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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 So Let's Celebrate!

LISA YVES RETURNS!
WITH
"I'M THE GREATEST STAR"
A TRIBUTE TO BARBRA STREISAND!
Friday, September 9 • 2:00 p.m.

Lisa Yves is an American female vocal jazz singer with a twist of retro soul. She has performed here at The Center at The Heights, both as part of Fred Shaw's musical ensembles and as a solo act with her tributes to Bette Midler and Carole King. We are excited to welcome her back with her tribute to Barbra Streisand.

Since the age of 12, Lisa has been a fan and student of the career of Barbara Streisand. Barbara, the iconic and most successful female singer of all time, never even took one singing lesson! Lisa will delight you with intriguing stories of Barbra's life and career and of course, the songs – "People," "I'm The Greatest Star," "Evergreen," "You Don't Bring Me Flowers," "The Way We Were," "Woman in Love," "Enough is Enough," "Second Hand Rose," "Don't Rain on My Parade," and many more!

Thanks to the generous support of The Falls at Cordingly Dam, there is no charge for this program.

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



OPERA FOR EVERYONE

THE TENORS SING OUT

Tuesday, September 13 • 2:00 – 3:30 p.m.

(Please note the 1 1/2 hour timeframe.)

Join the New England Opera's Club's Erika Reitshamer for a tour that will take you beyond The Three Tenors. Learn how the tenor voice first came into being. Discover the different kinds of tenor voices with contemporary and historic audiovisual excerpts of great tenors singing amazing arias. You will hear Enrico Caruso, Luciano Pavarotti and Jonas Kaufmann. Erika has a love of opera that will inspire you – her open style and sense of humor are irresistible. Erika has lectured at the Life Long Learning programs at Regis College, Assumption College and Newton Lifelong Learning. Let's welcome her warmly to The Center at The Heights!

Thanks to the generous support of Briarwood Rehabilitation and Healthcare Center, there is no charge for this program.

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

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 classes. We also ask that everyone swipe in when entering The Center, whether for a drop in or scheduled program or class. If you do not have a swipe tag, please ask for one at the Front Desk.

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REP. DENISE GARLICK'S OFFICE HOURS

The Center at The Heights
 First Come, First Served

Monday, September 12
11:00 a.m. – 12 Noon

Monday, October 3
11:00 a.m. – 12 Noon

SENATOR RICHARD ROSS' OFFICE HOURS

The Center at The Heights
 First Come, First Served

Tuesday, September 27
10:00 – 11:00 a.m.

HOLIDAY CLOSINGS

Monday, September 5
 in observance of Labor Day

Monday, October 10
 in observance of Columbus Day

Sign-up for September and October programs and classes will begin Thursday, August 25 at 9:00 a.m. We cannot accept written, walk-in or telephone requests prior to 9:00 a.m. on August 25.



RED SOX HEROES OF YESTERDAY AND TODAY

Monday, September 26 • 2:00 p.m.



In this presentation, author Herb Crehan draws on the 21 seasons he spent writing for the team's official program, *Red Sox Magazine*. During his time with the ball club he interviewed and wrote feature articles on more than 125 former Red Sox stars. This presentation focuses on 10 of his favorite interviews and matches former players from Bobby Doerr to Tim Wakefield with their counterparts on the 2016 team. This discussion includes little-known facts and anecdotes from his behind-the-scenes perspective, as well as a special tribute to Frank Malzone.

GO SOX!

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

ANN STINSON FALL PIANO CONCERT

Tuesday, October 4 • 2:00 p.m.

Enjoy seasonal favorites (Halloween themes from classical and popular traditions), plus selections from three musical traditions (Jewish, Chinese and Russian) and some of Scott Joplin's delightful ragtime creations. Ann will provide brief introductions throughout the program.

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



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A JOINT CELEBRATION OF NATIONAL SENIOR CENTER MONTH AND ASSISTED LIVING WEEK

by

The Center at The Heights and The Residences at Wingate
BREAKFAST, TOUR AND PERSONAL TRAINER PRESENTATION
Thursday, September 15 • 10:00 a.m. – 12 Noon

Location: The Residences at Wingate

No transportation provided. Limited to 25.

