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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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## HAPPY SPRING! SENIOR HEALTH AND WELLNESS DAY IS WEDNESDAY MAY 31



We will offer three special programs.

Space is limited. Please sign up separately for each of the three programs listed below by calling 781-455-7555 or stopping by the Front Desk.

### PRESCRIPTION DRUG SAFETY: SAFE HANDLING, STORAGE AND DISPOSAL LUNCH AND LEARN 12:30 – 2:00 p.m.

Bring your old/expired medication to the Center, have some lunch and learn about healthy lifestyle choices: how drugs affect our bodies – positive and negative; general interactions with alcohol and other drugs; safe storage and disposal of medications; resources for Needham residents on proper drug disposal as well as education and support resources for all ages.

Presenters: Catherine Delano, LCSW, MPH; Carol Read, M.Ed., CAGS, CPS; Dr. David Berkowitz, Assistant Director of Pharmacy, Newton Wellesley Hospital (and Needham resident!)

### YOGA DEMONSTRATION BY SANDI LEVY 2:30 – 3:30 p.m.

Experienced yoga practitioner, Sandi Levy will be explaining yoga, which she feels is the “Magic Bullet” for aging well. She will touch on the history of yoga, the different types, as well as the benefits of doing yoga and its positive impact on osteoporosis. Sandi will invite the audience to participate in the centering and breathing components of any yoga class. Audience volunteers will demonstrate some yoga postures. The hour will close with a meditative relaxation.

### BONE DENSITY SCREENING 4:00 – 6:00 p.m.

Two wellness nurses from VNA Care will visit the Center with a portable bone-density ultrasound machine. Participants will be screened and receive their results as well as personal counseling on exercise and nutrition. One nurse will do the screening and one will discuss the meaning of the result on a one-to-one basis. You will learn your test result, how to prevent osteoporosis, calcium and Vitamin D basics, which foods are rich in calcium, and how to prevent falls. Individual 15 minute appointments will be scheduled.



# INDEX

Sign-up for May/June programs and classes will begin Thursday, April 27. We cannot accept written requests prior to 9:00 a.m. on April 27. 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. 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

**11:00 a.m.–12:00 Noon**

**Monday, May 8  
Monday, June 5**

## SENATOR RICHARD ROSS' OFFICE HOURS

The Center at The Heights  
First Come, First Served

**10:00 – 11:00 a.m.  
Wednesday, May 31  
Monday, August 21**

## HOLIDAY CLOSINGS

**Monday, May 29**  
In Observance of Memorial Day

## BRUCE HAMBRO PRESENTS: DEAN MARTIN – KING OF COOL! Friday, May 5 • 2:00 p.m.

King of Cool follows the career of American show business icon Dean Martin, the epitome of cool in the mid-20th century American world of entertainment. Whether as the romantic singing straight man to Jerry Lewis in the 1950s, Frank Sinatra's best buddy in the famed Rat Pack, or the host of America's top-rated TV variety show in the 1960s, Dean Martin was America's favorite cool and slightly tipsy comedy and singing star. Presentation will include slides and video clips of his life and career and will feature songs such as *Volare*, *Memories are Made of This*, *Sway, That's Amore* and *Everybody Loves Somebody Sometime*.

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

*This program is sponsored by Elizabeth Rosa as a celebration of her birthday.*

## A CELTIC CELEBRATION SONGS AND STORYTELLING BY DAVIS BATEMAN

*(Rescheduled from March)*

**Tuesday, May 9 • 2:00 p.m.**

Join us as we celebrate spring and traditional Celtic songs and stories from Ireland, Scotland and Wales. Award-winning performer Davis Bateman will share evocative stories and songs designed to educate and entertain. The program includes work songs, sea songs and ballads, as well as ghost stories, trickster tales and traditional folk tales and oral history narratives.

*This program is supported in part by a grant from the Needham Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.*

## NEW ENGLAND CONSERVATORY CONCERT

**Wednesday, May 10 • 2:00 p.m.**

Exceptional musicians selected as fellows for the Community Performance and Partnership Program will perform classical selections. This last concert of the 2016/2017 academic year may be a soloist or ensemble. Although we do not know the details of content in advance we do know it will be wonderful classical music!

