SENIOR NEWSLETTER
THE CENTER
AT THE HEIGHTS
November and December 2019

THE CENTER AT THE HEIGHTS
300 HILLSIDE AVENUE, NEEDHAM HEIGHTS, MA 02494
PHONE 781-455-7555 | FAX 781-444-1392 | WWW.NEEDHAMMA.GOV
What to Do About Your Single Biggest Investment?

For most people, their largest investment is purchasing a house. What if it no longer meets your needs? Children have moved out. You and your spouse are perhaps considering a time when one of you has become ill or passed on. It is time to downsize? Cleaning all those rooms, walking up and down stairs, and doing yard work is troublesome. Perhaps health concerns are a factor.

It’s important that many people get information from an Elder Law attorney regarding estate, asset protection, and life planning options. Do it now since any financial gains via the sale of your house, can be tax free, yet ripe for attachment by the state in event of a future nursing home stay.

Homes, automobiles, antique collections, above nominal amounts must be sold to pay these bills. An Elder Law attorney can help you with the right strategy to protect you, your spouse, home, family and life savings.
PLEASE NOTE:
It helps the staff and instructors immensely when you preregister for all programs.
Too often programs are cancelled for lack of sign ups and then people show interest and it is too late. Or if the schedule changes and we need to get a hold of you!
It is also very important to update us if you are not going to attend a program.
THANK YOU!

All checks are made out to the “Town of Needham” EXCEPT FOR:
Donations/Memberships and Friends Trips.

HOLIDAY CLOSINGS
Nov. 11, Veterans Day
Nov. 28, Thanksgiving Day
(Dec. 24—Half Day)
Dec. 25, Christmas Day

OPEN SATURDAY, NOV. 2

COOKING WITH LATANYA AND MATT:  #37882
CHICKEN FAVORITES
Saturday, Nov. 2 | 9am-1pm
Join LaTanya and her friend, Matt, as the whip up some of our favorite chicken recipes - chicken picatta and buffalo wings! Yummmmmyyyy!

DWALI - THE FESTIVAL OF LIGHTS DANCE AND ART PROGRAM  #36074
Saturday, Nov. 2 | 1-2pm
For November’s Saturday opening, we will have dancers and art exhibitors showcasing their talents in honor of Dwali - the Indian festival of lights!
** Game room, Café and computer rooms available from 9am-1pm too!

THE NEW NUTRITION FACTS FOOD LABEL  #37962
Friday Nov. 1 | 9:30—10:30am
The FDA has mandated changes to the nutrition label on packaged foods. All products manufactured by 2021 will be required to use the new nutrition facts label, and many companies have already begun making the shift. Join Dalia Cohen, Director of Nutrition at Springwell, as she leads an informative discussion on why this change is taking place and what it means to consumers.

CREATIVE WRITING FOR HEALTH, WELLNESS AND YOU!  #37259
Fridays, Nov. 1, 15 Dec. 6 and 20 | 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.

THE 3 KEYS TO RIGHTSIZING YOUR SPACE  #37618
Friday, Nov. 1 | 11am-12pm
Is it time for you to make a real estate move? After this program, you will: be more equipped emotionally and intellectually to make your “right size” decision, if what you want is feasible, and to know when and if it is the right time to start the process.

VETERANS DAY
Sign ups for Nov. & Dec.:
Thursday, Oct. 31 after 9AM

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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
NOVEMBER EVENTS

REIKI SESSIONS WITH BARBARA #35781
(Individual 20 minute sessions.)*Spots fill quickly, please see front desk for availability).
Fridays | 10am-11:30am
November 1 and 15
December 6 and 20

MEDITATION MORNINGS #37479
Tuesday Mornings | 10:30—11am
Nov. 5, 12, 19, 26 and Dec. 3, 10, 17, 24, 31
Please join our own Kerrie as she leads our group for a peaceful, relaxing morning of meditation.

MYSTERY HISTORY WITH RON
Mondays and Thursdays, Nov. 4, 7, 14, 21, 25
Dec. 2, 5, 9, 12, 19 | 11am-Noon #37212
Ron will present case studies of a controversial and interesting events in history. As in all his classes we will read the documents and have engaging discussions to include your opinions of the events.