**Advanced sign-up required by calling 781-455-7555 or
stopping by the Front Desk.**

SHABBY CHIC HARVEST TEA PARTY

provided by:

The Julia Ruth Adult Day Social Center

Tuesday, October 18 • 2:00 p.m.



Julia returns with her fabulous china, lace tablecloths, wonderful homemade confections, and of course lots of tea! Break out your hats and other finery! Limited to 45.

**Advanced sign-up is required by calling 781-455-7555 or
stopping by the Front Desk.**

CELEBRATING DIVERSITY

DIVERSITY DOCUMENTARY

BUENA VISTA SOCIAL CLUB (1999)

Wednesday, October 19 • 1:00 p.m.

In this documentary, aging Cuban musicians, virtually forgotten following Castro's takeover, are brought out of retirement by Ry Cooder who traveled to Cuba in order to bring the musicians together and achieving triumphant performances of extraordinary music.

**Advanced sign-up is required by calling 781-455-7555 or
stopping by the Front Desk.**

SONGS THROUGH THE AGES

JIM PORCELLA

Tuesday, October 25 • 2:00 pm

Jim will sing selections from the '40s through the '70s including Motown, Jazz, Doo-wop and Pop, with favorites like "You Make Me Feel So Young," "Beyond the Sea," "After the Loving," "Yesterday," "Georgia," "My Girl," and more!

Thanks to the generous support of Brookdale Dedham there is no charge for this program.

**Advanced sign-up required by calling 781-455-7555 or
stopping by the Front Desk.**

LIGHT BREAKFAST WITH SENATOR ROSS

Friday, September 16

9:30 – 11:00 a.m.

Stop by the Café for pastries and coffee and chat with Senator Ross and his staff.

**Advanced sign-up is required
by calling 781-455-7555 or
stopping by the Front Desk.**

BE SEEN, GET SCREENED

Thursday, October 6

2:30 p.m.

October is breast cancer awareness month, and to mark the opening of its new Breast Care Center this fall, the Beth Israel Deaconess Hospital – Needham will be presenting a program on the importance of screening, the latest advances in screening technology, and other information everyone should know.

**Advanced sign-up is required
by calling 781-455-7555 or
stopping by the Front Desk.**

BETTER HEARING BEGINS HERE

Wednesday, October 26

1:00 p.m.

Dr. Adrienne Ulrich, an audiologist from Boston Hearing Services in West Roxbury, will present an introduction to the signs and symptoms of hearing loss and current amplification options available. She will provide a brief overview of daily-wear hearing instruments. Dr. Ulrich will present the Lyric extended-wear hearing device, which is a treatment option available for improved hearing 24 hours a day. There will be a question and answer session following the presentation. Several demonstration models will be available for preview.

**Advanced sign-up is required
by calling 781-455-7555 or
stopping by the Front Desk.**

LOW VISION SUPPORT GROUP 11:00 a.m. – 12 Noon

**Wednesday,
September 21**

Gino Russo from Perkins Library will speak on Talking Books, Descriptive Video Service, Library Without Walls, and Newsline.

Wednesday, October 19

Melissa Donegan from the Healthy Living Center through Elder Services of Merrimack Valley will talk about different wellness programs available throughout the state.

WEIGHT MANAGEMENT SUPPORT GROUP Mondays • 12 Noon October 3, 17, 24, 31

Cost is \$16.

To sign up, call The Center
at 781-455-7555

DROP IN CLUTTER SUPPORT GROUP

**Mondays
1:00 – 3:00 p.m.**

Contact Person:
Paul at 617-759-1568

KEEP WELL CLINIC 1st and 3rd Wednesday of the Month 9:00 a.m. – 12 Noon September 7, 21; October 5, 19

CAREGIVERS NEED CARE TOO

If you would like to participate in a support group, please call the Needham Council on Aging Social Service Department at 781-455-7555 Ext. 212 or 208

MONDAY'S LUNCH BUNCH

Try someplace new, socialize, and enjoy a good meal. Meet at The Center at 11:30 a.m., and board our van to the places below. If you need to be picked up at your home in Needham, please let the receptionist know. The van driver will collect a suggested donation of \$5. You will pay the cost of your meal, tip, and tax at the restaurant. Enjoy!