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



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## CELEBRATING DIVERSITY DOCUMENTARIES

DEFYING THE NAZIS: THE SHARPS' WAR (2016)

**Wednesday, May 17 • 1:00 p.m.**

This Ken Burns film documents the story of Wellesley minister Waitstill Sharp and his wife, Martha, who spent nearly two years on life-threatening missions in Europe to save refugees and dissidents from Nazi persecution before and during WWII.

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

*MAYA ANGELOU: AND STILL I RISE (2017)*

**Wednesday, June 14 • 1:00 p.m.**

Using her own words, woven together with archival photographs and videos as well as interviews with friends and family, this film examines the life and legacy of African American poet, memoirist and civil rights worker Maya Angelou.

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

## SUMMER HEALTHY COOKING SERIES

**Wednesday, May 3 • 4:00 – 5:15 p.m.**

**Wednesday, June 7 • 4:00 – 5:15 p.m.**

Come join us for a health cooking demonstration and sample recipes from local chefs from Avery Crossings and Cornerstone at Canton. Each demonstration is limited to 10 participants.

**Please sign up for each demonstration separately by calling 781-455-7555 or stopping by the Front Desk. Priority for the June 7 demonstration will be given to those who were unable to attend the May 3 demonstration.**

FRANK KING PRESENTS:

## *THE GOLDEN AGE OF CROONERS AND RECORDS – DORIS DAY!*

**Friday, June 23 • 2:00 p.m.**

Frank King wowed us with his Nat King Cole presentation in March and returns to present the life and songs of the great Doris Day using actual recordings and photographs! Frank will include the surprising stories behind some big hit songs from 1951 and a few surprises, such as the extra verse to Over the Rainbow no one's ever heard!

*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.**

## LOOKING FOR LEGAL ADVICE?

**Monday, May 15**

**9:00 a.m. – 11:00 a.m.**

Sign up for a free 20 minute consultation with an attorney from MetroWest Legal Services at our bi-monthly FREE clinic.

**To make an appointment  
call 781-455-7555 or stop by  
the Front Desk.**

## *WATER, WATER IS IT REALLY EVERYWHERE?*

**Hillside School Annual  
Presentation**

**Wednesday, May 24  
1:30 p.m.**

Location: The Center at  
The Heights

Hillside School students from the 2nd and 4th grade classes will present the Buddy Water Project which teaches about personal, community and global water usage and water conservation.

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

## COFFEE WITH A COP (NEW!)

**Tuesday, June 6  
9:30 a.m.**

Drop by The Center Café for coffee, pastries, and casual conversation with Officer Ed Bayiates, Needham Police Department.

**No advanced sign-up  
required.**

## SAVE THE DATE!

**Friends Annual  
Meeting and Party**

**Friday, July 28**

**1:30 – 3:30 p.m.**

Short business meeting, strawberry shortcake, prizes, and the Bill McGoldrick Acoustic Duo with acoustic guitar and female vocalist. **Don't miss it!**

## LOW VISION SUPPORT GROUP

Anyone is welcome to attend the monthly meetings of our Low Vision Support Group regardless of whether or not he or she has low vision. Family members and friends of individuals with low vision are welcome as well.

**Wednesday, May 17**  
**11:00 a.m. – 12 Noon**

Guest speaker Paula Evans, Massachusetts College of Pharmacy will discuss eye health, nutrition, and medications.

**No Meetings in  
June, July or August –  
Happy Summer!**

## WEIGHT MANAGEMENT SUPPORT GROUP

8 WEEK SESSION

**Mondays • 12 Noon**  
**May 1, 8, 15, 22;**  
**June 5, 12, 19, 26**

Cost is \$32.

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

## DROP-IN CLUTTER SUPPORT GROUP

**NEW TIME!**

**Mondays**  
**1:00 - 3:00 p.m.**

**For questions and to  
confirm meetings, contact  
Paul at 617-759-1568**

## KEEP WELL CLINIC

**1st and 3rd Wednesday  
of the Month**

**9:00 a.m. – 12 Noon**  
**May 3, 17; June 7, 21**

## MONDAY'S LUNCH BUNCH

Socialize and enjoy a good meal! Depart from The Center at 11:30 a.m. in our van. When you sign up with the Front Desk, let them know if you will need a van pick-up from your home in Needham. The van driver will collect a suggested donation of \$5 for the lunch transportation. You will pay the cost of your meal, tip, and tax at the restaurant.

