Senior Newsletter
The Center at the Heights
September & October 2019
Eaton Funeral Homes
Celebrating 200 Years of Dedicated Service
1351 Highland Avenue 465 Centre Street
Needham Newton
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A Tradition of Caring Since 1818
For Over Seven Generations
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You’re Retired.
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To learn why consolidating your retirement accounts to Edward Jones makes sense, contact your Edward Jones financial advisor today.
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ENJOY THE LIFE YOU HAD BEFORE YOUR WOUND.
Let the Wound Care team at BID–Needham help you get back to life.
If you suffer from any of these conditions or symptoms we can help:
• Diabetic ulcers • Infections • Pressure ulcers
• Any wound not healed within 30 days • Wounds on lower legs or feet
Ask your physician or call for an appointment today:
Tel: 781-453-8500
Beth Israel Deaconess Hospital Needham
Center for Wound Care and Hyperbaric Medicine
145 Rosemary Street, Suite D | Needham, MA 02494
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145 Rosemary Street, Suite D | Needham, MA 02494
VINTAGE VOICES #36243  
Tuesdays, Sept. 3—Oct. 29 | 1 – 2pm  
Come and join one of the Center’s favorite activities. Whether you sing on key or off key it doesn’t matter to us! Sing-a-long or just listen as our pianist and the leader of our own “rat-pack”, Tom Gallant, guide you down a lyrical memory lane.

ABBY THE DOG #32314  
Tues., Sept. 3 and Mon., Oct. 7 | 9:30—10:30AM

FINANCE CLINIC #37223  
Tuesdays, Sept 3, 10, 17, 24 and Oct 1, 8, 15, 22, 29 | 12 & 2:30pm  
Join Galina Pekurovskaya, ChFC®, Financial Advisor of the Bulfinch Group as she sits with individuals for 30 minutes to go over simple finances. Everyone must be seen before she takes 2nd appointments.

KEEP WELL CLINICS #36043  
Wednesdays, Sept. 4, 18 and Oct. 2 and 16 | 9am—12pm  
In partnership with the Visiting Nurses Association. Anyone 60 or older is welcome to come to and consult with a registered nurse. Weight, blood pressure is taken and health concerns discussed.

BEADED JEWELRY #36903  
Wednesdays, Sept 4, 18 Oct. 2, 16 | 10:00—11:30am | Cost: $5  
Ludmilla Polnareva will teach you how to make different types of beaded jewelry. The beads alone are beautiful, and once she teaches you how to create jewelry, it will look like it came directly from a fine jewelry store. Also, if anyone has any broken jewelry, Ludmilla will fix it for you!

Please note: We accept donations of old jewelry, beads and tools.

WORD GAMES TO SPARK YOUR BRAIN  
Wednesdays, Sept. 4, 18 and Oct. 2 and 16 | 9:30—10:30am | #36944  
We all know word games can be great for our memory, but this one is social too which is even better! Join Val Walker as she has us doing different lively verbal activities each week. From charades, guessing games, rhyming fun, trivia, jokes and theater games.

MATH FOR THE BRAIN #36938  
Wednesdays, Sept. 4, 11, 18, 25 and Oct. 2 | 11am-12pm  
This 5 – week program will hit your brain’s “refresh button” and help you learn some new math and remind you of some old math that you might’ve taken for granted!

Week 1: Statistics – exactly!!!....well...maybe not exactly at all!!

Week 2: About numbers...

Week 3: Metrics...Geo and Trigono

Week 4: Topics in Algebra: Quadratics, Formulae, Conic Sections

Week 5: Potpourri to the finish!!
Avita of Needham - Assisted Living Specializing in Memory Care

“I am so appreciative of your concern and care for my parents, we could not be making this journey without you.”

Call Mary Jane: 781.444.2266
Visit us at 880 Greendale Ave in Needham, MA
avitaofneedham.com

From bathing help to board games this is home care.

At FirstLight the care we provide goes beyond the basics of bathing and medication reminders. If you or your loved one wants to go out for an errand or play a board game, we’re there. We care for seniors, people with disabilities, and adults recovering from illness, injury or surgery. But we do more than that, we provide peace of mind!

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Luxury Senior Living at the Crossroads of Needham, Newton & Wellesley

Visit Today: 781-247-6638
235 Gould Street | Needham | OneWingateWay.com
CATH OPEN HOUSE—YOU’RE INVITED!
Wednesday, Sept., 4 | 3—6pm
Learn about what we offer our Needham Seniors:
• Cutting Edge Fitness Room
• Yoga, Pilates, Zumba, Brain & Balance Exercise classes
• Games, Bridge Mahjong
• Pool and Ping Pong Tables
• Extensive Transportation, Social & SHINE Services
• Cooking classes, café hours, music, dance and so much more!

FOLK SONG WORKSHOP  #36443
Wednesdays, Sept. 4, 11, 18, 25 Oct. 2, 9, 16, 23, 30
2—3pm
This new, creative and interactive group will have you listening, learning and singing folk songs from the 60’s to today. Please come with some favorites in mind. Some artists included could be (but not limited to) Bob Dylan, Peter Paul and Mary, Crosby Stills and Nash & Young, etc. If you play an acoustic guitar, please bring your guitar!

CLASSICAL GREEK AND ROMAN HISTORY CLASS  #37185
GREECE: Thursdays, Sept 5, 12, 19, 26
ROME: Thursdays, Oct. 3, 10, 17, 24 | 11am–12pm
Learn that the creation of many current world intuitions including racial stereotyping and discrimination, the effect of religion, gender inequality, military might, and regional differences come (to a degree) from the Greek and Roman era.

EUROPE IN THE LAST TWO CENTURIES  #37186
Thursdays, Sept 5, 12, 19, 26 Oct. 3, 10, 17, 24 | 1:30 – 2:30pm
Glean a basic understanding of how Europe, from the Napoleonic Wars to the “Cold War” helped shape many of the contemporary European economic, social, racial, political and religious problems. Students will learn about socialism, capitalism, and communism.

CATH GARDEN PROJECT  #37015
Thursdays in Sept and Oct | 2:30—3:30pm
Join us to continue to beautify the roof deck! We will be maintaining our flowers and herbs and we need you - whether or not you have a green thumb.

CREATIVE WRITING FOR HEALTH, WELLNESS AND YOU!  #35465
Fridays, Sept. 6, 20 Oct. 4, 18
10—11:30am
You have stories to tell – we all do! So tell them! Beth Knaus, owner of That’s A Spade Writing Services, will teach you tools and tips, and motivate you to hone your hobby of writing. Writing is great for memory and can be a great form of self-therapy. All levels of writers are welcome and no prior writing experience is needed.

LYFT LESSONS 101: IT'S EASIER THAN YOU THINK  #37071
Friday, September 6 | 10:30am—12pm
A member of the local Lyft rideshare company will present tips, tricks, and best practices for using the Lyft rideshare service. The course will cover how to use the Lyft app, common ways to use rideshare, and an opportunity for questions and answers. A smartphone is required to use the Lyft app, so suggest those who RSVP to have a smart phone.

19TH CENTURY AMERICA-FROM SEA TO SHINING SEA  #37183
Mondays, September 9, 30 Oct., 7, 14, 21 | 11am—12pm
The United States went from a weak nation, which had its capital burned in 1815, to a world power a century later. Come discuss fascinating American History. The course will end with the Spanish-American War and the fulfillment of the Monroe Doctrine.

BOYLSTON PLACE LUNCH AND TOUR  #36989
Monday, September 9 | 12—2pm
Visit Boylston Place for a tour and lunch. Must pre-register.
SEPTEMBER EVENTS

FIELD TRIP TO ENCORE CASINO #37027
Mondays, Sept. 9, Oct. 7, Nov. 4 | 10am—4pm
Visit the new Encore Casino in Everett. Registration is limited to 14 people. One trip per month will be offered Sept-Nov. Please only register for 1 trip. If spaces become available, you may register for more. YOU MUST REGISTER WITH STEPHAN FOR TRANSPORTATION TO AND FROM THE CENTER.