SEPTEMBER

Monday, 9/5 – CLOSED
Monday, 9/12 – Lafayette House, Foxboro
Monday, 9/19 – Ninety Nine, Walpole
Monday, 9/26 – Grassfields, Waltham



OCTOBER

Monday, 10/3 – Horse N' Carriage, Norfolk
Monday, 10/10 – CLOSED
Monday, 10/17 – Conrad's, Norwood
Monday, 10/24 – The Chateau, Norwood
Monday, 10/31 – Friendly's, Norwood



Call the Senior Center at 781-455-7555,
speak with the receptionist and sign up today.

SOCIAL SERVICE DEPARTMENT NEWS SENIOR CHARLIECARD DAY Wednesday, September 28

Session 1: 1:00 – 3:00 p.m. • Session 2: 5:00 – 7:00 p.m.

Bring a valid, state-issued photo ID that includes date of birth.
Must be age 65 or older to qualify.

Adults age 65 and older are eligible for the Senior CharlieCard. This card can be used to receive reduced fares on all MBTA buses, the subway and the commuter rail line. Save the trip to the MBTA offices in downtown Boston and apply for your Senior CharlieCard here at The Center at The Heights. Center staff and volunteers will take your photo and process your paperwork.

Please Note: If you currently have a Senior CharlieCard that is ABOUT TO EXPIRE and you need to renew it, do NOT come to this event. CharlieCards can be renewed for free over the phone by calling the MBTA office at 617-222-3200. Your new card will be sent to you in the mail. If your CharlieCard has ALREADY EXPIRED, then you must re-apply in person at this event or at the MBTA office in downtown Boston.

For more information, contact the Social Service Department at
781-455-7555 ext. 208, 205 or 212.

SHINE BULLETIN DON'T 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 2016.

During the annual Medicare Open Enrollment, 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. It's best to call in advance of Open Enrollment to schedule a SHINE appointment for any time between October 15 through December 7! **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. The Center at The Heights now has SHINE appointments Monday and Wednesday evenings in addition to Monday and Thursday mornings. To schedule a SHINE appointment for The Center at The Heights, call 781-455-7555. 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.



CINEMA AT THE CENTER

Fridays and select Wednesdays • 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, September 2 **Hail, Caesar! (2016)**

COMEDY • RATED PG-13

Slick Hollywood fixer Eddie Mannix (Josh Brolin) is pressed into action when superstar actor Baird Whitlock (George Clooney) is kidnapped and held for ransom by a mysterious group. Mannix races to quietly arrange the ransom without gossip columnists catching wind of the scandal.

Friday, September 16 **Runaway Jury (2003)**

SUSPENSE DRAMA • RATED PG-13

Screen legends Gene Hackman and Dustin Hoffman face off in this electrifying nail-biter about a ruthless jury consultant who'll do anything to win.

Friday, September 23 **The Cobbler (2014)**

COMEDY/DRAMA • RATED PG-13

A cobbler, played by Adam Sandler, stumbles upon a magical heirloom that allows him to become other people and see the world in a different way.

Friday, September 30 **Robot and Frank (2013)**

COMEDY • RATED PG-13

Frank is a retired cat burglar whose son buys him a robot as he fears his father can no longer live alone safely. The robot is a walking, talking humanoid robot programmed to improve Frank's physical and mental health. What follows is an often hilarious and somewhat heartbreaking story about finding friends and family in the most unexpected places.

Friday, October 7 **Youth (2015)**

DRAMA • RATED R

Two longtime friends are vacationing in the Swiss Alps – Fred, an acclaimed

composer and conductor (played by Michael Caine), who brings along his daughter, and best friend Mick, a renowned filmmaker. The two men reflect on their past, each finding that some of the most important experiences can come later in life.