### MAY

Monday, 5/1 – The Chateau, Norwood  
Monday, 5/8 – Chinatown, Stoughton  
Monday, 5/15 – Dolphin, Natick  
Monday, 5/22 – Horse N'Carriage, Norfolk  
Monday, 5/29 – \*Center Closed\*



### JUNE

Monday, 6/5 – One Bistro, Norwood  
Monday, 6/12 – The Local, Wellesley  
Monday, 6/19 – Olive Garden, Framingham  
Monday, 6/26 – Not Your Average Joe's, Waltham



## SOCIAL SERVICE DEPARTMENT NEWS DISABLED PARKING PLACARDS ARE NOT TRANSFERRABLE

When a person who holds a disabled parking placard passes away, the placard must be returned to the Registry of Motor Vehicles as soon as possible. **Penalties for Misuse = \$500 citation and 30 day license suspension!**

Misuse of a disabled placard is illegal. A person who uses a disabled placard that was issued to somebody else (living or deceased) can face penalties. When the RMV receives notice that a person has passed away, the deceased's placard is canceled and the RMV sends a letter to that person's estate to request that the placard be returned. If you received a letter about the cancellation of a disabled placard that was issued to a person now deceased, contact: Medical Affairs, Registry of Motor Vehicles at 857-368-8020.

## SHINE BULLETIN MEDICARE DRUG PLAN APPEALS

If you are taking a medication that is not covered by your Medicare plan or the co-pay is high, you are allowed to make an appeal.

You can request a coverage determination called an "exception" if: (1) You think your plan should cover a drug that's not on its formulary because the other treatment options on your plan's formulary won't work for you; (2) Your doctor believes you can't meet one of your plan's coverage rules, like prior authorization, step therapy, or quantity or dosage limits; (3) You think your plan should charge a lower amount for a drug you're taking on the plan's non-preferred drug tier because the other treatment options in your plan's preferred drug tier won't work for you.

If you request an exception, your doctor will need to give a supporting statement to your plan explaining why you need the drug you're requesting.

For help with this issue or any other Medicare issue, contact the SHINE (Serving Health Insurance Needs of Everyone...on Medicare) program for assistance. They offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. To schedule a SHINE appointment, call your local Senior Center. 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.

## DIVERSITY DOCUMENTARIES

**Wednesday, May 17**

**Defying the Nazis: The Sharps' War (2016)**

**Wednesday, June 14**

**Maya Angelou, and Still I Rise (2017)**

SEE PAGE 3 FOR DESCRIPTIONS.

**Friday, May 12**

**Seabiscuit (2003)**

DRAMA • PG-13

Three men, Red Pollard (Tobey Maguire), Charles S. Howard (Jeff Bridges), and Tom Smith (Chris Cooper) come together as the principal jockey, owner, and trainer of the championship horse Seabiscuit, rising from the troubled times of the Great Depression to achieve fame and success through their association with the horse.

**Friday, May 19**

**Fences (2016)**

DRAMA • PG-13

Fences is the story of Troy Maxson, a mid-century Pittsburgh sanitation worker who once dreamed of a baseball career, but was too old when the major leagues began admitting black players. He tries to be a good husband and father, but his lost dream of glory eats at him, and causes him to make a decision that threatens to tear his family apart.

**Friday, May 26**

**Gaslight (1944)**

DRAMA • NOT RATED

Gaslight is an American 1944 mystery-thriller film about a woman whose husband slowly manipulates her into believing that she is going insane.

**Friday, June 2**

**Hacksaw Ridge (2016)**

DRAMA • R

WWII American Army Medic Desmond T. Doss, who served during the Battle of Okinawa, refuses to kill people, and becomes the first man in American history to receive the Medal of Honor without firing a shot.

**Friday, June 9**

**The Apartment (1960)**

COMEDY/DRAMA • NOT RATED

This satire about sex and the rat race centers on a pushover company man (Jack Lemmon), who lends his apartment to executives for their affairs until he falls for his boss' latest girlfriend (Shirley MacLaine).

**Friday, June 16**

**Hidden Figures (2016)**

DRAMA • PG

The incredible untold story of Katherine G. Johnson, Dorothy Vaughan, and Mary Jackson – brilliant African-American women working at NASA, who served as the brains behind one of the greatest operations in space discovery: the launch of astronaut John Glenn into orbit.