REP. DENISE GARLICK’S OFFICE HOURS
Mondays, Sept. 9 Oct. 7 | 11am—12:30pm #26962
First come, First Served

CIVICS IS BACK! #37125
Mondays, Sept. 9, 16, 23, 30 Oct. 7, 21, 28 | 11am-12pm
The civics course is designed to foster an understanding and appreciation for the institutions of government at the federal, state, and local levels. Included in this aspect of the course will be discussions involving the three branches of government at the federal and state levels and the specific responsibilities of each branch. Lastly, the course will discuss how interested citizens can participate in the political process.

BRAIN GAMES #36476
Mondays, Sept. 9, 16, 23, 30 Oct. 7, 21, 28 | 1-2pm
This fun and unique class is a combination of specific activities designed to improve your memory, reasoning, conceptualization, language

MEDIEVAL ENGLAND HISTORY #37184
Mondays, Sept. 9, 30 Oct. 7, 21 | 1:30—2:30pm
Students will learn where the United States laws originated, the origination of the English Language, as we know it today, the influence of religion on government and individuals. Students will read several medieval stories to better understand this culture.

THINKING POSITIVELY: A NEW PERSPECTIVE #36985
Mondays, Sept. 9, 23 and Oct. 21 | 6—7pm
Practice a more positive outlook in this workshop. Learn about how changing your thinking style can improve your self esteem, help you reach your goals and improve your relationships.

BREAKFAST WITH MEDMINDER #36650
Tuesday, Sept 10 | 9:30—10:30am
Enjoy a free breakfast and learn about MedMinder; the full medication adherence solution that’s proven to help patients adhere to their medications schedule and help them stay more independent at home. Time to trade your old pill boxes in for some peace of mind!

NEED LEGAL ADVICE? #29376
Tuesday, Sept. 10 and Oct. 8 | 10:00am—12pm
Sign up for a free 20 minute consultation with an attorney from Metro West Legal Service. Please call or visit the front desk to schedule an appointment.

HAND AND FOOT CARD GAME LESSONS #36507
Tuesday, Sept 10, 17, 24 Oct. 1, 8, 15, 22, 29 | 9:30am—12pm
Time to try something new! Hand and Foot is a North American game related to Canasta, in which each player is dealt two sets of cards - the Hand, which is played first, and the Foot, which is played when the hand has been used up. There are numerous variations of this game and no standard rules. Join the Olsen’s as they teach us their favorite game that is taking over the world!
SEPTEMBER EVENTS

MATTER OF BALANCE WITH TIFFANY
Tuesday, Sept. 10, 17, 24 Oct. 1, 8, 15, 22, 29
| 2-4pm  #36866
Matter of Balance is an evidence-based program developed by Boston University to reduce the fear of falling and increase activity levels among older adults. Our own Public Health Nurse, Tiffany, will teach you how to set realistic goals, change your environment to reduce fall risk factors, and what exercises increase strength and balance. (Although exercises will be performed, this is not primarily an exercise class.)

There is no charge for this class, but sign up is required. Minimum of 8 required. Maximum of 20

THE GENIUS OF GEORGE GERSHWIN W/ BRUCE HAMBRO  #36411
Tuesday, Sept. 10 | 2:30-3:30pm
George Gershwin wrote countless scores for hit Broadway and Hollywood musicals during the early 1900s. With his lyricist-brother, Ira Gershwin, George wrote a catalogue of songs that have been embedded in the consciousness of millions of Americans for generations. Mr. Hambro’s one-hour presentation includes recordings of such great George Gershwin standards as I Got Rhythm, Embraceable You, They Can’t Take That Away from Me and Someone to Watch Over Me sung by the likes of Ethel Merman, Judy Garland, Fred Astaire and Ella Fitzgerald. Additionally, audiences will be treated to video footage of performances of key parts of An American in Paris, Concerto in F and Rhapsody in Blue.

MUSIC & SONGS WITH NICOLE !  #33930
Wednesday, Sept. 11 | 11am – 12pm
Join, Nicole from Avita as she brings her guitar and songbooks to take requests and have fun! Snacks and surprises are included! This Memory Café is co-sponsored by Avita and FirstLight Home Care.

MICHELE’S ARTIST APPRECIATION WORKSHOP: AMADEO MODIGLIANI  #36780
Wednesday, Sept. 11 and Oct. 16 | 2:30—3:30pm
Join us as research librarian and art educator Michele Marram explores the life and career of Amadeo Modigliani, an Italian artist who worked with drawing, painting, and sculpture. He is well-known for his distinctive portraits. Following the presentation participants will have the option to experiment with portraits on their own.

CUBA AFTER CASTRO: A COUNTRY IN TRANSITION WITH BARRY PELL
Thursday, Sept. 12 | 1:00—2:00pm  #36482
Kept in a time warp for decades by an economic system controlled exclusively by the government, and exacerbated by the United States embargo, Cuba is now emerging to allow private businesses, private property ownership, and public internet access. Barry Pell traveled to Cuba in 2000 and returned in 2019 to speak with the Cuban people and observe the changes. In this program, accompanied by his photography, he will discuss how its people are embracing and benefitting from the changes.

COOKING WITH CHEF RANDY FROM BOYLSTON PLACE  #30761
Thursday, Sept. 12 | 2:30—3:30pm
Chef Randy is coming back! Join us in the kitchen as he makes a seasonal meal.

WEDNESDAY WATCH LIST
Wednesday, Sept. 11, 18, 25, Oct. 2, 16, 30 | 1 – 2pm  #36838
Keep hearing about Netflix and don’t have it? On September 11th: Watch the popular series Tidying Up With Marie Kondo and Chef’s Table Empty Nesters and The Downsizers September 18th: Breaking Free from Mountain of Stuff and Sparking Joy After A Loss September 25th: Francis Mallmann October 2nd: Magnus Nilsson October 16th: Enrique Olvera October 30th: Gaggan Anand.
SEPTEMBER EVENTS

PROTECT YOUR ESTATE AND YOUR ASSETS  #36056
Thursday, Sept. 12 | 6:30—7:30pm
Attorney Greta Atchinson from Dennis Sullivan & Assoc. will be speaking about the importance of planning for what can happen to you, your spouse, your parents. They have created the unique Trust, Estate and Asset Protection review to help the process.

FALL CLEAN UP & STAGING  #36566
Wednesday, September 11 | 11am—12pm
Whether you are interested in selling your home or just making improvements, Get expert advice from Betsy Milane on how to get your home looking its’ best. Learn the tricks to decluttering, organizing and fancying up your living space!

CAREGIVER WELLNESS MORNING  #36939
Saturday, Sept 14 | 10am—1pm  
As a Caregiver, we know you spend so much of your time taking care of others... allow us take care of you! Join us for a morning of Spa Yoga that includes 45 minutes of relaxing, candle lit, slow flow movements infused with essential oils and gentle massage followed by a light brunch and coffee. You will leave feeling refreshed and renewed! Limited to 25 participants. Please bring a yoga mat, water bottle and blanket. Registration required. Please contact Kerrie Cusack, LICSW 781-455-7555 ext. 205 with any questions.

CATH ARTISTS EXHIBIT AND RECEPTION AT WEBSTER BANK  #37114
Saturday, Sept. 14 | 11am—1:00pm
Witness the creative talent found in our Art Room! Our own artist members from the Art Room will exhibit their watercolor works at the Webster Bank in Needham. The exhibit extends from September through October. The reception on Sept 14 will be from 11 to 1 p.m. All are welcome to enjoy the buffet of refreshments while viewing this interesting exhibit. Transportation will be provided to and from Webster Bank and the Center. If you are going to need a ride to and from the Center, you must schedule with Stephan 48 hours in advance.

