather emergency, The Center will be closed. If Needham schools have a TWO HOUR OPENING DELAY, The Center will open at 10:30 a.m. and any activities scheduled to begin before 10:30 a.m. will be cancelled for that day. All school closings are broadcast on WBZ-1030 radio and Channel 5 TV. An automated message will be recorded before 9:00 a.m. with the information related to The Center operations and hours for that day.

ARTHRITIS FOUNDATION TAI CHI PROGRAM

SPRINGWELL HEALTHY LIVING WORKSHOP WILL MEET TWICE WEEKLY

Feel control over your daily life. The ancient discipline of Tai Chi combines agile steps, joint safe exercise & mental strength to improve mobility, breathing, & relaxation.

Tuesdays, 10:00 – 11:00 a.m.

Jan. 6, 13, 20, 27;

Feb. 3, 10, 17, 24

Thursdays, 1:00 -2:00 p.m.

Jan. 8, 15, 22, 29;

Feb. 5, 12, 19, 26

Min. of 10 & Max. of 16 required. Register ASAP! Call 781-455-7555 or stop by the Front Desk.

This program is brought to you by Springwell Rehabilitation and 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.

LOW VISION SUPPORT GROUP

**Wednesday, Jan. 21
11:00 a.m.**

Speaker: Sandy Robinson,
Needham Community Council

**Wednesday, Feb. 18
11:00 a.m.**

Speaker: Andrea Shine,
Bridge Program

NOTE: LATER START
TIME OF 11:00 a.m.

Questions may be directed to Barbara
Falla, Group Leader, ext. 212.

WEIGHT MANAGEMENT SUPPORT GROUP 6 WEEK SESSION

**Mondays
12:00 Noon
Jan. 5, 12, 26;
Feb. 2, 9, 23
Cost is \$24.**

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

DROP IN CLUTTER SUPPORT GROUP OPEN TO NEW MEMBERS!

Mondays • 2:00 p.m.

Contact Person:
Paul at 617-759-1568

KEEP WELL CLINIC 1st and 3rd Wednesday of the Month

**9:00 a.m. – 12:00 Noon
Jan. 7, 21; Feb. 4, 18**

SHINE BULLETIN

Can I still change my Medicare Plan?

The 2014 Medicare Open Enrollment period ended on December 7, but some people may still be allowed to change plans.

For those with a Medicare Advantage Plan:

Between January 1 and February 14, you can leave your plan and switch to Original Medicare, but you cannot switch to another Medicare Advantage Plan. If you drop your Medicare Advantage plan during this period, you will be able to join a Medicare Prescription Drug Plan to add drug coverage. Your Original Medicare coverage and your prescription drug coverage will begin the first day of the month after your enrollment. You may also add a supplement (Medigap) at this time.

For those with Prescription Advantage or getting “Extra Help” paying for prescription drugs:

You can change your plan anytime during the year. Those with Prescription Advantage can do this only once each year. Those with “Extra Help” can change every month.

NEWS FROM SOCIAL SERVICE

JANUARY IS NATIONAL BLOOD DONOR MONTH

Blood is traditionally in short supply during the winter months due to the holidays, travel schedules, inclement weather, and illness. January, in particular, is a difficult month for blood centers to collect blood donations. A reduction in turnout can put our nation's blood inventory at a critical low.

January has been designated as National Blood Donor Month. With this in mind, the Social Service Department would like to encourage donors to give or pledge to give blood.

You don't need a special reason to give blood. You just need your own reason. Some of us give blood because we were asked by a friend. Some know that a family member or a friend might need blood someday. Some believe it is the right thing to do. Whatever your reason, the need is constant and your donation is important for maintaining a healthy and reliable blood supply. You'll feel good knowing you've helped change a life!