**Friday, June 30**

**La La Land (2016)**

MUSICAL • PG-13

An inspiring actress and jazz musician waiting to be discovered fall in love, but their romance is tested when their careers begin to take off. Emma Stone won the Academy Award for Best Actress.

## 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.

## SHOPPING EXPERIENCE

**Friday, May 19**  
**Market Basket, Waltham**

**Friday, June 16**  
**Walmart, Walpole**

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.

## JULY/AUGUST COMPASS COLLATING

**Wednesday, June 21**  
**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.



## VETERANS' CORNER

### Burial and Memorial Benefits (Part I)

Reimbursement of Burial Expenses: The VA administers a burial benefits program designed to assist claimants in meeting the funeral and burial costs of a deceased veteran. The type and amount of benefits payable depends on the veteran's individual service record and cause of death.

Headstones and Markers in Private Cemeteries: VA Form 40-1330M is now used as the sole form for families to order a grave marker medallion. The medallion is given for veterans whose death occurred on or after November 1, 1990. The medallion is intended for use for those veterans whose grave is located in a private cemetery and marked with a privately purchased headstone or marker. For further inquiry please contact Sarada at 781-850-5504 or [skalpee@westsuburbanveterans.com](mailto:skalpee@westsuburbanveterans.com)

## EVENING CAREGIVER SUPPORT GROUP

1st Wednesday of Each Month (ongoing)

4:30 – 5:30 p.m.

To learn more contact Kerrie Cusack at Ext. 205 or [kjusack@needhamma.gov](mailto:kjusack@needhamma.gov)

Advanced sign-up is required by calling

781-455-7555 or stopping by the Front Desk.

## TRIP NEWS

### BOSTON'S TALL SHIPS

Tuesday, June 20

TOTAL COST: \$79 Per Person

The 2017 Tall Ship Regatta will once again parade into historic Boston Harbor and you will be able to view the ships close up on a narrated sightseeing cruise from Commonwealth Pier. Your vessel, the Provincetown II, is equipped with food and beverage service as well as large decks to view the flotilla. Returning to dockside, you will be able to view the docked vessels at anchor. Bring your own bag lunch, buy something on board the Provincetown II, or pick up something after the cruise as you stroll through Quincy Market and the beautiful Rose Kennedy Greenway.

You will depart from the Linden & Chambers parking lot at 8:15 a.m. or The Center at The Heights at 8:30 a.m. and return home at 5:00 p.m. after a wonderful day experiencing Sail Boston 2017!

**Make checks payable to "Friends" and mail to Friends, The Center at The Heights, 300 Hillside Ave., Needham 02494**

**This trip will sell out quickly so contact the Trips Desk now to reserve your spot: 781-455-7555 ext. 209.**

## FUTURE TRIP DATES

Save the following dates and book now to avoid disappointment and to ensure the trips operate (we need a minimum of 38 people fully paid at least two weeks before each trip).

- **Wednesday, July 19:** Narragansett Lighthouse Cruise, R.I. and full course luncheon at Quonset Point Officer's Club. Cost = \$89.00
- **Wednesday, August 23:** SS Lobster Roll Cruise and Visit to Cuffy's of Cape Cod. Cost = \$76.00
- **Wednesday, October 18:** Indian Princess Paddle Wheel Riverboat Foliage Cruise with Lunch at the Point Breeze Restaurant on Lake Webster. Cost = \$79.00
- **Tuesday, November 14:** Foxwoods Resort and Casino. Cost = \$29.00
- **Wednesday, December 6:** "Sleigh Bells Swing" Christmas Show and Lunch at the Danversport Yacht Club. Cost = \$79.00

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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.**

Dear Friends,

HAPPY SPRING! Thanks to everyone who paid their annual membership donation of \$25 to help the Friends support the Needham Council on Aging's growing programs, services and the printing and mailing of the Compass. If there is a "17" before your name, your membership is up-to-date for 2017 (January 1 to December 30). If there is not a "17" on your label, we strongly urge you to support the Friends by paying membership.

We are updating our Compass mailing list. In order to receive the Compass by mail, we request that out-of-town people become a member to help defray expenses. However, you may still receive the Compass free by email.