ABBY THE DOG VISITS #32314
Monday, Nov 4 and Dec. 2 | 9:30-10:30

MORNING REFLECTIONS WITH VAL: COMPASSION #36440
Mondays, Nov. 4 and Dec. 2 | 11am-12
Please join us for inspiration and discussions in this group by Val Walker who has taught the Art of Comforting at the Center. Walker, will share famous quotes and pieces of literature from great thinkers, leaders and authors on heart warming topics that spark meaningful conversations. You will be educated, inspired and enlightened.

NOVEMBER EVENTS

BRAIN GAMES #37216
Mondays, Nov. 4, 18, 25 Dec. 16, 23, 30 | 1-2pm
This fun and unique class is a combination of specific activities designed to improve your memory, reasoning, conceptualization, language and problem-solving skills. Come exercise your mind while making new friends!

SHOWA STUDENT VISIT #38123
Monday, Nov. 4, 18, 25 Dec. 2, 9 | 1:30—3:00pm
Our favorite Japanese students are coming back to the Center for weekly visits. They will be here to show off some of their talents such as singing, calligraphy, and ping pong! They are also here to chat with all of you so pull up a seat and strike up a conversation!

BRIDGE THE GAP DINNER AND A MOVIE #37042
Monday, Nov. 4 and Dec. 2 | 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 have some laughs!

MINDFULNESS MONDAYS WITH KRISTEN #36381
Mondays, Nov. 4, 18 Dec. 2, 16 | 4:00—5:00pm
This group, led by our own Kristen Lindley, is for people who want to practice a mindfulness exercise at the end of their day. The exercise will be different every week.

NEEDHAM ART ASSOCIATION EXHIBITORS RECEPTION #37834
Mondays, Nov. 4 and Dec. 2 | 5:00-7:30pm
Each month, we exhibit new pieces provided by talented artists from the Needham Art Association. On the first Monday of the month, the Center will host a special viewing with light refreshments. For the months of November and December we welcome exhibitors, Susan Hunt and Vicki Garbe.
NOVEMBER EVENTS

FRIENDS ARE HERE FOR YOU AT THE CENTER #37807
Monday, Nov. 4, 18, 25, Dec. 2, 9, 16, 23 | 6-7pm
Supportive, friendly, social group designed to help each other during what can seem like long and lonely winter months. If you need someone to talk to or have something you would like to share with others please join us. Fireplace will be on, snacks will be provided and friends will be here for you!

COFFEE WITH PUBLIC HEALTH #37793
Tuesday, Nov. 5 | 9:30-10am
Join us in the Cafe as Tim McDonald, Director of Health and Human Services and Director of Public Health, discusses all that Public Health is doing for the Town of Needham. There will also be Q & A, so come have a cup of coffee with Tim.

TECH TALK TUESDAYS! #38595
Starting Nov. 5 | 11am
Stacey Fallon will open the floor for quick demos, Q & A, tips and tricks and an app forum to help you navigate the techy world we live in!

TASTE OF FLAVORS OF FALL WITH WHITNEY PLACE #37740
Tuesday, Nov. 5 | 9:30-10:30am
One of our favorite chefs, Ellen Koswick, is coming from Whitney Place of Natick to spoil us with treats that celebrate the season.

FINANCE CLINIC #37224
Tuesdays, Nov. 5, 12, 19, 26 Dec. 3, 10, 17 2:00 & 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.

THE MEDIA CHECK UP WITH JORDAN RICH #37720
Tuesday, Nov. 5 | 2:30—3:30pm
Jordan Rich knows all things media and in today’s world of trusting the news - he will come to the Center and talk about the latest trends in broadcast news, social media and talk radio.

CARE PACKAGE HOLIDAY CARD MAKING PARTY #37451
Tuesday, Nov. 5 | 3:30-4:30pm
Please join our friends from Webster Bank, Hillside School, Youth Services & Needham Families as we make beautiful holiday cards for our Troops overseas. We will have cocoa, cookies and songs as we make the cards. All are welcome!

KEEP WELL CLINICS #37821
Wednesdays, Nov. 6 and 20 Dec. 4 and 18 | 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.