**For a list of donation centers and additional information
please contact LaTanya Steele at 781-455-7555 ext. 208.**

FEBRUARY IS BLACK HISTORY MONTH

Black History Month, or National African American History Month, is an annual celebration of achievements by black Americans and a time for recognizing the central role of African Americans in U.S. history. The event grew out of “Negro History Week,” the brainchild of noted historian Carter G. Woodson and other prominent African Americans. Since 1976, every U.S. president has officially designated the month of February as Black History Month. Other countries around the world, including Canada and the United Kingdom, also devote a month to Origins of Black History Month.

The story of Black History Month begins in 1915, half a century after the Thirteenth Amendment abolished slavery in the United States. That September, the Harvard-trained historian Carter G. Woodson and the prominent minister Jesse E. Moorland founded the Association for the Study of Negro Life and History (ASNLH), an organization dedicated to researching and promoting achievements by black Americans and other peoples of African descent. Known today as the Association for the Study of African American Life and History (ASALH), the group sponsored a national Negro History week in 1926, choosing the second week of February to coincide with the birthdays of Abraham Lincoln and Frederick Douglass. The event inspired schools and communities nationwide to organize local celebrations, establish history clubs and host performances and lectures.



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 and please sign up in advance.

Friday, January 2

“The Proposal” (‘09) RATED PG-13

High-powered book editor Maggie (Sandra Bullock) is everyone's worst nightmare: ruthless, driven, and tactless. When she finds herself faced with deportation back to Canada, she coerces her much younger assistant into marrying her. However, when the government becomes suspicious, they embark upon a charade in order to make the marriage seem legitimate.

Friday, January 9

“Earth to Echo” (‘14) RATED PG

After receiving a bizarre series of encrypted messages, a group of kids embark on an adventure with an alien who needs their help.

Friday, January 16

“Silver Linings Playbook” (‘12)

RATED R

Bradley Cooper plays Patrick "Pat" Solatano, Jr., a man with bipolar disorder who is released from a psychiatric hospital and moves back in with his parents. Determined to win back his estranged wife, Pat meets recently widowed Tiffany Maxwell, portrayed by Jennifer Lawrence, who offers to help him get his wife back if he enters a dance competition with her.

Friday, January 23

“The Lunchbox” (‘13) RATED PG

When Mumbai's eerily reliable lunchbox delivery service erroneously sends a meal prepared by a young housewife to a lonely widower on the brink of retirement, the mistake ignites an exchange of notes and mutual fantasy between them.

Friday, January 30

“The Conspirator” (‘10)

RATED PG-13

Behind the story you've always heard about Abraham Lincoln's assassination, comes the thrilling true story about the people accused of conspiring to take down a government.

Friday, February 6

“About Time” (‘13) RATED R

The night after another unsatisfactory New Year's party, Tim's father tells his son that the men in his family have always had the ability to travel through time. Tim can't change history, but he can change what happens and has happened in his own life, so he decides to make his world a better place by getting a girlfriend. Tim discovers that, in the end, making the most of life may not need time travel at all.

Friday, February 13 • 2:00 p.m.

**“THE AGE OF LOVE:
It's Never Too Late to Date”**

See page 3 for description.

Wednesday, February 18

DOCUMENTARY IN OBSERVANCE
OF BLACK HISTORY MONTH

**“Long Way Home:
The Loving Story” (‘11)**

A racially charged criminal trial and a heart-rending love story converge in this documentary about Richard and Mildred Loving, set during the turbulent Civil Rights era. Long Way Home: The Loving Story is a story of love and the struggle for dignity set against a backdrop of historic anti-miscegenation sentiments in the U.S.

Friday, February 20

NO MOVIE

Friday, February 27

“Heaven is for Real” (‘14) RATED PG

The true story of a small-town father who must find the courage & conviction to share his son's extraordinary, life-changing experience with the world. Colton claims to have visited heaven during a near death experience. He recounts the details of his amazing journey with childlike innocence and speaks matter-of-factly about things that happened before his birth.

SHOPPING EXPERIENCE:

Friday, January 23

**Wegman's,
Chestnut Hill**

Friday, February 27

Trader Joe's

Sign-up is required.