We truly appreciate your help.  
Pat and Carol

FRIENDS OF THE CENTER AT THE HEIGHTS, INC.  
**2017 MEMBERSHIP AND DONATION FORM**  
Available at The Center's Front Desk

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

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- Lois Camberg and Roy Cramer In Memory of Helen Hicks
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- Mary Ellen Hannigan In Memory of Annie Lynch
- Pat and Ed White In Memory of Jennie Bering
- Grace E. Pagano In Memory of Pagano Family
- Council on Aging Board of Directors In Memory of Beatrice Yearwood (LaTanya Steele's Grandmother)
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**IN HONOR OF:**

- Theodore & Elaine Lampman in appreciation for Tax Preparation
- Leonard F. Burke in appreciation for Tax Preparation
- Earl Kasdon In Honor of Dave Oberman of Chromasonic TV
- Agnes M. Paglia in appreciation for Tax Preparation
- Joan B. Slaby in appreciation for Tax 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, 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

**Monday:**

**11:30 a.m. – 2:30 p.m.**

**Tuesday:**

**1:00 – 4:00 p.m.**

**Wednesday:**

**9:00 a.m. – 12 Noon**

**Thursday:**

**11:00 a.m. – 2:00 p.m.**

**Friday:**

**9:00 a.m. – 12 Noon**

Access cards are available for a month of unlimited drop-in use for \$25.00. We cannot refund or prorate monthly fees including the initial month of membership.

## NUTRITION AND BONE HEALTH

**Springwell's Nutrition Education Presentation**

**Thursday, May 4**

**2:00 p.m.**

Come join Meghan Ostrander, Dietitian at Springwell, to learn how you can slow the damage of osteoporosis and maintain bone health through lifestyle changes.

## EXERCISE AND DANCE CLASSES

### MONDAY

#### TAI CHI

6 WEEK SESSION

9:00 a.m.

May 15, 22; June 5, 12, 19, 26

Instructor: Scott Brumit

Cost is \$24.

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

7 WEEK SESSION

9:00 a.m.

May 1, 8, 15, 22; June 5, 12, 19

Instructor: Sandi Levy

Cost is \$28.

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

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

**STRENGTH TRAINING FOR BALANCE AND OSTEOPOROSIS MONDAY (FORMERLY SEATED STRENGTH): 8 WEEK SESSION**

10:15 a.m.

May 1, 8, 15, 22; June 5, 12, 19, 26

Instructor: Pearl Pressman

Cost is \$32.

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

8 WEEK SESSION

12 Noon

**Experience Required**

May 1, 8, 15, 22; June 5, 12, 19, 26

Instructor: Manny Correia

Cost is \$32.

#### TRAIN YOUR BRAIN: BALANCE, AGILITY AND FALL PREVENTION

8 WEEK SESSION

MONDAY

6:00 – 7:00 p.m.

May 1, 8, 15, 22; June 5, 12, 19, 26

Cost is \$32. Minimum is 10.

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

### TUESDAY

#### EASY YOGA

9:15 a.m. - 10:15 a.m.

**Remaining Dates of Late Spring Session:**

**May 2 – June 20**

**Summer Session:**

**June 27 – July 25**

Instructor: Steffi Shapiro.

Contact Needham Community Education (781-455-0400 ext. 235) for sign-up and payment.  
[www.needham.k12.ma.us](http://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. More information can be found about Easy Yoga on the website [www.elder-yoga.com](http://www.elder-yoga.com).

#### ARTHRITIS EXERCISE

8 WEEK SESSION

2:00 p.m.

May 9, 16, 23, 30;

June 6, 13, 20, 27

Cost is \$32.

#### BALLROOM DANCING

Offsite Location: YMCA Chestnut St.

2:00 p.m.

4 WEEK SESSION 1

**TANGO**

May 9, 16, 23, 30

Cost is \$16.

4 WEEK SESSION 2

**FOXTROT**

June 6, 13, 20, 27

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**

#### 9 WEEK SESSION

9:15 – 10:15 a.m.

March 22 - May 17

Summer Session:

May 31 – July 28.

Shirley leads a 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

#### 6 WEEK SESSION

2:45 – 3:45 p.m.

May 3, 10; June 7, 14, 21, 28

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.

## THURSDAY

### AEROBIC DANCING AT YOUR OWN PACE TO A LATIN BEAT!

#### 8 WEEK SESSION

10:00 – 11:00 a.m.