Friday, October 14 **The Age of Adaline (2015)**

DRAMA • RATED PG-13

After miraculously remaining 29 years old for almost eight decades, Adaline encounters charismatic philanthropist Ellis Jones who reignites her passion for life and romance.

Wednesday, October 19 **Diversity Documentary Buena Vista Social Club (1999)**

SEE PAGE 3

Friday, October 21 **Grumpy Old Men (1993)**

COMEDY • RATED PG-13

This is the story of neighborhood curmudgeons Jack Lemmon and Walter Matthau whose long-running feud becomes an all-out rivalry when an attractive widow moves into the house across the street.

Friday, October 28 **Genius (2016)**

DRAMA • RATED PG-13

Genius is the story of Max Perkins, a famous editor at publishing company Scribner who oversaw the publishing of works by authors like Thomas Wolfe, Ernest Hemingway, F. Scott Fitzgerald, and more. With its focus on a background character so fundamental to telling the stories American literature is known for, *Genius* offers a surprising view into the life of the publishing business. Stars Nicole Kidman and Colin Firth.

SHOPPING EXPERIENCE

**Friday, September 23
Stop & Shop, Norwood**

**Friday, October 21
Market Basket,
Waltham**

Departure from the Senior Center will be 10:00 a.m. Call 781-455-7555 to sign up. If you require a pick-up at your home in Needham, please inform the receptionist, and be sure to provide your phone number.

NOVEMBER/ DECEMBER COMPASS COLLATING

**Wednesday, October 19
9:30 am**

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.

GROCERY SHOPPING

To participate in our regular independent grocery shopping service, please call 781-455-7555 ext. 204 for more information. This service provides transportation from one's Needham home to Roche Brothers and Sudbury Farms Tuesday, Wednesday and Thursday.



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.



SAVE THE DATE
FOXWOODS
Wednesday,
November 30
 Cost is \$28.00

SOCIAL SERVICE
EVENING OFFICE
HOURS

Needham seniors and their families who may otherwise be engaged during normal business hours can now see support, counseling and information and referral services during Monday and Wednesday evenings from 5:30 to 8:00 p.m. Please contact Kerrie Attwood, LCSW at 781-455-7555 ext. 205 for more information.

DID YOU KNOW?

The Council on Aging will be hosting limited programs and services on selected evenings in the coming months. Watch for details in the Needham Times and on the Town Website. Updated information will also be available at the Center.

INTERESTED IN
VOLUNTEERING AT
THE CENTER?

Telephone Stephane Grably at 781-455-7555, ext. 204 or stop by the Front Desk.

TRIP NEWS

No refund if cancellation is received within 10 days prior to departure unless replacement can be found.

IMAX THEATRE,
NEW ENGLAND AQUARIUM, BOSTON

Wednesday, September 21

NEW ENGLAND'S LARGEST SCREEN ON
BOSTON'S WATERFRONT

Includes transportation, city tour, film – A 3D Sea Wonderland Adventure – and lunch at Venezia Waterfront Restaurant

Cost is \$72.00

Full payment is due upon reservation with your luncheon choice of Boston Baked Haddock, Chicken Parmigiana or Steak Tips and your pickup location choice – Linden Chambers (9:30 a.m.) or The Center at The Heights (9:45 a.m.). The approximate return time is 4:00 p.m. Please make checks payable to Friends and mail to The Center at The Heights, 300 Hillside Avenue, Needham, MA 02494 ATTN:TRIPS.

LAKE SUNAPEE CRUISE

Wednesday, October 19

Cost is \$80.00

Lake Sunapee Cruise onboard MV Kearsage with a buffet luncheon offering items such as salad, stuffed boneless chicken breast, cheese lasagna with vegetable, scalloped potatoes, fresh rolls, coffee, soft drinks, and dessert of the day. After the cruise we will visit a local farm stand with fresh vegetables and other homemade goodies!