Call 781-455-7555 or

stop 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 regular, independent grocery shopping service, please call 781-455-7555 x204 for more information. This service provides transportation from one's Needham home to Roche Bros and Sudbury Farms.

COMPASS COLLATING

Wednesday, Feb. 18

9:30 a.m.

Please join us to help prepare the next edition of the Compass for mailing.

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.

SPRINGWELL NUTRITION EDUCATION LUNCH AND LEARN

**Thursday, January 29
12:00 Noon**

(RESCHEDULED FROM NOV.)
Please join Springwell Dietitian
Meghan Ostrander during lunch
to learn about how nutrition
helps your brain stay healthy!
Please reserve your meal by
calling 781-455-7555, ext. 203.
Suggested donation of \$2.

HEARING SCREENING

Heidi Anderson
from Mass Audiology,
Private Hearing Aid Company

**Friday, January 16
10:30 a.m. – 2:30 p.m.**

Screenings will be scheduled
every 15 minutes.

**Call 781-455-7555 for
an appointment.**

INCOME TAX COUNSELING

SPONSORED BY AARP &
THE COUNCIL ON AGING

The AARP foundation provides
trained certified volunteers to
answer questions and prepare
Federal and State income tax
returns. Please call The Center
at The Heights to schedule an
appointment beginning February
2, 2015. On the day of your
appointment bring the following:

- A copy of your 2014 tax return
- All relevant 2014 tax documents
(W-2 wage statement(s), 1099
interest or dividend statements,
health insurance coverage info &
SS income statements)
- Any state or federal tax forms
you received in the mail.

Your tax returns will be e-filed
for free.

TRIP NEWS

**PLEASE NOTE: NO TRIPS SCHEDULED FOR JANUARY OR
FEBRUARY; WE WILL BE WORKING ON NEXT SEASON.
THANKS FOR ALL YOUR SUPPORT!**

DEPRESSION IN THE ELDERLY

Tuesday, February 3 • 2:00 p.m.

Casey Cuthbert-Allman, Executive Director of Compassionate Care Hospice, will present a lecture on Depression in the Elderly that has been highly recommended to us. Learn about grief vs. depression; elderly depression vs. depression in younger people; signs, symptoms & risk factors; clues & medical triggers; & treatment options.

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

POWERFUL TOOLS FOR CAREGIVERS SPRINGWELL HEALTHY LIVING WORKSHOP

Wednesdays • 10:00 – 11:30 a.m.

February 4, 11, 18, 25; March 4, 11

Is living with the stress of caregiving preventing you from really living? In this six week workshop, adults facing the unique challenges of being a caregiver will develop a wealth of self-care tools to reduce personal stress, change negative self-talk, communicate their needs to family members and healthcare or service providers, deal with difficult feelings, and make tough caregiving decisions. Learn to thrive and not just survive while caring for a family member or friend! Complimentary respite care is available to allow you to attend this workshop.

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

This program is brought to you by Springwell Rehabilitation 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.

HOUSING TOUR AND LUNCH NORTH HILL ENHANCED LIVING AND SMALL HOUSE SKILLED NURSING FACILITY

Monday, February 9 • 10:30 a.m. – 12:30 p.m.

North Hill van will depart from The Center at The Heights at 10:30 a.m. and return to The Center at approximately 12:30 p.m. Maximum: 12

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



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GREETINGS TO ALL OUR FRIENDS AT THE CENTER AT THE HEIGHTS

We're excited about our new name, Friends of The Center at The Heights, Inc., which better reflects our goal to help support the Needham Council on Aging's programs and services. If you enjoy receiving the Compass and attending The Center's great programs, please send in your 2015 membership donation. Your annual donation of \$25 helps finance the printing and postage of The Compass, The Center's Fitness Room, Trips Program, Van Transportation, and other programs and services. We need your support.