May 4, 18, 25; June 1, 8, 15, 22, 29

(no class May 11)

Instructor: Louise Carbone

Cost is \$32. 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 cardio-vascular and muscle-toning benefits. Louise will help personalize each participant's workout so it matches your goals!

### THURSDAY YOGA WITH SANDI LEVY

#### 7 WEEK SESSION

1:00 – 2:00 p.m.

May 4, 18, 25; June 1, 8, 15, 22

Cost is \$28.

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.

May 4, 11, 18, 25;

June 1, 8, 15, 22, 29

Cost is \$36.

## FRIDAY

### STRENGTH TRAINING FOR BALANCE AND

#### OSTEOPOROSIS

(FORMERLY SEATED STRENGTH):

#### 9 WEEK SESSION

9:15 a.m.

May 5, 12, 19, 26;

June 2, 9, 16, 23, 30

Cost is \$36.

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**

#### 9 Week Session

10:30 a.m. – 11:30 a.m.

Spring Session:

March 24 – May 26

(June 2 Makeup if Needed)

Arlene will teach you toning, stretching, strengthening and abdominal exercises to benefit you from head to toe!

## GAMES AND CRAFTS MONDAYS

### DROP-IN GAMES

Board, card and other games

1:00 p.m.

### BRIDGE

9:30 a.m. – 12:30 p.m.

## TUESDAYS

### BRIDGE

9:00 a.m. – 12:00 Noon

### DROP-IN CRIBBAGE

10:00 a.m.

Beginners Welcome

### VINTAGE VOICES

12:30 p.m.

### RUMMYKUBE

1:00 p.m.

## WEDNESDAYS

### CANASTA (CLASSIC)

12:30 – 3:00 p.m.

## THURSDAYS

### BRIDGE

9:00 a.m. – 12 Noon

### KNITTING

10:30 a.m. – 12 Noon

### DUPLICATE BRIDGE

12:30 – 3:30 p.m.

### MAH JONG

(LESS EXPERIENCED)

12:30 p.m.

### RUMMYKUBE

1:00 p.m.

## FRIDAYS

### QUILTING

10:15 a.m.

### MAH JONG

(EXPERIENCED)

### SCRABBLE

### DROP-IN DOMINOES

1:00 p.m.

### BRIDGE

12:00 Noon – 2:30 p.m.



## CENTER-WIDE FREE WIFI

**Setting:**  
**Need-Wireless**  
**Password: highland14**

## CHESS INSTRUCTION

**Thursdays**  
**2:00 – 3:30 p.m.**

Have you always wanted to learn chess? Do you know how to play and are looking for a drop-in match? If so, stop by and see if this program might work for you.

## FITNESS WALKING GROUP

**10:30 a.m.**

**Departure from The  
Center At The Heights**

Participants must be able to walk independently 2-4 miles at least twice weekly as often there are no stopping spots along the walks to rest and later rejoin the group. **Bring your own water and wear sturdy shoes.**

**May 12**

**ARNOLD ARBORETUM**

**May 26**

**JAMAICA POND**

**June 9**

**CUTLER PARK**

**June 23**

**CASTLE ISLAND**

Participants must have an updated File of Life completed. If you sign-up and your plans change, PLEASE contact the Front Desk so we can offer your spot to someone else.

**Advanced sign-up is required.**

# LIFELONG LEARNING

## GETTING STARTED WITH IPAD

**Friday, May 5 • 10:00 a.m. – 12:00 Noon**

**Minimum of 10; Maximum of 20 • Cost is \$10**

If you are an iPad owner, or want to become one, come and learn about all the things an iPad can do! It is surprisingly fun and easy to use as you hold it in your hands and interact with it by touch. This course will introduce you to all the basic iPad functions – from emailing, surfing the Web, texting messages, making FaceTime calls, taking pictures and editing them, and exploring apps.

## ONE-ON-ONE PERSONAL ASSISTANCE WITH YOUR IPAD

**Friday, May 12 • 10:00 a.m. – 12:00 Noon**

**Individual Appointments • Minimum of 4; Maximum of 8 • Cost is \$15**

Marjorie and Carol will work with you individually to answer your questions and help you solve those vexing problems by answering your questions skillfully and with patience. Bring your device!