Full payment is due upon reservation. When reserving your spot please give us your pickup location choice – Linden Chambers (8:45 a.m.) or The Center at The Heights (9:00 a.m.). The approximate return time is 4:30 p.m. Please make checks payable to Friends and mail to The Center at The Heights, 300 Hillside Avenue, Needham, MA 02494 ATTN:TRIPS.

WHITE MOUNTAIN HOTEL
CHRISTMAS VACATION

December 7-9, 2016

3 Days/2 Nights • 5 Meals • 3 Different Christmas Shows and more!

We are competing for rooms with other senior centers, so book now with your deposit to guarantee your room.

Price: \$399 per person, double occupancy; \$499 single occupancy

Deposit: A \$50 per person deposit made payable to Best of Times confirms your reservation. Final payment is due by October 26, 2016.

You can book now by calling 781-455-7555, ext. 209

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HAPPY FALL!

We hope you all had a nice summer and are ready to get into the swing again with all the activities and entertainment at The Center at The Heights. Thanks to Joan DeFinis for writing, collecting, coordinating, and editing all the material that goes in the Compass each edition.

Pat and Carol



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ON AGING
Needham

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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. 2016 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, 2016 to Dec. 31, 2016)	\$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.*)

I would like to make an In Memoriam donation.

*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!

FRIENDS OF THE CENTER AT THE HEIGHTS DONATIONS

GENERAL

- Evelyn Adlerstein
- Brian & Helen Balukonis
- Joyce Buni
- Mr & Mrs Frank Condon
- Corinne M. Crowell
- Armen DerMarderosian
- Margaret Farley
- Astrida S. Ramrath
- Anne & Roland Ricciardelli

- Marilyn Sussenguth
- Florence Volk
- Sara Young

IN MEMORY OF

- Carol Ditmore in memory of Janet Hamby and Hadwen Perry
- Joan Richal in memory of Ronald Richal and Julie Richal Morrill

- Jane M. Walsh in memory of John A. Walsh
- Mary Salustro in memory of Frank P. O'Brien
- Kevin Roberts in memory of Frank P. O'Brien

IN HONOR OF

- Rosalyn & Meyer Hootstein in appreciation for Tax AARP Preparation

ALERT

Please Note: ALL participants must register each new session with the Front Desk even if they are long time students in a class or program. Also, please register for all classes as soon as possible as we may have to cancel any class or program that does not meet a participation minimum by the end of its second week. We cannot refund or prorate fees.

FITNESS CENTER

NEW HOURS!

Monday:

11:30 a.m. – 2:30 p.m.

Tuesday:

1:00 – 4:00 p.m.

Wednesday:

9:00 a.m. – 12:00 Noon

Thursday:

11:00 a.m. – 2:00 p.m.

Friday:

9:00 a.m. – 12:00 Noon

Access cards are available for a minimum of 4 weeks of unlimited drop-in use for \$20. Drop by during the hours listed above to visit with the fitness room staff.

FITNESS WALKING GROUP

2016 SEASON

All walks start with a 10:30 a.m. departure from The Center at The Heights and are limited to 14 participants. Participants must be able to walk independently 2-4 miles, at least twice weekly.

September 16

Crosstown Trail, Wellesley

September 30

Southwest Corridor,
Boston by Commuter Rail
Back Bay to Massachusetts and
lunch at Parish Restaurant

October 14

Millennium Park, West Roxbury

October 28

Lake Waban

Prior to participating, everyone must have an updated File of Life to bring on the walks and a copy for The Center's files.

EXERCISE AND DANCE CLASSES

MONDAY

TAI CHI

7 WEEK SESSION

9:00 a.m.

September 12, 19, 26;

October 3, 17, 24, 31

Instructor: Scott Brumit

Cost is \$28.

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.

September 12, 19, 26;

October 17, 24, 31

Instructor: Sandi Levy

Cost is \$24.

Strict Class Maximum of 14
CONTINUING STUDENTS NEED
TO REGISTER EVERY SESSION

Sandi Levy teaches Viniyoga – a gentle form of yoga that includes breathing exercises, balances, stretching work, strengthening, and relaxation. Students must be able to get up and down and to and from the floor with ease.