COFFEE WITH THE FIRE CHIEF  #36897
Monday, Sept. 16 | 9:30—10:30am
Join Fire Chief Dennis Condon for coffee and information about fire safety.

DOWNTON ABBEY: THE EXHIBITION  #37116
Monday, Sept. 16 | 10am – 2pm | Price: $24/pp
The Downton Abbey Exhibit is here in Boston! Located at the Castle at the Park Plaza Hotel the exhibit includes fantastic original costumes from the series, interesting exhibits, a replica of the kitchen seen on tv and much, much more! Limited to 14 people. Please register with payment by 8/29. The deadline to register is very important because we need to purchase tickets in advance. PLEASE REGISTER WITH STEPHAN IF YOU NEED A RIDE TO THE CENTER PRIOR TO DEPARTURE.

MORNING REFLECTIONS WITH VAL  #36440
Mondays, Sept. 16 Oct. 7 | 11am—12pm
Please join us for inspiration and discussion in this new group by Val Walker who has taught the Art of Comforting at the Center. Walker, our facilitator, will share famous quotes and pieces of literature from great thinkers, leaders and authors on heartening topics that spark meaningful conversations. You will be educated, inspired and enlightened.

HELPING THE HOMELESS...IT’S IN THE BAG  #36950
Monday, Sept. 16 | 1—2pm
This 4 week project needs your help! What is planning and how is it ecofriendly and humane? Join us as we learn about how to keep plastic bags out of our landfills by using them to create sleeping mats that will help the homeless in the cold months that are coming right around the corner!

COPING SKILLS TO COMBAT STRESS  #36988
Monday, Sept. 16 Oct. 21 | 5:30—6:30pm
It’s time for some self care! Join us as we talk about how to reduce our stress levels. 9/16: Mindfulness and Meditation, 10/21 Creating Realistic Goals.
SEPTEMBER EVENTS

BEWARE AND BE SAFE: ELDER FRAUD #34820
Tuesday, Sept. 17 | 11am—12pm
Fraud is on the rise, everywhere. Come and learn what you can do to protect yourself, your estate, and your home. Speakers: Susana Lannik of Lannik Law will speak on preventing financial exploitation, Susan Howards, esq., will speak on Court fraud, cyber fraud, restraining order fraud, etc. Galina Pekurovskya will talk to financial fraud. Betsy Millane, Realtor, Keller Williams will speak on fraud in Real Estate practices.

MUSICAL MASTERY: ARONS FAMILY CONCERT #36622
Tuesday, Sept 17 | 2:30—3:30pm
Join us as the 3 generations of Arons are coming back to wow us with their immense talent. You will be sure to be entertained from the multitude of instruments, to the wide array of music to the lovely people they are.

IPHONE/IPAD SETTINGS: WHERE ALL THE SECRETS HIDE #36663
Wednesday, Sept. 18 | 10am—12pm | $15
There are many adjustments and tweaks you can make in the Settings Screen that will change how your iPhone/iPad behaves. In Settings you can adjust such things as font size, ring tones, privacy settings, passcodes, screen wallpaper, notifications, updates, and battery life. By understanding these settings fully you are able to take complete control of your device and customize it to your needs. This course is for individuals who have basic familiarity with their iPhone and/or iPads and want to take the next step.

LOW VISION SUPPORT GROUP #35471
Wed., Sept 18 and Oct. 16 | 10:30-11:30am
Join our low vision group where each month we will learn the best way to live, help and learn about our lives as people living with low vision. We will have speakers, professionals, each other to teach us how to be our best. We will learn about research, lifestyle helpers and hacks and the latest technology.

MINDFULNESS SERIES WITH NEIL MONTENKO #31934
Wednesdays, Sept. 18 and Oct. 16 1—2pm
In September, the series will explore how mindfulness can help us be more aware of and better manage difficult thoughts and emotions. In October, the series will cover the benefits of mindfulness in managing pain and discomfort. Each session will be new, interactive and will include guided practices with an emphasis on how to meld practice into everyday life. Newcomers and prior attendees are welcome at any time. Thanks to Wingate Chestnut Hill for their generosity so that this program is free of charge.

LET’S MAKE POPOVERS! DELICIOUS, EASY, FUN! #36698
Wednesday, Sept. 18 | 2:30—3:30pm
Popovers are delicious as an accompaniment to any dish or all by themselves! There easy and fun to make and even more so when made with our own artist, Adrienne Lederman!

PIZZA AND A MOVIE WITH MAURA CUTTING #37062
Wednesday, Sept 25 | 6—9pm
Join local realtor Maura Cutting for Pizza and A Movie Night. We will be showing the movie, “Book Club”. Please preregister so we have enough pizza :)
SEPTEMBER EVENTS

STATE HOUSE LUNCH & TOUR WITH VICE CHAIR GARLICK  #36312
Thursday, Sept. 19 | 11:30am—2:30pm
Join us to learn about the history and happenings of the State House on September 19th! State Representative Denise Garlick will be hosting a tour, photo shoot and luncheon. Please register with Stephan if you wish to ride in the van, space in the van is limited to 14 people. All are invited to drive separately; please be aware the closest public parking to the State House is Boston Common Garage (Zero Charles Street, Boston, MA 02116). Must preregister to attend.

LUNCH & LEARN: TO FLU SHOT OR NOT  #36846
Thursday, Sept. 19 | 12:30—2pm
Join our wonderful public health nurses as they go over the myths and truths of getting a yearly flu shot. Please preregister as limited seating.

HOW TO WRITE AND SELF-PUBLISH  #36575
Thursday, Sept. 19 | 6:30—7:30pm
Henry Quinlan, a publisher with more than 40 years of publishing experience, will demonstrate how to write and self-publish your story for under $10.00 when you, as an author, use available technology to self-publish and to place it on Amazon for sale. He offers writing tips that help you avoid the most common mistakes amateur writers make.

KINDNESS ROCKS  #37276
Friday, Sept. 20 and Oct. 25 | 11 am—12pm
So many sweet Needham children have been sprinkling “Kindness Rocks” throughout our community in an effort to elevate all our spirits and spread joy. Come learn how this movement got started and what we can do to help!!

INDUSTRIALISM AND THE GILDED AGE IN NEW ENGLAND  #36555
Monday, Sept. 23 | 2—3pm
Please join Suzanne Scanlan of MetroArtLinks for a talk featuring the RISD Museum’s current exhibition entitled, “Gorham Silver: Designing Brilliance.” Adeptly coupling art and industry, Gorham boldly rose from a small firm to become the largest silver company in the world, putting uniquely American design on the international stage. Here, we look at stellar works from RISD’s vast collection in the context of design and manufacturing in Gilded Age New England.

SAFETY FROM FALLING LUNCH AND LEARN & VISION SCREENING  #36694
Monday, Sept 23 | 12—1:30pm
To celebrate National Fall Prevention Day! Join our social workers, balance experts and favorite physical therapists as we have a lunch and learn to be safe, safe, safe! Please register as there are limited seats!