If you do not wish to cut out the membership form from your Compass, you can get a copy of the form at The Center's Front Desk. If there is a "15" next to your name on the Compass address label, you already have paid your 2015 membership.

We appreciate your help and wish you a healthy and happy NEWYEAR!

Thank you

Pat White and Carol Ditmore

FRIENDS OF THE CENTER AT THE HEIGHTS, INC. 2015 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, 2015 to Dec. 31, 2015)	\$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 and mail to Friends, 300 Hillside Ave., Needham, MA 02494. Thank you!



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ON AGING
Needham

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of Pauline Fabbri
Jean Ferrier in memory
of George Ferrier
Margo Hodges in memory
of Claude R. Hodges
Ed & Pat White in memory
of Jennie Bering

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

Monday:

11:30 a.m. – 2:30 p.m.

Wednesday:

9:00 a.m. – 12:00 Noon

Thursday:

1:00 – 4:00 p.m.

Friday:

9:00 a.m. – 12:00 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.

INFORMATION SESSION

Friday, January 23

11:00 a.m. – 12:00 Noon

Dana Mastroianni, Assistant Director of the Needham Library, will explain the library's wonderful **Books by Mail Program.**

SAVE THE DATE NEEDHAM ART IN BLOOM

Friday, March 6

12:00 Noon – 4:00 p.m.

View floral interpretations of Needham High School artwork.

EXERCISE AND DANCE CLASSES

MONDAY

TAI CHI

5 WEEK SESSION

9:00 a.m.

Jan. 5, 12, 26

Feb. 2, 9

Instructor: Scott Brumit.

Cost is \$20.

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.

Jan. 5, 12, 26; Feb. 2, 9, 23

Cost is \$24.

SENIOR SEATED STRENGTH

6 WEEK SESSION

10:15 a.m.

Jan. 5, 12, 26; Feb. 2, 9, 23

Cost is \$24.

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

6 WEEK SESSION

12:00 Noon

Jan. 5, 12, 26

Feb 2, 9, 23

Beginner Class Waitlist

Available at Front Desk

Cost is \$24.

PLEASE NOTE: Friends of Needham Elderly (F.O.N.E.) has a new name: Friends of The Center at The Heights. Checks written for support dues, donations and payment for classes may be made payable to Friends.

TUESDAY

EASY YOGA

9:15 a.m.

December 2 – January 27

(NEW "Late Fall" session)

Watch for the Winter/Spring NCE

Catalog to be released around

January 20, 2015 for information

about next EasyYoga session.

Instructor: Steffi Shapiro. Cost is \$69.

Phone 781-455-0400, ext. 235

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

EasyYoga is a gentle form of yoga that is suited to older adults. More info can be found about EasyYoga on the website www.elder-yoga.com.

ARTHRITIS EXERCISE

7 WEEK SESSION

2:00 p.m.

Jan. 6, 13, 20, 27;

Feb. 3, 10, 24

Cost is \$28.

BALLROOM DANCING

(Offsite: YMCA Chestnut Street)

MAMBA/SALSA - ALL LEVELS

4 WEEK SESSION 1

2:00 p.m. • Jan. 6, 13, 20, 27

Cost is \$16.

BEGINNER SWING

4 WEEK SESSION 2

2:00 p.m. • Feb. 3, 10, 17, 24

Cost is \$16.

STABILITY BALL CORE TRAINING

7 WEEK SESSION

3:00 p.m.

Jan. 6, 13, 20, 27

Feb. 3, 10, 24

Cost is \$28.

Learn how to use the stability ball to strengthen your CORE (lower back & abdominals); improve posture & balance; and work every muscle in your body, including your brain.

EXERCISE AND DANCE CLASSES

WEDNESDAY

PARK AND RECREATION SENIOR EXERCISE CLASS

Location:

The Center at The Heights;
Sign Up: Park and Recreation
781-455-7550

NEW 9 WEEK SESSION
9:15 a.m.