STRENGTH TRAINING FOR BALANCE AND OSTEOPOROSIS MONDAY (FORMERLY SEATED STRENGTH):

4 WEEK SESSION

10:15 a.m.

October 3, 17, 24, 31

Instructor: Pearl Pressman

Cost is \$16.

Class includes a warm-up, strength training exercises using light hand weights, and gentle stretching exercises to increase flexibility.

LINE DANCING

7 WEEK SESSION

12:00 Noon

Experience Required

September 12, 19, 26;

October 3, 17, 24, 31

Instructor: Manny Correia

Cost is \$28.

TRAIN THE BRAIN: BALANCE, AGILITY AND FALL PREVENTION

EVENING CLASS!

7 WEEK SESSION

6:00 – 7:00 p.m.

September 12, 19, 26;

October 3, 17, 24, 31

Cost is \$28. Minimum is 15.

This class will involve dynamic, bilateral movement and physical brain activities to improve stability, body coordination, speed, spatial awareness, endurance, and flexibility.

TUESDAY

EASY YOGA

9:15 a.m. – 10:15 a.m.

Fall Session:

September 27 – November 22
(No class on October 4 or
November 8)

Instructor: Steffi Shapiro.

Contact Needham Community
Education (781-455-0400 ext. 235)
for sign-up and payment.

www.needham.k12.ma.us.

Location: The Center at The Heights

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. 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.

ARTHRITIS EXERCISE

8 WEEK SESSION

2:00 p.m.

September 6, 13, 20, 27;

October 4, 11, 18, 25

Cost is \$32.

BALLROOM DANCING

Offsite Location: YMCA Chestnut St.

2:00 p.m.

4 WEEK SESSION 1

CHA CHA

September 6, 13, 20, 27

Cost is \$16.

4 WEEK SESSION 1

TANGO

October 4, 11, 18, 25

Cost is \$16.

EXERCISE AND DANCE CLASSES

WEDNESDAY

PARK AND RECREATION SENIOR EXERCISE CLASS

Location: The Center at The Heights

**Sign-up and \$25 Payment
for each session to
Park and Recreation
781-455-7550**

10:30 – 11:30 a.m.

**Continuation of Summer
Session 2:**

August 3 – September 28

9:15 – 10:15 a.m.

Fall Session:

October 19 – December 14

BETTER BALANCE, LIVING STRONGER

6 WEEK SESSION

2:45 – 3:45 p.m.

September 14, 21, 28;

October 5, 19, 26

Cost is \$40.

Have fun while learning to improve your balance and increase strength. Using balls, bands, weights and incorporating yoga and tai chi, this class will help strengthen core and improve posture, flexibility, gait, mobility, stability, breath and endurance. Maintain your independence.

THURSDAY

AEROBIC DANCING AT YOUR OWN PACE TO A LATIN BEAT!

7 WEEK SESSION

10:00 a.m. – 11:00 a.m.

September 1, 15, 22, 29;

October 6, 20, 27

Instructor: Louise Carbone

Cost is \$28. Minimum is 12

Enjoy the pulsating rhythms of Latin-inspired music as you pump your legs, swing your hips, clap your hands – and achieve a uniquely blended balance of cardiovascular and muscle-toning benefits. Louise will help personalize each participant's workout so it matches your goals!

THURSDAY

THURSDAY YOGA WITH SANDI LEVY

6 WEEK SESSION

1:00 – 2:00 p.m.

September 15, 22, 29;

October 6, 20, 27

Cost is \$24.

Experience the joy of yoga! Please see the description for Sandi's Monday class.

ARTHRITIS EXERCISE/ STABILITY CORE TRAINING

9 WEEK SESSION

2:00 p.m.

September 1, 8, 15, 22, 29;

October 6, 13, 20, 27

Cost is \$36.

FRIDAY

STRENGTH TRAINING FOR BALANCE AND OSTEOPOROSIS (FORMERLY SEATED STRENGTH):

4 WEEK SESSION

9:15 a.m.

October 7, 14, 21, 28

Cost is \$16.