HIKES THROUGH HISTORY BY AUTHOR, ALISON O’LEARY  #36696
Tuesday, Sept. 24 | 2:30—3:30pm
Follow in the footsteps of presidents, pioneers, and prospectors on these hikes. Not all historical sites can be memorialized by a park or museum. Hit these paths as Alison takes you on a virtual walk through history

EXPANDING YOUR MEDITATION SKILLS

Tues., Sept. 24 | 6pm-7:30pm  #36563
Wed., Oct 23 | 10am—11:30am  #36564
Starting your own meditation may sound like a simple task, but in time it can start to present a few obstacles. Expectations and judgments can present themselves within our practice, which may lead to giving up on our meditation. Please join me on 9/24 and/or 10/23 to talk about different tips and techniques to overcoming these obstacles, and continuing to build upon our meditation. A 25 minute meditation will also be taught at the beginning of this workshop.
SEPT & OCT EVENTS

PARENTS DON’T WANT TO BE PARENTED BY THEIR ADULT CHILDREN
Wednesday, Sept. 25 | 1—2pm  #34733
2 Sisters Senior Living Advisors have a long history of making a difference in the lives of seniors. You will enjoy a heartfelt discussion about changing the dynamics in your relationship with your children focused on your wishes and future plans.

HISTORY OF 20TH CENTURY AMERICAN CHILDREN’S LITERATURE  #36778
Wednesday, Sept. 25  | 2:30—3:30pm
A look at 20th century American children’s classics: popular picture books through the decades” What is the origin of The Cat in the Hat? What is the oldest American picture book still in print? What was the best selling picture book of the 20th century? A myriad of books will be on display: See if any look familiar.

ONE ON ON WITH WIZEGUIDES  #36664
Thurs., Sept. 26
10am—12pm | Cost: $15 per class
Marjorie and Carol will work with you individually to help you master photos, emails, Web Sites, the Internet, pop-up messages, your smartphone camera, or your Kindle. Bring your device! Must Pre-register for Individual 30 Minute Appointments Maximum of 8

BRIDGES BY EPOCH HOSTS: AGELESS GRACE BRAIN FITNESS PROGRAM—LUNCH 7 LEARN  #36771
Thursday, Sept. 26 | 1—2pm
Bring your loved one for this interactive memory café featuring Ageless Grace®, a cutting-edge brain fitness program that activates all five functions of the brain and addresses the physical skills needed for lifelong optimal function. The program covers simple, organic exercise tools – for all ages and abilities – that focus on the healthy longevity of the body and mind. Lunch will be served. RSVP required

EASY STEPS TO PROSPERITY  #34831
Friday, Sept. 27 | 11am—12pm
Uncover practical ways to build your wealth and expand your network as you learn fundamental steps to wealth building and their implementation techniques.

POETS AND WRITERS FOREVER  #36945
Mondays, Sept. 30  and Oct. 28 | 11am—12
Join award - winning author, Val Walker as she dives into not only the writings but the biographical stories of poets and authors. She will spark conversations and reflections on what inspired great poets including: Maya Angelou, Edgar Allan Poe, Mary Oliver, Walt Whitman, Rudyard Kipling, Emily Dickinson and many more.

WEST BALISTERI JAZZ DUO CONCERT  #31444
Monday, Sept. 30 | 6-7pm
Join us as this amazing piano and vocalist duo sings and plays our favorite melodies.

WCVB WAKE UP CALL TAPING  #31444
Tuesday October 1 | 10 - 10:30am
Join us at the Center to film a quick “WAKE UP CALL” to be submitted to WCVB! Hopefully we get a big crowd to show off our Center pride and kick-off Bully Awareness Month. Please wear blue!

INTERESTED?
Have you ever been interested in working at a news station? Tap into your inner journalist and volunteer at the Needham Channel. If you’re interested, call Mike Levin at mlevin@needhamchannel.org or call him at 781-559-3706.
OCTOBER EVENTS

LES PAUL AND MARY FORD PRESENTED BY FRANK KING  #36602
Tuesday, October 1 | 2:30—3:30pm
In this lecture, Frank King will focus on the lives and songs of LES PAUL & MARY FORD. Also included: 3 hit records from the great year of 1954; a rarely heard duet by Frank Sinatra and Dinah Shore; a very funny novelty tune, "I Said My Pajamas", and more surprises.

STICKS AND STONES LUNCH & HELP  #36729
Wednesday, Oct. 2 | 11:30am—1pm
To recognize National Bully Awareness Month we are hosting a Lunch and Help! We will discuss bullying that happens at many senior centers around the country and then we will focus on what happens at the CATH and how we can make big and little changes to make everyone feel welcomed.

WCVB CHANNEL 5 TOUR  #35989
Wednesday, Oct 2 | 11am—12:45pm
We are headed to the newsroom! We will go on a tour of the facility and then we will watch the news at Noon. Van leaves the Center promptly at 11AM. Preregister as only 10 seats available.

TOUR AND TALK: NORFOLK COUNTY JAIL  #36888
Thursday, Oct. 3 | 8:30am—12pm
Tour and presentation about the Norfolk County Jail. Please pick up required paperwork at the front desk and return by 9/26/19.

NUTRITION WITH BIDMC  #37009
Thursday, Oct. 3 | 9:30—10:30am
Learn new delicious tips and tricks that will help you build healthy eating habits.

SING ALONG AND MOCKTAILS WITH MARJORIE BRODSKY  #37084
Thursday, Oct. 3 | 1pm—2pm
Join Marjorie Brodsky for a piano bar sing along. Mocktails (cocktails without alcohol) will be served. Come and sing along to songs you enjoy. Music will be provided. Always a big hit!

OH MY ACHING BACK!  #36569
Friday, Oct. 4 | 11am—12pm
Please join us to learn the most common causes of low back pain and sciatica. David Fleischman from APR Physical Therapy will present how back issues can cause pain, numbness & tingling in your leg.

CATH FIELD DAY AND HEALTH FUN
Saturday, Oct. 5 | 10am—1pm  #37115
Join us for a fun Saturday! Stephen and Lisa Cadigan (Our Fitness room heroes!) will be transforming the Center into a work out world. There will be brain games, balance exercises and games, all in the name of fun. There will also be healthy snacks and smoothies, give-a-ways. Bring the whole family!

CREATIVE WRITING WORKSHOP
Saturday, Oct. 5 | 10am—1pm  #37428
Join Beth Knaus for a day of writing inspiration.

GENTLE YOGA WORKSHOP WITH MICHELLE  #37127
Saturday, Oct 5 | 11am—12pm
Michelle will be coming to our special Saturday Health Day to show examples of gentle yoga (and can be in a chair if that is best for you!)

BRIDGE THE GAP  #37042
Monday, Oct. 7 | 5:30—7:30pm
We will be joining forces with Youth Services to have a night of food, fun and new friends. At 5:30 we will watch a Ted Talk or a documentary. At 6 we eat dinner and at 6:30 we play pool, ping pong, cards, games and laughs!

FALL CLEAN UP & STAGING  #36572
Monday, Oct. 7 | 6—7pm
If you haven’t sold a house in the past decade, brace yourself. Today’s buyers are savvy about market dynamics and data. They have high marketing expectations and before they set foot in your house they have done their research. In this class, Betsy Milane will teach you the best practices for selling your house for top dollar.
OCTOBER EVENTS

PRINTMAKING WITH ADRIENNE
Tuesdays, Oct. 8 and 15 | 1—2:30pm, | $30 #27207
This exciting new workshop with printmaker, Adrienne Lederman, will explain the various printmaking processes and visual resources. You will learn a simplified method to create multiple prints without a press. Images can be created from original ideas or other sources. Please wear an old shirt. Advanced sign up is required and limited to 8.

BACKYARD WILDLIFE BY JOY FROM BROADMOOR AUDUBON #36697
Wednesday, Oct. 9 | 1—2pm
We always learn and love when Joy comes to the CATH. From dragonflies and butterflies to reptiles, birds and mammals, a wide variety of animals may visit local back yards. What animals are you most likely to see in the fall, winter and spring? Come find out more about our local wildlife and what brings them to our neighborhood. Joy will be bringing some animal artifacts, such as feathers, fur and more to look at up close.