Jan. 7, 14, 21, 28;
Feb. 4, 11, 18, 25;
Mar. 4, 11

(Weather makeup class if necessary)
Instructor: Adele

Low-impact aerobics class, which includes stretching and use of free weights. Emphasis on cardiovascular fitness and endurance, maintaining range of motion and injury prevention.

BETTER BALANCE, LIVING STRONGER

8 WEEK SESSION

Jan. 7, 14, 21, 28;
Feb. 11, 18, 25;
Mar. 4

Cost is \$50.

Prevent falls & 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®

8 WEEK SESSION

10:00 a.m.

Jan. 8, 15, 22, 29;

Feb. 5, 12, 19, 26

Cost is \$32.

NEW CLASS!

ARTHRITIS EXERCISE/STABILITY CORE TRAINING

7 WEEK SESSION

2:00 p.m.

Jan 8, 15, 22, 29; Feb. 5, 12, 26

Cost is \$28.

This new class will blend elements of the Arthritis Exercise class formerly held offsite at the YMCA and the Stability Ball Core Training class held Tuesday afternoons at 3:00 p.m.

FRIDAY

SENIOR SEATED STRENGTH

9 WEEK SESSION

9:15 a.m.

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

Feb. 6, 13, 20, 27

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

Location:

The Center at The Heights;
Sign Up: Park and Recreation
781-455-7550

NEW 9 WEEK SESSION

10:30 a.m. • Jan. 9, 16, 23, 30;

Feb. 6, 13, 20, 27; Mar. 6, 13

(Weather makeup class if necessary)

Instructor: Arlene

Toning, stretching, strengthening, and abdominal exercises that will benefit you from head to toe.

GAMES, MUSIC & MORE

TUESDAYS

DROP IN BRIDGE
9:00 a.m. – 12:00 Noon

LEARN TO PLAY CRIBBAGE
10:00 a.m.
Clif Holbrook

VINTAGE VOICES
12:45 p.m.
This fun group now has a piano accompanist!

DROP-IN CRIBBAGE
1:00 -3:00 p.m.

WEDNESDAYS

BRIDGE
12:00 Noon – 3:00 p.m.

CANASTA (CLASSIC)
12:30 – 3:00 p.m.
Instruction Available

THURSDAYS

DROP IN BRIDGE
9:00 a.m. - 12:00 Noon

KNITTING
10:30 a.m. – 12:00 Noon
Do you enjoy knitting, crocheting, sharing stitches or patterns? This is an informal group for all levels.

DUPLICATE BRIDGE
12:30 – 3:30 p.m.

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:

Mondays and Tuesdays
1:00 – 3:00 p.m.

Wednesdays
2:30 – 4:00 p.m.

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

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.



CENTER-WIDE FREE WIFI

Setting:
Need-Wireless
Password: highland14

COMPUTER CLASSES

Media/Computer Lab • Room #212 • Computer Classes

The Needham Free Public Library will continue to partner with the Needham Council on Aging to offer senior computer classes at The Center at The Heights. Although everyone is welcome, participants with some experience with a mouse and keyboard may benefit the most from the November and December classes. Please note that the December 4 and December 18 classes require a Needham Public Library card and e-mail address.

The following classes will be offered Thursday mornings at 10:30 a.m. 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 charge for the classes.**

HOW TO SET UP AN E-MAIL ACCOUNT USING GMAIL

Thursday, January 8
10:30 – 11:30 a.m.

Bring your lists of relatives and friends with their e-mail addresses and/or their mailing addresses and telephone numbers. We will help you set up a g-mail account and enter family and friends into "Contacts." You will then be able to send & receive e-mail messages.

INTRODUCTION TO MICROSOFT WORD

Thursday, February 5
10:30 a.m. – 12:00 Noon

Beginner Level

Learn basic word processing skills such as how to change the size, color and style of the type; how to set up a simple document; and how to edit it.

DEMONSTRATION OF NEEDHAM LIBRARY'S BRAND NEW UNIVERSAL CLASS SERVICE

Thursday, January 22
10:30 – 11:00 a.m.