Instructor: Pearl Pressman

See description under Monday Strength Training for Balance and Osteoporosis

PARK AND RECREATION SENIOR EXERCISE CLASS

Location:

The Center at The Heights;

Sign-up and \$25 Fee to

Park and Recreation

781-455-7550

10:30 a.m. – 11:30 a.m.

Fall Session:

October 14 – December 16

(No Class November 11)

Join Arlene as she leads toning, stretching, strengthening, coordination, stabilization and abdominal exercises in this fun class!

GAMES AND CRAFTS

**PLEASE NOTE: PING PONG
WILL END AT 2:00 p.m.
ON MONDAYS
AND WEDNESDAYS**

MONDAYS

DROP-IN GAMES

Board, card and other games

1:00 p.m.

DROP-IN BRIDGE

9:30 a.m. – 12:30 p.m.

TUESDAYS

DROP IN BRIDGE

9:00 a.m. – 12:00 Noon

DROP IN CRIBBAGE

WITH CLIF

10:00 a.m.

Beginners Welcome

VINTAGE VOICES

12:30 p.m.

DROP-IN CRIBBAGE

1:00 – 3:00 p.m.

WEDNESDAYS

DROP-IN BRIDGE

12:30 – 3:00 p.m.

CANASTA (CLASSIC)

12:30 – 3:00 p.m.

Instruction available
for Canasta.

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.

CANASTA DROP IN

1:00 p.m.

RUMMYKUBE

1:00 p.m.

FRIDAYS

QUILTING

10:15 a.m.

MAH JONG/SCRABBLE

DROP-IN DOMINOES

1:00 p.m.

DROP-IN BRIDGE

12:00 Noon – 2:30 p.m.

CENTER COMPUTER RESOURCES

PERSONAL ASSISTANCE COMPUTER/ MEDIA LAB

Fridays

**10:00 a.m. – 12:00 Noon
By Appointment**

Call the Front Desk at 781-455-7555 to set up an appointment for one to one assistance with your technology questions (contingent on availability of volunteers). When scheduling your appointment, please state what device you are using and what type of assistance you need.

PIANO LESSONS WITH BRUCE

Thursdays

9:00 a.m. – 1:15 p.m.

8 CLASS SESSION

September 8, 15, 22, 29;

October 6, 13, 20, 27

Cost is \$32

Continuing students should sign up to maintain their time slot. Limited openings may be available for new students.

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



CENTER-WIDE FREE WIFI

Setting:

Need-Wireless

Password: highland14

LIFE LONG LEARNING

COMPUTER CLASSES

Media/Computer Lab • Room #212

Fridays • 10:00 a.m. – 12:00 p.m.

There is no charge for these classes. Seating is limited to 10.

September 23

INTRODUCTION TO MICROSOFT WORD

Microsoft Word is the most popular word processing program in use today. This class covers the use of the menus and ribbon. You will create, edit, format, save, and print documents. We will learn to use the spellchecker, as well as tasks such as cut, copy and paste. Students should be comfortable using a mouse.

**Advanced sign-up is required by calling 781-455-7555 or
stopping by the Front Desk.**

October 7

INTRODUCTION TO MICROSOFT EXCEL

This spreadsheet program handles numerical data such as budgets and payrolls, but can also be used to create a database, for example, names and addresses. You will learn to use the menus and ribbon, navigate workbooks, enter text and numbers, perform calculations, and create formulas. Find out the best ways to edit and format your entries. Preview and print your work. Students should be comfortable using a mouse.

**Advanced sign-up is required by calling 781-455-7555 or
stopping by the Front Desk.**

NORFOLK COUNTY REGISTER OF DEEDS COMMUNITY OUTREACH

Wednesday, September 14 • 2:00 p.m.

Registry staff will be available to help you complete a Homestead Application to protect your home from creditors or receive a copy of your property's deed or mortgage discharge.

William P. O'Donnell, Register of Deeds for Norfolk County, will speak briefly on the historical nature of the Registry and the Register's efforts to modernize and computerize the vast number of Norfolk County real estate records. Following these remarks, the Register will be available to answer individual questions and his staff will assist in providing information about the Massachusetts Homestead Act. On-site work stations will be available to provide the status of a mortgage discharge, or print a copy of your deed.