HAND AND FOOT CARD GAME #38270
Tuesday, Nov. 5, 12, 19, 26 and Dec. 3, 10, 17, 24, 31 | 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 us for the fun!

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 our CATH Social Workers at 781-455-7555.
NOVEMBER EVENTS

BEADED JEWELRY  #36903
Wednesdays, Nov. 6, 20 and Dec. 4, 18 | 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.

WEDNESDAY WATCH LIST  #38272
Wednesdays, Nov. 6, 20, 27 Dec. 11, 18 | 1:00pm-2:00pm
Keep hearing about binge watching great shows and don’t have them? Come to the Center to watch these popular programs: November 6: Chef’s Table (Dario Cecchini) November 20: Queer Eye (From Farm to Able) November 27: Chef’s Table (Sean Brock) December 11: Queer Eye (Soldier Returns Home) December 18 Chef’s Table (Massimo Bottura)

HEARING AID CLINIC  #37614
Wednesday, Nov. 6 and Dec. 4 | 10:00am-12pm
Paul comes monthly to do hearing aid clinics. What this entails is a “clean and check” of existing hearing aids, some light wax removal, small repairs, (if he has the parts available), battery check and general Q/A on hearing loss and hearing aids. His goal is to be a resource, and to insure that existing hearing aid wearers are getting optimal use from the aids. Preregister today!

ESTATE PLANNING 101  #37082
Wednesday, Nov. 6 | 11am—12pm
You asked for her back and here she is! Estate Planning Attorney, Denise J. McCarthy, will be presenting on estate planning. She will help you understand the difference between a will and a trust as well as different types of trusts. She will also review the critical components of every estate plan so you can make sure you have yours in order.

LIFE TRANSITION BINDER: A MUST HAVE TOOL  #38065
Wednesday, Nov. 6 and Dec. 11 | 1:00-2:00pm
Is your personal, financial and medical information organized in one place so you or your family can easily access it and manage your affairs? Join Sandra Bantra, as she explains how she can work with you to create a customized binder that incorporates all your details, including: personal data, property, financial, retirement and insurance details, medical information, and service provider information. Take control and act now so your loved ones have the information they need in the event of an emergency. This will give you and your loved ones peace of mind and provide them with direction and guidance.

BLOOD PRESSURE AND HYDRATION STATION WITH ADELAIDE OF NEWTON CENTER
Wednesday, Nov. 6 | 10:30-1pm  #36442

THE NOTABLES WINTER CONCERT  #36519
Wednesday, Nov. 6 | 2:00-3pm
The Notables is a 16-member women’s a cappella group founded in 1974. Join us as they sing songs from the 1920s through the 1970s and sing along to familiar favorites.
NOVEMBER EVENTS

21ST CENTURY RETIREMENT STRATEGIES FOR MANAGING RETIREMENT INCOME  #37471
Wed., Nov. 6 | 6:30—7:30pm
Susan Levin will discuss the importance of determining retirement needs and withdrawal amounts so that retiring/retired individuals can make the most out of their retirement. She will also discuss retirement risks and strategies.

RETHINKING THE WINTER MONTHS: THE PRACTICE OF GRATITUDE  #37265
Wednesdays, Nov. 6 and Dec. 4 | 6-7pm
The winter season is here and we could all use some time for self-reflection. This group will discuss how the winter months can provide us with the time to practice self-care and gratitude.

DEBORAH SAMPSON: SECRET WOMAN SOLDIER OF THE REVOLUTION  #37460
Thursday, Nov. 7 | 1—2pm
Discover the secrets behind the 200-year old deception that has its roots in Massachusetts! Deborah Sampson, the only woman known to have disguised herself as a man and serve as a soldier in the Continental Army without getting caught, is coming to tell her adventurous life’s story! You’ll discover details of victories, frustrations and hair-raising moments this Massachusetts heroine experienced as a poor Colonial farm girl who risked humiliation and imprisonment to serve her country as a soldier. Come find out about this principled deception and the humble rebel who pulled it off.