ART FOR RELAXATION AND FUN WITH NICOLE #33930
Wednesday, Oct 9 | 11am-12pm
Nicole from Avita is coming back with her art supplies this time. We will work on art projects that are fun and good for you! This memory café is co-sponsored by Avita and FirstLight Home Care.

CHANGE THE BRAIN #37088
Thursdays, Oct. 10, 17, 24 | 6pm—7pm
Change how you think, practice gratitude, relaxation and mindfulness. Three weekly sessions, October 10th, October 17th and October 24th. Each week we will stream a lecture followed by a discussion.

THE HISTORY OF NEEDHAM #37021
Thursday, Oct. 10 | 1—3pm
Come join us for a 3 series program about the History of Needham. Three amazing documentaries will be shown followed by a discussion, question and answer session with Needham historian Gloria Greis.

KNOW THE 10 SIGNS OF ALZHEIMERS #36529
Friday, Oct. 11 | 11am—12pm
Alzheimer's and other dementias cause changes in memory, thinking and behavior that interfere with daily life. Join us to learn about 10 common warning signs and what to watch for in yourself and others.

SCAMS AND BREACHES! PROTECT YOURSELF TODAY! #36821
Tuesday, October 15 | 2:30—3:30pm
The Norfolk County DA's office is coming to the CATH to recognize National Cybersecurity Month. You can never be too safe and too knowledgeable. Come with any questions - they will answer them and more!

PHYSICAL THERAPISTS: GETTING PREPARED FOR WINTER! 37242
Tuesday, Oct 15 | 6—7pm
Join local physical therapists who will be giving us tips on how to keep our body in shape for winter and winter weather. Exercises, stretches and helpful tips on tackling winter weather and all of the challenges it brings.

ARTIST APPRECIATION WORKSHOP: JOAN MIRO #36780
Wednesday, October 16, | 2:30-3:30pm
Join us as research librarian Michele Marram explores the life and career of Joan Miro, a Spanish artist known for his surrealistic paintings and sculpture. Following the presentation, participants will have an opportunity to create an artwork in Miro's style.

COOKING WITH CHEF TOM FROM BRIARWOOD #35828
Wednesday, Oct. 16 | 2:30—3:30pm
OCTOBER EVENTS

DEATH CAFÉ     #36936
Wednesday, Oct. 16, | 1:00—2:30pm
You are warmly invited to join a lively conversation about a subject that we shouldn’t be so quiet about.

Come enjoy cake, tea and an open discussion that looks at death through a lens that encourages people of all ages and stages to make the most of their finite lives. Attending a Death Café is uplifting as you embrace a culturally taboo topic with humor, compassion and communal understanding. Our facilitator, Carol Lasky, is the author of Youlo Pages, a book about creating personal legacy. Carol facilitates Death Cafes in Boston and Cambridge. For more information about Death Cafe, be sure to visit deathcafe.com.

MBTA TRAINING PROGRAM #34462
Thursday, Oct. 17 | 9:15am—12:15pm
(*Van leaves at 9:15 sharp—call Stephan to reserve)
Intimidated by the MBTA? Not driving anymore and want to still get around? Never stepped foot on a train before? This program is for you! This program is at the Broadway Train Station so anyone can register and drive themselves or take the Center van by calling x204 (space is limited).

USING AND ENHANCING YOUR IPHONE/IPAD CAMERA #36665
Thursday, October 17 | 10am—12pm
We will go over the basics of how to use your camera and improve your photo-taking skills. We will introduce you to apps which help you to take the best possible photos with your iPhone/iPad using their great editing and enhancement features. This course is for the beginner as well as more experienced iPhone or iPad users.

COOKING WITH AICHA: HEALTHY COMFORT FOODS #36839
Thursday, Oct. 17 | 2:30-3:30pm
Join Aicha in the kitchen to make healthy comfort foods.

NO ROBO CALLS AND OTHER CYBER SECURITY
Friday, Oct. 18 | 11am—12pm #36786
Learn preventative techniques to protect yourself from unwanted phone calls and security breaches. Prevent personal information threats.

HELPING THE HOMELESS...IT’S IN THE BAG #36951
Saturday, Oct. 19 | 10am-1pm
What is “plarning” and how is it ecofriendly and humane? Join us as we “Plarn” away the day. We will use turn annoying, eco unfriendly plastic shopping bags as yarn to create warm sleeping bags/mats for the homeless! It’s a wonderful heart warming experience to lend a hand and give back.

FRIENDS TRIP: CASTLE IN THE CLOUDS, NH HARTS TURKEY FARM LUNCH AND KELLERHAUS CHOCOLATE
Thurs., October 17 | 7:45am – 6pm | Price: $82
Enjoy a delightful day in Moultonborough, NH with a tour of Castle in the Clouds, a 5,500 acre mountain-top estate overlooking Lake Winnipesaukee. Then, you’ll be off to a delectable luncheon at Hart’s Turkey Farm Restaurant and dessert at Kellerhaus where they make their own chocolates and ice cream. To confirm a seat, send check for $82, made out to “Friends of the Center at the Heights” Attn: Trip Desk, 300 Hillside Avenue, Needham, MA 02494. Call 781-455-7555, ext 209 for more info.

ONE ON ONE WITH WIZEGUIDES #36664
Tuesday, Oct. 22 | 10am-12pm | $15
Reserve a 30 minute appointment and learn how to overcome your technology challenges.
**OCTOBER EVENTS**

**DANA - FARBER MAMMOGRAPHY VAN**  
Wednesday, Oct 23 | 9am-4pm   #31765

We will be hosting Dana-Farber Cancer Institute’s Mammography Van here at the Center at the Heights! The Mammography Van is the only mobile mammography program in the Commonwealth of Massachusetts. It provides private digital screening mammograms and (depending upon availability) breast health education to women 40 years of age and older. Skilled mammography technologists from Dana-Farber perform the exams, and images are interpreted by board-certified radiologists with extensive experience dedicated to mammography. Participation is limited and preregistration is required. Participants will receive a result letter via postal mail within 30 days. A copy of the mammography report will be sent to each participant’s primary care provider. To pre-register or for more information, please call 781-455-7555.

**EXPANDING YOUR MEDITATION SKILLS**  
#36564  
Wednesday, Oct. 23 | 10-11:30am

Starting your own meditation may sound like a simple task, but in time can start to present a few obstacles. Expectations and judgements can present themselves within our practice, which may lead to giving up on our meditation. Please join me on 9/24 and/or 10/23 to talk about different tips and techniques to overcoming these obstacles, and continuing to build upon our meditation. A 25 minute meditation will also be taught by me at the beginning of this workshop.

**ARCHIE RICHARDS CLASSICAL PIANO CONCERT**  
#36692  
Wednesday, Oct. 23 | 1-2pm

Archie Richards will perform a one-hour classical piano concert of 19th Century Piano Masterworks. The 1st Movement of Beethoven’s innovative Waldstein Sonata, Debussy’s Clair de Lune, and Chopin’s Famous Ballad in G Minor will be played. Also, a work by Liszt, written so that if you’re not actually watching the performance, you’d think it’s being played by three hands and fifteen fingers.

**ESTATE PLANNING AND ELDER LAW CHECK-IN**  
36679  
Wednesday, Oct. 23 | 1-3pm

**AUTHOR, DAVE BUSHY PROGRAM**  
36972  
Thursday, Oct. 24 | 1—2pm

Author Dave Bushy is coming to the CATH to talk about his award winning book, “The World Looked Away: Vietnam After the War.” The book describes life in the Reeducation Camps in Vietnam as well as life for the families left behind. It culminates in a harrowing escape into the South China Sea by Ouoc Pham and the other 55 people aboard including Hung (Tom) Pham who was 9 years old at the time.