**Advanced sign-up required by calling 781-455-7555 or
stopping by the Front Desk.**

MASSACHUSETTS BAR ASSOCIATION ELDER LAW EDUCATION PROGRAM

Tuesday, September 20 • 2:00 p.m.

Marc J. Cusano, Esq., will speak on basic estate planning and recent developments in establishing Irrevocable Trusts and Medicaid Planning.

The Elder Law Education Program matches attorneys from the MBA and the Massachusetts Chapter of the National Academy of Elder Law Attorneys (NAELA) with senior centers throughout the state to make free presentations about the law.

**Advanced sign-up is required by calling 781-455-7555 or
stopping by the Front Desk.**

LIFE LONG LEARNING

YOU CAN DRAW!

BASIC DRAWING WORKSHOP

Friday, September 16 • 10:00 a.m. – 12 Noon

Instructor: Adrienne Lederman

Cost is \$15.00 paid directly to the instructor.

Includes all materials and instruction. Limited to 10.

Do you often say, "I have no artistic talent. I can't even draw a straight line with a ruler!"? If so, this workshop is for you. Adrienne Lederman will teach you simple and creative methods to develop basic drawing skills.

Adrienne taught art for many years at The Lowell School in New York City, the "Art and Parks" program in Pittsfield, MA, the Adult Education Program at Fairleigh University in New Jersey, and a Simple Printmaking class here at our Center. She has exhibited work in New York City, Connecticut, Colorado and most recently at the Needham Free Library, the Needham Congregational Church and The Center at The Heights as part of the Needham Art Association's spring show.

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

GLYPHOSATE

THE ELEPHANT IN THE ROOM

with Dr. Stephanie Seneff

Wednesday, October 5 • 2:00 p.m.

According to researchers at MIT, the herbicide glyphosate "may be the most biologically disruptive chemical in our environment." Yet this chemical is routinely used on foods we eat, most notably corn and soy.

Come hear Dr. Stephanie Seneff, a Senior Research Scientist at MIT's Computer Science and Artificial Intelligence Laboratory in Cambridge, MA, speak on this compelling subject.

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

RISD'S GREATEST HITS!

AN INSIDER'S LOOK AT THE RHODE ISLAND SCHOOL OF DESIGN MUSEUM **Monday, October 24 • 2:00 p.m.**

Take this virtual tour of one of New England's finest museums, located in Providence, RI. Dr. Suzanne Scanlan will present a sample of the paintings, sculpture, furniture, and decorative arts that form the nucleus of the RISD Museum. Relax and learn from an expert without leaving Needham!

Suzanne Scanlan is dedicated to the mission of bringing museum art to all those interested. She received her PhD in History of Art and Architecture from Brown University and has been on the faculty of the Rhode Island School of Design since 2010.

Thanks to the generous support of Briarwood Rehabilitation and Healthcare Center, there is no charge for this program.

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

ART OPEN STUDIO PAINTING

Wednesdays

12:00 Noon – 3:00 p.m.

Please join your fellow artists for this weekly open studio. For experienced painters – no instruction provided

WATERCOLOR PAINTING

Level I Monday

1:00 – 3:30 p.m.

**October 17 –
December 5**

Level II Thursday

1:00 – 3:30 p.m.

**October 20 –
December 15**

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

CREATIVE WRITING GROUP

10:00 a.m.

**September 13, 27;
October 11, 25**

Write your memoirs, short stories or fun facts about an experience and share them with the group.

CURRENT EVENTS GROUP

10:30 a.m.

**September 6, 20;
October 4, 18**

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

CENTER BOOK GROUP

**Second Friday of
Each Month**

September 9 • 10:30 a.m.

September Book:

Below Stairs by Margaret Powell

October 14 • 10:30 a.m.

October Book:

Coal Miner's Daughter
by Loretta Lynn

Former Dover librarian Judi Long will lead the group in reading and discussing a variety of genres.

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

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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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