THE IMPORTANCE OF ADVOCACY AND PATIENT'S RIGHTS  #37493
Thursday, Nov. 7 | 6-7pm
Friday, Dec. 6 | 11am-12pm
Learn about the importance of having a patient advocate when you are navigating the often-confusing world of healthcare. Learn about patient rights and state specific regulations. Learn about the process of appealing insurance denials and how to access all your benefits. Learn how to be your own advocate and how to advocate for a loved one.

HISTORICAL MOVIES AND DISCUSSIONS WITH RON  #38243
Thursdays, Nov. 7, 14, 21 | 1:00-4pm
So we discussed controversy in history in the morning and now we are going to watch controversy in movie format and discuss it at the conclusion of the movie. Nov. 7: Paths of Glory
Nov. 14: Breaker Morant Nov. 21: A Soldier’s Story

ATTENTION VETERAN'S? ARE YOU GETTING ALL THE HELP YOU DESERVE?  #37495
Friday, Nov. 8 | 11—12pm
Learn what benefits are available to you and how to access them. Get contact information and office hours for your local Veterans Service agent. Did you know you can receive assistance from the VA to complete the forms necessary to receive aid? Learn about all the services available to Veterans. You have served us, and we are here to serve you.

CARE PACKAGING FOR OUR SERVICE MEN AND WOMEN  #36957
Friday Nov. 8 | 8:30am—10:30am
We have been accepting handmade cards, toiletries, comfy socks, hard/sour candy (no chocolate please), books, magazines, Christmas and Hannukkah decorations, and money/money donations to be used for this mailing. Now we will pack it all up for shipping. Please see Aicha with any questions!
NOVEMBER EVENTS

VETERAN'S HONOR CEREMONY #37107
Friday, Nov. 8 | 11-12pm
Please join us as we honor those who have served our country. We will honor them with a ceremony paying respect and gratitude for their devotion and service.

EXTREME WEATHER LUNCH AND LEARN #37409
Tuesday, Nov. 12 | 11 - 12:30pm
The town of Needham Department of Public Health will be getting us ready for Winter and extreme weather. They will be giving away free emergency kits and spoiling us with lunch. Lots of helpful information and tips will be shared to get you prepared for the winter months!

NEED LEGAL ADVICE? #29376
Tuesday, Nov. 12 and Dec. 10 | 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.

MICROSOFT WORD LESSON WITH PHYLlis #30739
Tuesday, Nov. 12 | 10 - 12:00pm
BACK BY POPULAR DEMAND! Our own, Phyllis Mays, will be teaching all the ins and outs of Word which is a popular word-processing program used primarily for creating documents such as letters, brochures, flyers, learning activities - all documents. There are many simple but useful features available in Microsoft Word to make it easier for life.

SAVVY SENIORS REAL ESTATE ...RIGHTSIZING FOR 2020 #37220
Tuesday, Nov. 12 | 11:00—12pm
Have you ever been approached by a contractor about selling your house? WAIT! Don't do anything until you learn the ins and outs of the Needham real estate market. You could be leaving money on the table!! This class is designed to help seniors who have been in the same home for many years and are now faced with a confusing real estate market. It can be very difficult to pack and move after a lifetime in your home, especially if you are unfamiliar with the real estate market. Sadly, there are people who will take advantage of seniors in this situation so this class will help to give you the information you need to be an informed seller. Suzanne Nissen has 15 years of experience as a real estate agent in Needham and the surrounding towns. Before becoming a real estate agent, she was a social worker for 18 years and her many years of experience working with seniors makes her especially sensitive to the needs of the senior population and she is dedicated to helping educate people about this important topic.

ARTIST APPRECIATION WORKSHOP #37297
Tuesday, Nov. 12 | 2:30—3:30pm
Join us as research librarian Michele Marram explores the life and career of Georges Seurat. Join Michele to look at the ideas and art of French painter Seurat. Following the presentation, participants will have an opportunity to create an artwork in Seurat's style.

WINTER SOCIAL BOARD GAMES AND HOT CHOCOLATE #37806
Tuesdays, Nov. 12, 19, 26 Dec. 3, 10, 17 | 6-7:30pm
Board games and hot chocolate! Please come out and join friends for a night of fun, familiar board games, delicious hot chocolate and great company. Feel free to request any favorite board games!