**HARVEST TEA WITH JULIA RUTH HOUSE**  
32498  
Thursday, Oct. 24 | 2:30—4pm

Julia is coming back!! She’s bringing her finger sandwiches, cookies and china to spoil us with our annual High Tea. Julia encourages you to wear hats if possible for the ambiance and will bring some of her many if you do not have one. Of course, gentlemen are welcomed also. The mission of the the Julia Ruth House is to keep those experiencing problems during the aging process home with their family for as long as possible.

**BE PREPARED FOR EXTREME WEATHER**  
#37089  
Thursday, Oct. 24 | 6—7pm

The town of Needham Department of Public Health will be getting us ready for Winter and Extreme Weather! Lots of helpful information and tips to get you prepared for the winter months!
OCTOBER EVENTS

CHARLIE CARD DAY  #36530
Tuesday, Oct. 29 | 1-3pm
Bring a valid, state-issued photo ID that includes date of birth. Must be 65 or older to qualify. 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 the Senior Charlie Card here at the CATH. Center volunteers and staff 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.

COFFEE WITH A COP  #32751
Wednesday, Oct. 30 | 9:30—10:30am

LUNCH AND LEARN: THE ETHICS OF "FIBBING" WITH DEMENTIA  #36772
Wednesday, Oct. 30 | 12—1:30 PM
Join our host and speaker, Alicia Seaver, VP of Memory Care Operations, Bridges By Epoch. When someone has dementia, honesty can sometimes lead to distress... both for you and the one you are caring for. Learn what "Therapeutic Fiblets" techniques are and the Why, When and How they are used to prevent agitation.

CHARLIE CARD EVENING  #36531
Wednesday, Oct. 30 | 5—7pm
(See Charlie Card Day description above)

HALLOWEEN BASH!  #36836
Thursday, Oct. 31 | 1-2pm
Join us in costume or just as your are. We will eat, dance, play games and celebrate Halloween!

CENTER CAFE
Join us in the comfort of our Café for self-serve breakfast, coffee, tea, juices and company! We think of the Center Café as the hub of our building and community. Aside from the coffee prices (that can't be beat) it can be a place for conversation, a place to find a friendly face, catch up with an old friend or make new ones, quietly read the paper, play a pick-up game of cards—anything goes. Many came here as strangers and leave with great new connections.

Monday—Friday
Continental Breakfast: 8:30—11:30am
Lunch: 12—1 pm
To make your lunch selection, please sign up the day before in the café.

OPEN CAFÉ: 1—4pm
Reminder: The Café is run primarily on donations, so please support this important program. Thank you!

REIKI SESSIONS  #35781
(Individual 20 minute sessions.
*Spots fill quickly, please see front desk for availability).
Fridays | 10am-11:30am
September 6 and 20
October 4 and 18

MEDITATION MORNINGS
Tuesday Mornings | 10:30—11am
Sept. 3, 10, 17, 24 and Oct 1, 8, 15, 22, 29
Please join our own Kerrie as she leads our group for a peaceful, relaxing morning of meditation.
## MONDAY

**TAI CHI & QIGONG  #36497**  
Sept. 16, 23, 30  Oct.  7, 21, 28  |  9 – 10am  
Cost: $48 | Instructor: Scott Brumit

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 #36930**  
Sept. 23, Oct. 7, 21, 28  |  9 – 10am  
Cost: $32 | Instructor: Sandi Levy

**STRENGTH TRAINING (FOR BALANCE AND OSTEOPOROSIS) #36473**  
Sept. 9, 16, 23, 30  Oct.  7, 21, 28  |  10:15 – 11am  
Cost: $56 | Instructor: Pearl Pressman

This SEATED 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 to increase flexibility and reduce muscle tension.

**BETTER BONES #36479**  
Sept. 9, 16, 23 Oct. 7, 21, 28  |  11:00am – 12pm  
Cost $48 | Instructor: Leslie Worris

Increase your bone density, prevent falls and improve balance. This is a class where you will use free weights, resistance bands, balls, gentle yoga, barre, pilates, chi gong and body weight resistance to improve functional muscular strength and endurance. Balance, flexibility and posture work are also included. The loss of muscles that occurs with age is reversible! This is an advanced-beginner/intermediate class. We work standing, and on the floor. Chairs available. Please bring a mat, 2 sets of free weights, small 7-8 in. ball, resistance band, water and a towel.

**DON’T LET WEIGHT WEIGH YOU DOWN!! #36475**  
A WEIGHT MANAGEMENT PROGRAM  
Sept. 9, 16, 23, 30  Oct.  7, 21, 28  |  12-1pm  
Cost: $56 | Instructor: Pearl Pressman

Are you concerned about your weight? Do you reach for food when you’re bored, tired, stressed or anxious, instead of when you’re hungry? Would you like to learn how to change these and other behaviors that keep you from being your ideal weight? If so, join an informative and supportive weight management program.

**TRAIN THE BRAIN #37028**  
Sept. 9, 16, 23, 30  Oct.  7, 21, 28  |  6 – 7pm  
Cost is $56 | Instructor: Stephen Cadigan

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

## TUESDAY

**“GENTLE NIA” EXERCISE #37040**  
Sept. 10, 17, 24  Oct.  1, 8, 15, 22, 29  |  11am–12pm  
Cost $64 | Instructor: Showway

Experience the joy of movement while improving your fitness level and your sense of wellbeing. Nia is a fun workout based on dance movements, martial arts and healing arts! No prior experience is required – all are welcome! Wear loose, comfortable clothing and shoes. NIA can be done barefoot, too. We do cool down stretch on chair, no need to bring Yoga Mat to class.
**TUESDAY (CONT’D)**

**ARTHITIS EXERCISE**  #37029  
Sept. 3, 10, 17, 24  Oct. 1, 8, 15, 22, 29 | 2 – 3pm  
Cost $72 | Instructor: Stephen Cadigan  
This class is a mostly seated exercise class designed specifically for persons with rheumatic disease or significant physical limitations. This class does not encourage activities that might exasperate, but rather relieve arthritis symptoms and sore joints. It addresses range of motion; strength; flexibility; endurance; balance and coordination.

**BALLROOM DANCE:**

**HUSTLE**  SEPT. 3, 10, 17, 24  #36640  $32  
**WALTZ**  OCT. 15, 22, 29, NOV.5, 12  #36641  $40  
| 2—3pm | Instructor: Betty Hood  
**OFFSITE @ YMCA**
We are bringing disco back in Sept. with the fun moves of the hustle. Couples and singles are welcome. Classes are beginner to intermediate depending on who attends. Betty encourages single ladies to learn to lead. Please wear shoes that give support and allow movement on a wooden floor. No rubber soles please.

**WEDNESDAY**

**BETTER BALANCE, LIVING STRONGER**  #36480  
Sept. 11, 18, 25 and Oct. 2, 16, 23, 30 | 2:45 – 3:45pm  
Cost $56 | Instructor: Leslie Worris  
Improve your balance, prevent falls and increase strength. Using balls, bands, weights and incorporating yoga and tai chi, this class will help improve posture, core, flexibility, gait, mobility, stability, breath and endurance. Maintain your independence.

*Please bring 2 sets of free weights, small 7-8 in. ball, resistance band, water and a towel.*

**ZUMBA GOLD** #37046  
Sept. 11, 18, 25 Oct. 2, 9, 16, 23 | 4:15 – 5pm  
Cost FREE | Instructor: Chris Morrison  
"Due to the fact that this is part of the Silver Sneakers Program with BCBS, there is no fee for this program."

Everybody and every body! Each Zumba® class is designed to bring people together to have fun and work out! Chris will take the “work” out of workout, by mixing low-intensity and high-intensity moves for a calorie-burning dance fitness party. Each class will be a total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.