## GETTING THE MOST OUT OF YOUR IPHONE

**Friday, June 2 • 10:00 a.m. – 12:00 Noon**

**Minimum of 10; Maximum of 20 • Cost is \$10**

This class will help you better understand what these phones can do and make them easier for you to use. Get acquainted with all the amazing features your iPhone offers: emailing, text messaging, Siri, FaceTime, great camera and video capabilities, calendars, contacts and other great features.

## ONE-ON-ONE PERSONAL ASSISTANCE WITH YOUR IPHONE

**Friday, June 9 • 10:00 a.m. – 12:00 Noon**

**Individual 30 minute appointments • Minimum of 4; Maximum of 8 • Cost is \$15**

Bring your phone with you and receive individual attention from Marjorie and Carol. Learn the power of these devices and make them work for you!

## BRAIN HEALTH THROUGH MATH YES, YOU CAN DO MATH!

**Tuesday, May 16 • 10:00 – 11:00 a.m.**

Were you ever told you were “bad” at math? Maybe you weren’t taught correctly. Push your boundaries and try it – you may be surprised. Join Swati Dave, as she leads this FREE and FUN class in math exercises that will help you keep your brain active, sharp and enjoying yourself—really!

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

# LIFELONG LEARNING

## GARY HYLANDER LECTURE

Treason Seasons Series

### ALGER HISS – THE CONCEALED ENEMY

**Wednesday, June 21 • 2:00 p.m.**

Former State Department official Alger Hiss was the central figure in a celebrated espionage case during the McCarthy era. Hiss was accused by Whittaker Chambers, a former Communist agent, of being a Soviet spy. Because of Hiss's impeccable patrician credentials most HUAC members doubted Chambers' charges. However, freshman Congressman and HUAC member, Richard Nixon, was not convinced of Hiss's innocence.

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

*Thanks to the generous sponsorship by New Pond Village there is no fee for this program.*

## THE MUSEUM OF BAD ART (MOBA)

**Monday, June 5 • 2:00 p.m.**

MOBA is local – its first gallery was in a private home in West Roxbury, then in the basement of Dedham Community Theater, now in the basement of Somerville Theater. Since 1994, they have collected, exhibited, and celebrated work too bad to be ignored. They are not laughing at the artists, but if at anyone, it is the art writers and art critics. They have published two books, been on TV all over the world, and been covered in virtually every major newspaper and magazine and plenty of minor ones. Come learn how this museum got started. Why? By whom? Where does the art come from?

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

## PIANO LESSONS WITH BRUCE

**Thursdays • 9:00 a.m. – 1:15 p.m.**

**9 CLASS SESSION**

**May 4, 11, 18, 25; June 1, 8, 15, 22, 29**

Priority will be given to continuing students. Cost is \$36.00

**Continuing students please sign up to maintain your time slot.**

**Limited openings are available for new students.**

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

## HOW TO PROTECT YOUR INVESTMENTS

**Office of Secretary of the Commonwealth,**

**William Francis Galvin**

**Investor Education Section**

**Wednesday, May 17 • 6:00 – 7:00 p.m.**

- Product overview of types of investments available – mutual funds, annuities, reverse mortgages, etc.
- How to identify common financial scams
- Resources for evaluating advisors
- How to report concerns to regulatory agencies

Light refreshments will be served.

**Advanced sign-up is required by calling 781-455-7555.**

## ART OPEN STUDIO PAINTING

**Wednesdays**

**12 Noon – 3:00 p.m.**

## ART MATTERS

Offsite at Avery Crossings

110 West Street

781-444-6655

**10:30 AM**

**May 3 • Rockwell**

**June 7 • Symbolism &  
Expressionism**

## CREATIVE WRITING GROUP

**10:00 a.m.**

**May 9, 23; June 13, 27**

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

## CURRENT EVENTS GROUP

**10:30 a.m.**

**May 2, 16, 30;**

**June 6, 20**

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**

**May 12 • 10:30 a.m.**

*Lab Girl* by Hope Jahren

**June 9 • 10:30 a.m.**

*The Grilling Season*

by Diane Mott Davidson

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

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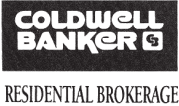


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**VISIT US ONLINE AT:**  
[www.needhamma.gov](http://www.needhamma.gov)

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

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