BLOOD PRESSURE CLINIC/NURSES HOURS #37833
Wednesday, Nov. 13, 27 and Dec. 11 | 10-12pm
NOVEMBER EVENTS

BRAIN HEALTH WORKSHOP  #37155
Wednesday, Nov. 13 | 10-12pm
How healthy is your brain? Not sure? Join us to find out and see what to do about it. The program will provide an opportunity to meet others in the community at a 1 hour, in-person workshop. You will receive a personalized Brain Health Report and advice on how to keep your brain healthy. You will also have the opportunity to join Cogniciti's Research Registry of Volunteers, use of Cogniciti's Smart Tracker, which tracks diet, exercise and sleep – all factors that can affect your brain. You will need to read and speak English fluently and possess basic computer skills (bring your glasses if you have them.) Arrive 5 minutes before the allocated start time to allow us to set you up on the laptop provided. Relax and take the assessment! One workshop is from 3 – 4PM and the other is 4 -5PM so sign up today.

POETS AND WRITERS WORKSHOP  #36945
Wednesdays, Nov. 13 and Dec. 4 | 11am-12pm
Join award-winning author, Val Walker as she dives into not only the writings but the biographical stories of poets and authors. She will examine the lives and works of our most beloved poets. Val will spark conversations and reflections on what inspired their brilliant creations and explore the challenges, passions and callings of great poets. November will focus on Walt Whitman and Dec will focus on Ralph Waldo Emerson and Henry David Thoreau.

FESTIVE PUMPKIN CENTERPIECES WITH NICOLE  #37894
Wednesday, Nov. 13 | 11:00—12pm
It's time to get festive with pumpkins and flowers. Join Nicole and Chef Barry from Avita as they teach us how to carve a pumpkin and make a simple floral arrangement. As always this month’s Needham Memory Café, sponsored by Avita and FirstLight Home Care of West Suburban Boston invite you to join us. This program is meant to make new friends, have fun in a pleasant atmosphere and do something creative. Caregivers are encouraged to attend. As always, snacks and surprises are included! The memory café is a welcoming place for people with forgetfulness or other changes in their thinking and for their family, friends and caregivers.

DEATH CAFÉ  #36936
Wednesday, Nov. 13, and Dec. 18| 1:00—2:30
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. For more information about Death Cafe, be sure to visit deathcafe.com.

A MOVE IN THE FUTURE? THE DOS & DON'TS OF HOME REPAIR  #37778
Wednesday, Nov. 13 | 1:00-2:00pm
It’s not uncommon to want to spruce up your house before you put it on the market, but hold on! Before you start spending the big bucks on improvements, join Peter Doisneau from Tower Hill Builders as he discusses which home repairs and updates are worth making before you sell, and which aren’t. Plus, Peter will give you a quick rundown of your fall-cleanup "must do's" so you are ready for our next New England Winter.

HOLIDAY COOKING WITH CHEF CATH FROM THE LINDEN  #37492
Wednesday, Nov. 13 | 2:30—3:30
Please join us in the kitchen with Head Chef Cath from The Linden in Dedham as she shows us great recipes to celebrate the holidays!
NOVEMBER EVENTS

SOCIAL BULLY FOLLOW UP FORUM
Wednesday, Nov. 13 | 1:00-2:00pm  #37749
Mary, our friend from JF&CS, is coming to follow up with us after our Bully Awareness Month to offer JF&CS’s Social Bullying workshop. Come to this forum to discuss what we learned in general and, more importantly, what we learned about our Center. We will continue to learn and discuss how we can work together and individually to make our community even better and more welcoming!

FRIENDS OF THE CENTER PRESENTS:
A TRIP TO FOXWOODS RESORT AND CASINO
Wednesday, Nov. 13 | 8am-6:30pm
Cost: $32
Trip Includes: Luxury Silver Fox Motor Coach, Delicious Festival Buffet or $10 Food voucher and $10 Casino slot Play. For reservations call the trip desk at 781-455-7555 ext. 209. Full payment is due upon reservation. Please make checks payable to: Friends of the Center at the Heights and mail to: Center at the Heights, 300 Hillside Ave., Needham, MA 02402 Attn: Trips