**THURSDAY**

**TRAIN YOUR BRAIN**  #37030  
(For Better Balance)  
Sept. 5, 12, 19, 26  Oct. 3, 10, 17, 24, 31 | 10 – 11am  
Cost: $72 | Instructor: Stephen Cadigan  
This class will involve dynamic, bilateral movement and physical brain activities to improve stability, total body coordination, speed, spatial awareness, endurance and flexibility..

**BETTER BONES**  #34841  
Sept. 12, 19, 26 Oct. 3, 10, 17, 24 | 11:00am-12pm  
Cost: $56 | Instructor: Leslie Worris  
Increase your bone density, prevent falls and improve balance. This is a class where you will use free weights, resistance bands, balls, gentle yoga, barre, pilates, chi gong and body weight resistance to improve functional muscular strength and endurance. Balance, flexibility and posture work are also included. The loss of muscle that occurs with age is reversible! This is an advanced- beginner, intermediate class. We work standing, and on the floor. Chairs available. Please bring a mat, 2 sets of free weights, small 7-8 in. ball, resistance band, water and a towel.
FITNESS

THURSDAY (CONT’D)

GENTLE YOGA WITH MICHELLE  #37126
Sept. 5, 12, 26, Oct. 3, 10, 17, 24, 31 | 1:00-2:00pm
Cost: $64 | Instructor: Michelle Lawlor
Michelle is a fabulous yoga instructor! It may be a group class, but she will have you feeling like it was a one-on-one session. She takes your needs and abilities into play and tweaks the session so you are comfortable yet challenged. THIS CAN BE SEATED.

BARRE AT THE CATH  #37047
Sept. 5, 12, 19, 26 Oct. 3, 10, 17, 31 | 10:15 – 11:15am
Cost: $64 | Instructor: Lisa Karger
Barre incorporates the fluidity of ballet, the flexibility of yoga, and the core strengthening of Pilates. It is a structured, easy-to-follow total body workout. This low impact workout combines light weights and is set to music that makes you want to move. Yoga/Pilates Mat needed.

PILATES  #37048
Sept. 5, 12, 19, 26 Oct. 3, 10, 17, 31 | 11:30am—12:30pm
Cost: $64 | Instructor: Lisa Karger
Focuses on developing flexibility, balance and strength. In this class you will work on alignment, breathing, developing a strong core, and improving coordination and balance. Yoga/Pilates Mat needed.

BALL/ARTHRITIS EXERCISE  #37031
Sept. 5, 12, 19 Oct. 3, 10, 17, 24, 31 | 2 – 3pm
Cost: $64 | Instructor: Randi Sharek
Motion is Lotion in this exercise class! Using a Stability Ball and free weights this fun exercise program includes range of motion, strengthening/flexibility, aerobic/endurance & balance/coordination exercises. Mindful relaxation and meditation completes this class.

PITT EXERCISE PROGRAM  #37044
Sept. 5, 12, 19, 26 Oct. 3, 10, 17, 24 | 6- 7:PM
$64  #37044
(Personalized - Intensity Interval Training)
PITT Is coming to the CATH!!! Today, one of the most popular trending fitness classes in the mainstream fitness world is “High - Intensity Interval Training.” It builds cardiovascular fitness while improving muscular strength and endurance. People are challenged to push to their limits and walk out feeling strong. It uses the machines and equipment in the Fitness Room but is a class. Our fitness crew, Steve and Lisa, have put together a version of this for the CATH. This is more personalized and geared towards individual levels.

FRIDAY

STRENGTH TRAINING (SEATED) (FOR BALANCE AND OSTEOPOROSIS)
Sept. 6, 13, 20, 27 Oct. 4, 11, 18, 25 | 9:15 – 10am
#36478
Cost: $64 | Instructor: Pearl Pressman
*Please see Mondays description

LINE DANCING WITH SHOWWAY  #37041
Sept. 13, 20, 27 Oct. 4, 11, 18, 25 | 9-10am
Cost: $56 | Instructor: Showway
TGIF!! What better way to kick off the weekend than moving and grooving with SHOWWAY!! This upbeat and fun program will keep your mental health, cardiovascular health, boost brain power build community and simply have fun! Please dress in comfortable attire with dance sneakers, jazz shoes or soft sneakers that are comfortable with support for your feet.

CENTER WALKING GROUP  #35666
Join this fun and active group as they stroll through the streets of Boston and other beautiful places. Participants must be able to walk 2 – 4 miles at least twice weekly as often there are no stopping spots along the walks to rest and rejoin the group. Please bring your own water and wear sturdy shoes.
*Please have an update File of Life on hand.
*Please call Stephan in advance if you need a ride from your home to the center
Departs from the Center at 10:30AM
Sept. 13: Jamaica Pond
Sept 27: Millenium Park
Oct. 11: Castle Island
Oct. 25: Brook Pathway, Wellesley
TRANSPORTATION

GROCERY SHOPPING
Tuesday, Wednesday, & Thursday (Some Fri. & Mon., see details below)
To participate in our regular independent grocery shopping service, please call 781-455-7555 ext. 204. This service provides transportation from one’s Needham home to Roche Brothers / Sudbury Farms. First come first served basis. Choice of shopping days are assigned based on client location

MONDAY’S LUNCH BUNCH/PHARMACY
Socialize and enjoy a good meal or shopping! When you sign-up with the front desk, let them know if you will need a van pick-up from your home in Needham to the Center. The van driver will collect a donation of $5 for the lunch transportation. You will pay the cost of your meal, tip and tax at the restaurant. Call 781-455-7555 to sign up. Please provide your phone number.

**Lunch Trips:**
*Van Departs at 11:15am*
- Monday, Oct. 07
- Horse N’ Carriage | Norfolk

**Pharmacy Trips:**
*Van Departs at 10:30am*
- Monday, Sept. 9
- CVS / Walgreens
- Monday, Sept. 23
- CVS / Walgreens
- Monday, Oct. 21
- CVS / Walgreens

**Organic/Garden Trips:**
*Van Departs at 10:30am*
- Monday, Sept. 16
- Volante Farms
- Monday, September 30
- Whole Foods Wellesley
- Monday, Oct. 28
- Volante Farms

**Shopping Experience**
Departure from the Senior Center 10:00am.
Call 781-455-7555 to sign up AND please let them know if you need a van pick up at your home in Needham, and be sure to provide your phone #.

**Bank Trips**
Wednesdays | 1:30—2:30pm
When you sign-up with the front desk, let them know if you will need a van pick-up from your home in Needham to the Center.
Van departs from the Center at 1:30 pm and returns to the Center at 2:30pm.

Trips to local banks are divided in 2 areas: Needham Heights and Highland/Great Plain.
Please select the corresponding week/day:

**Highland/Great Plain Area:** Dedham Savings, Needham Bank, Santander, Middlesex Bank, Citizens, Family Federal Savings

**Needham Heights Area:** People’s United Bank, Brookline Bank, Webster Bank

- Sept. 4, 2019 ....................... Highland/Great Plain
- Sept. 11, 2019 ...................... Needham Heights
- Sept. 18, 2019 ..................... Highland/Great Plain
- Sept. 25, 2019 ..................... Needham Heights
- Oct. 2, 2019 ....................... Highland/Great Plain
- Oct. 9, 2019 ....................... Needham Heights
- Oct. 16, 2019 ..................... Highland/Great Plain
- Oct. 23, 2019 ..................... Needham Heights
- Oct. 30, 2019 ..................... Highland/Great Plain

**Transportation Hours**

**Monday – Thursday** 8:30am – 7:30 pm
**Friday** 8:30am – 3:30pm
You must pre-register in advance at least:
24 hrs. (1 business day) for regular hours 08:30 – 3:30 pm. 48 hrs. in advance (2 business days) for after-hours 3:30 -7:30pm *(or until the last program)*
Please be kind to other passengers and call us if you need to cancel a ride as we have limited space and not cancelling your ride, may prevent someone else from using our services. Please call Stephan at 781-455-7555 x204 to reserve a ride.
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AT NEEDHAM

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All-Inclusive Pricing
Call Mary
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GROUPS/GAMES

OPEN POOL AND PING PONG EVENINGS  
Monday—Thursday | 5-7:30pm

CLUTTER SUPPORT GROUP #32421  
Mondays (except holidays) | 1-3:00pm

TABLE TENNIS GROUP #35766  
Mondays (except holidays) | 1 – 3pm  
Join the crew to play some fun table tennis (ping pong).