(Note shorter duration)

Learn about the Needham's Library new offering – The Universal Class – which allows library patrons to access online classes taught by college professors in a variety of subject areas. Make sure you bring your Needham Library card. You also will need an e-mail address.

INTRODUCTION TO ZINIO MAGAZINE DOWNLOADING SOFTWARE

Thursday, February 19
10:30 – 11:30 a.m.

Learn to download, read and save on your computer from a list of over 80 popular magazine titles! Make sure you bring your Needham Library card. You also will need an e-mail address.

PLEASE NOTE



The Needham Council on Aging and Senior Center does not receive funding for recreational programming. Programs may have fees in order to meet the overall expenses for all programs. If you cannot afford a class, please contact our social service department at 781-455-7555, ext. 208.

LIFELONG LEARNING

NEW PROGRAM! THE CENTER AT THE HEIGHTS BOOK GROUP

Second Friday of each month • 10:30 a.m.

Former Dover Librarian, Judi Long will lead the group in reading and discussing a variety of genres. The first three-month segment will explore the Mysteries Genre and read an example of the cozy, historical and comic mysteries.

Please join us:

Friday, January 9 – Initial Information Session

Friday, February 13 – First Meeting

Minimum: 10

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

BRUNCH AND LEARN FREE BREAKFAST AND SEMINAR BY THE RESIDENCES AT WINGATE Tuesday, January 27 • 10:00 – 11:00 a.m.

Please join Meagan Springer, MPT to learn about the leading super foods for increased wellness, how they protect against disease and ways to easily incorporate them into your everyday diet.

Menu: Greek yogurt parfait with mixed berries and kiwis, super food muffins-dark chocolate walnut and chia. Spinach, broccoli and feta quiche.

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

TRAVEL TO PERU FROM YOUR ARMCHAIR!

Tuesday, January 27 • 2:00 p.m. (Rescheduled from October)

During his years as a tour guide for Collette Vacations as well as 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. Call 781-455-7555 or stop by the Front Desk.

VOLUNTEER OPPORTUNITIES

6TH ANNUAL NEEDHAM VOLUNTEER OPPORTUNITIES FAIR

Thursday, January 15 • 4:00 – 6:00 p.m.

Are you interested in volunteering for one of the many worthwhile community organizations in Needham, but unsure of how to find the right match for you – meets your interests, schedule and skills? Representatives from a variety of town-wide agencies and community organizations will be present to share information. All are welcome! Door Prizes and Refreshments!

ART CLASS FOR ALL LEVELS

Mondays

12:00 Noon - 1:30 p.m.

Jan 12, 26; Feb. 2, 9

Cost is \$16.

ART OPEN STUDIO PAINTING

Wednesdays

11:00 a.m. – 2:00 p.m.

Jan. 7, 14, 21, 28;

Feb. 4, 11, 18, 25

No Fee

Space is limited. Sign-up is required.

WATERCOLOR WORKSHOP FOR SENIORS

**(Needham Continuing
Education)**

The Center at the Heights
Lavonne Suwalski, Instructor
Watch for the Winter/Spring
NCE Catalog to be released
around January 20, 2015 for
information about next
Watercolor Workshop session

ART MATTERS

**First Wednesday of
every month • 10:30 a.m.**

Offsite at Avery Crossings

110 West Street

781-444-6655

JANUARY 7

NORTHERN RENAISSANCE

FEBRUARY 4

REMBRANDT & VERMEER

CREATIVE WRITING GROUP

10:00 a.m.

Jan. 13, 27; Feb. 10, 24

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.

Jan. 6, 20; Feb. 3, 17

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

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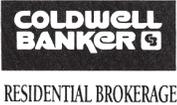


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VISIT US ONLINE AT:
www.needhamma.gov

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

**FRIENDS OF THE CENTER
AT THE HEIGHTS, INC.**

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