MEET THE AUTHOR & BOOK SIGNING WITH TRICIA SILVERMAN # 38394
Wednesday, Nov. 13 | 7:00-8:30pm
Join Needham resident Tricia Silverman, RD, MBA, as she launches her book, Healthy Dividends: Investments in Nutrition, Movement, and Healthy Habits That Pay Off. Tricia’s book is filled with practical nutrition, fitness and wellness tips that have helped her clients successfully manage their wellness and weight. At the party, Tricia will share details from her book such as stories about her clients and interesting people she has met including two Needham residents, a 102 year old Sterling resident who is living a full flourishing life, and a 97 year old man who attended her Mediterranean presentation at the North Attleboro Senior Center.

SENIOR LEGAL PRESENTATION #37359
Thursday, Nov. 14 and Dec. 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.

THE HISTORY OF NEEDHAM #37021
Thursday, Nov. 14 and Dec. 12 | 1:00-3:00
Come join us for the last 2 of our series about the History of Needham. Three amazing documentaries will be shown followed by a discussion, question and answer session with Needham historian Gloria Greis

PT 101: HIDDEN CORE & MOBILITY
Friday, Nov. 15 | 11–12:00pm  #37314
When most people hear the word ‘core’ they think of six-pack stomach muscles. The pelvic floor muscles are also an important part of your core. There are many things, including sitting, that can weaken these muscles. Weak pelvic floor muscles can contribute to back pain as well as urgency and concerns with laughing, coughing, and sneezing. We will be talking about techniques and exercises to strengthen this part of the core, giving you more freedom.
NOVEMBER EVENTS

TO TRUST OR NOT TO TRUST  #38435
Monday, Nov. 18 | 9:30-10:30am
You asked for her back and here she is! Please join Attorney Maana P. Hickson for a presentation to discuss whether a trust is right for you and to ensure the person making your medical and financial decisions is someone you can trust.

REP. DENISE GARLICK’S OFFICE HOURS  #26962
Mondays, Nov. 18 & Dec. 2 | 11am—12:30pm

MUSIC BY NEEDHAM’S OWN, CHRIS PAHUD FEAT. JOE DONNELLY  #37976
Monday, Nov. 18 | 1:00-2:00pm
Come listen to this talented duo as they sing some of our favorite tunes. They are both fabulously talented and may take requests!

MATTER OF BALANCE—EVENINGS WITH KERRIE  #38260
Monday, Nov. 18, 25 Dec. 2, 9, 16, 23 | 5-7pm
Have you turned down a chance to go out with family or friends because you were concerned about falling? Have you cut down on a favorite activity because you might fall? If so, please consider this program. Matter of Balance is an evidence-based program developed by Boston University and sponsored by Needham Health and Human Services to reduce the fear of falling and increase activity levels among older adults. Join us to learn how to set realistic goals to increase activity, 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.)

DIABETIC SHOE CLINIC  #35000
Tuesday, November 19 | 9:00-11am
Attention, Adults with foot problems and Diabetest! Is Medicare your Primary Insurance? If so, you are eligible to receive a pair of Diabetic shoes and inserts FREE to you if you are Diabetic! Also other insurances cover this as well! Please bring your Medicare card and any other supplemental insurance cards as well as the completed doctor’s order (pick up from the Center.) Please register for your 10 minutes appointment at the Front Desk.

THROUGH THE DECADES: THE 30'S!
Tuesday, Nov. 19 | 2:30-3:30  #37592
Enjoy the music of the 30’s! From Benny Goodman to the sweet sounds of Tommy Dorsey and Guy Lombardo revisit the music from the Jazz dance and Swing era.

SONGS OF THE 70’S WITH PIANIST PAM STEINFELD  #37160
Tuesday, Nov. 19 | 5:30—6:30pm
Join us on for an evening of music from Carole King, James Taylor, Carly Simon, Joni Mitchell, Crosby, Stills & Nash. Singer, songwriter and pianist, Pam Steinfeld will have us reminiscing with their songs and maybe some of her own! Light refreshments will be served and all are welcome. Please preregister so we know how many will be served.