CURRENT EVENTS #33458  
Tuesdays, Sept. 3, 17, Oct. 1, 15 and 29 | 10:30 - 11:30am

CATH BIRTHDAY CLUB #37514  
Tuesdays, Sept. 3 and Oct. 1 - 12:30pm in the Cafe  
On the first day of the month, we will be celebrating all who have birthdays that month. Medfinder is sponsoring each month so say hello to Mercy and Happy Birthday!

BEGINNER CHESS #37132  
Tuesday, Sept. 3, 10, 17, 24 and Oct. 1 and 8 | 4-5pm  
Calling all teens and seniors who want to learn. This inter-generational class is designed for people who want to learn or beginners from the past who want to relearn. Come for all 4 weeks! Great game for exercising brain function e.g. memory, analysis, thinking, etc

WORDS OF WISDOM SUPPORT GROUP #36379  
Wednesdays, Sept 4, 11, 18, 25 Oct. 2, 9, 16, 23, 30 | 1 - 2pm  
Join us for an open peer support group! Anyone who is struggling with growing older. This is for anyone who wants to commiserate. May be some tears, surely some laughs!

CAREGIVER SUPPORT GROUP #32418  
Wednesday, Sept 4 & Wednesday, Oct. 2 | 4 - 5pm

BOOK AND TEA CLUB #36916  
Tuesdays , Sept 10 and October 8, 12 | 6:30PM - 7:30pm  
Join us in the library by the roaring fire with our tea pots! We will be reading "My Grandmother Asked Me To Tell You She’s Sorry" on Sept 10 and "Educate" on Oct. 8! There will be treats as well to be enjoyed while we enjoy chatting about books, making friends, and being social!

RELAXATION AND CONVERSATION GROUP  
Wednesdays, Sept 11, 25, Oct. 9, 23 | 6—7pm  
Leave your phones at home and start a real conversation! Join us for tea and a snack while we have a conversation about topics such as pop culture, music and current events.

BEREAVEMENT CIRCLE #36427  
Thursdays, Sept. 12 – Oct. 31 | 10 – 11am  
Facilitated by Nikki Stournaras of West River Hospice, this group provides a safe, peaceful supportive environment for exploring grief.
Neighbors Helping Neighbors

We are looking to purchase homes and will buy as is, with no inspection, and will offer market price cash offers. If we can help with your transition to simplify or move from your current house, please contact us.

My father purchased a piece of land on Tower Hill in Needham from William Carter in the 1940s and built his first home where I grew up. Much has changed, but I have continued building new homes and renovating existing homes in Needham, and now my son, Peter, is joining me to become the third generation of builders.

Contact: Paul Doisneau
Tower Hill Builders, Inc.
781-724-2843
paul@towerhillbuilders.com
www.towerhillbuilders.com

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857.210.8602
THE BEST WORST THING THAT EVER HAPPENED
Thursday, Sept. 12 | 2:30-4pm
Stephen Sondheim’s “Merrily We Roll Along” opened in November 1981 to scathing reviews and closed after just 16 performances. Despite its inauspicious beginnings, the musical’s score has grown to become one of the composer’s most beloved. Archival footage of the rehearsals along with interviews with the cast -- as well as Sondheim himself and director Harold Prince -- tell the tale of this infamous production.

CHASING CORAL
Tuesday, October 8 | 3 - 4:30pm
Coral reefs around the world are vanishing at an unprecedented rate. Divers, photographers and scientists set out on an ocean adventure to discover why the reefs are disappearing and to reveal the underwater mystery to the world.

We Need You!
We are always looking for volunteers! If you or someone you know would like to lend a hand, please call the Center at 781-455-7555

MUDBOUND
Friday, Sept. 6 | PG-R | 2 Hour 14 Minutes
Two men return home from World War II to work on a farm in rural Mississippi, where they struggle to deal with racism and adjusting to life after war. Nominated for 4 Oscars.

WHO’S AFRAID OF VIRGINIA WOOLF
Friday, Sept. 13 | NR | 2 Hours 11 Minutes
A bitter, aging couple, with the help of alcohol, use a young couple to fuel anguish and emotional pain towards each other. WINNER OF 5 OSCARS!

WE ARE MARSHALL
Friday, Sept. 20 | PG | 2 Hours 11 Minutes
When a plane crash claims the lives of members of the Marshall University football team and some of its fans, the team's new coach and his surviving players try to keep the football program alive.

SPOTLIGHT
Friday, Sept. 27 | R | 2 Hours 9 Minutes
The true story of how the Boston Globe uncovered the massive scandal of child molestation and cover-up within the local Catholic Archdiocese, shaking the entire Catholic Church to its core.

AFRICAN QUEEN
Friday, October 4 | PG | 1 Hour 45 Min
In Africa during World War I, a gin-swilling riverboat captain is persuaded by a strait-laced missionary to use his boat to attack an enemy warship.

VICE
Friday, October 11 | R | 2 Hours 12 Minutes
The story of Dick Cheney, an unassuming bureaucratic Washington insider, who quietly wielded immense power as Vice President to George W. Bush, reshaping the country and the globe in ways that we still feel today.

PURSUIT OF HAPPINESS
Friday, October 18 | R | 1 Hour 55 Minutes
The son of a Baptist preacher is forced to participate in a church-supported gay conversion program after being forcibly outed to his parents.

FIDDLER ON THE ROOF
Friday, October 25 | G (1971) | 3 Hours
In prerevolutionary Russia, a Jewish peasant contends with marrying off three of his daughters while growing anti-Semitic sentiment threatens his village.

MOBILE NIGHTS
Wednesdays, 6 - 8:30pm
September 4: Who’s Afraid of Virginia Woolf
September 11: The English Patient
September 18: Big Pharma
October 2: A Boy Erased
October 9: 3 Billboards
October 23: Vice
October 30: Book Club
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NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed to you at www.ourseniorcenter.com
Greetings Friends,

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. Below please see detailed information on our exciting October trip to NH!

We want to express our thanks to Aicha Kelley and Stacey Fallon for writing, collecting, coordinating, and editing all the material that goes in the Compass each edition.

Pat and Carol

FRIENDS OF THE CENTER AT THE HEIGHTS, INC.
2019 CATH SUPPORT / DONATION FORM

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SHINE PROGRAM NEWS

Introduction to Medicare
Tuesday, Sept. 24 | 6-7:30pm
Are you new to Medicare? Turning 65 soon? Planning to retire after age 65?

This session will answer some of the most frequently asked questions including:
• How and when should I sign up for Medicare?
• If I’m still working after I turn 65, do I still need Medicare?
• What are the parts of Medicare and what are my additional coverage options?
• How does Medicare drug coverage work?

This free session presented by SHINE will help you make informed decisions about your health care coverage. Call the front desk at 781-455-7555 to reserve your spot.

Annual Open Enrollment Period is Approaching!

It’s that time of year again! If you are enrolled in a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO/PPO), you should be mailed an information packet 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 2020. Premiums, deductibles, co-pays, and the drugs covered by your plan can change significantly!

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. Call 781-455-7555 soon to schedule your SHINE appointment during Open Enrollment, which runs from October 15 through December 7th! REMINDER: Bring your Medicare card and drug list to your appointment!