HOT BREAKFAST WITH NORFOLK COUNTY REGISTRY OF DEEDS  #38143
Wednesday, Nov. 20 | 9:30—10:30am

ESTATE PLANNING AND ELDER LAW CHECK IN  #36679
Wednesday, Nov. 20 and Dec. 18 | 1:00-3pm
Register for sessions and get help with estate planning and elder law questions.
NOVEMBER EVENTS

MINDFULNESS SERIES WITH NEIL MONTENKO  #31934
Wednesday, Nov. 20 and Dec. 18 | 1-2pm
This year’s holiday season presents an opportunity to explore how mindfulness can help cultivate qualities of the heart. Sometimes we can hurt others, or even ourselves, not out of intention but as a product of our conditioning – and it can be difficult to forgive or reconcile with ourselves or others. In November, the series will explore how mindful awareness can nurture qualities of forgiveness and reconciliation to help us make peace with others and within ourselves. To this end, we will explore a different kind of practice, a “reconciliation” practice. In December, the series will review how mindfulness practice can foster qualities of kindness and compassion, including through compassion meditation. Each session will be interactive and include a guided practice, will cover new material and also reinforce the basics of mindfulness practice. Newcomers are welcome at any time.

HISTORY OF CHILDREN’S LITERATURE: CAUTIONARY TALES  #36779
Wednesday, Nov. 20 | 2:30—3:30pm
Let’s see what kind of literature encouraged young ones to “behave in a proper manner” over the years. Prose, poetry, fables, illustrations. These go way beyond Little Red Riding Hood.

THANKSGIVING FEAST WITH AVITA  #36961
Thursday, Nov. 21 | 11:30am—2:30pm
It’s that time of year again - when Chef Barry and his Avita team spoil us with a fabulous feast. *You must preregister to reserve a seat at our Thanksgiv- ing table!

NHS FOOTBALL SENIORS ONLY DINNER  #38202
Thursday, Nov. 21 | 6-7pm
The Needham High School Football Players would like to invite anyone from The Center at The Heights to be their guest at a special team dinner.

DRUMS ALIVE!!  #36354
Friday, Nov. 22  | 11am—12pm
Drums Alive is a cardio drumming program! Classes are for everyone: people living with chronic illness/pain, people living with a disability, etc. Drums Alive is a FANTASTIC brain-body exercise program. Drums Alive provides physical and cognitive benefits within a very socially engaging activity. The rhythmical patterns increase brain wave activity which in turn provides an endorphin rush (happy feelings) and improves mental awareness and physical well-being. Many participants do not even realize they are exercising because they are having so much fun. Drums Alive truly is a program for all ages and all abilities which can be done seated or standing and easily modified to accommodate participants needs.

Thanks to the generosity of Boylston Place of Chestnut Hill this program is free of cost

CHAIR MASSAGE SESSIONS WITH JOANNE  #37975
Monday, Nov. 25 and Dec. 30 | 9:30-11:30
Cost: $1/minute
First come, first served. $1/minute for a relaxing neck and shoulder massage.
HOLIDAY SHOPPING TRIP TO UNIVERSITY AVENUE IN WESTWOOD #38419
Monday, Nov. 25 | 10-1pm
Get your holiday to-do list ready! We are going to University Avenue in Westwood. Marshall’s, Target, Home Goods, Wegmans and much more! 14 people limit so you must pre register. *** If you need transportation to or from The Center, you must pre register with Stephan. (Van will depart promptly at 10:00 am and return at 1:00 pm)

ELDER LAW CLINIC #34658
Tuesday, Nov. 26 | 10:30—12:00pm
Maana P. Hickson, Esp., an experienced Elder law attorney is available to discuss your personal legal issues for 30 minutes. Please make your appointment by calling @ 781-455-7555 or by stopping by the Front Desk.

THE RAT PACK: THE HISTORY AND THE MUSIC #37572
Tuesday, Nov. 26 | 2:30—3:30pm
In this interactive film program, Debi Blok will have us examining the lives, loves, songs and careers of Frank Sinatra, Sammy Davis, Dean Martin: three charismatic members of THE RAT PACK.

HOLIDAY LIGHTS TOUR #37743
Tuesdays, Dec. 3, 10 and 17 | 6-7pm
Hop into our holiday carriage as we head around Needham looking at all the pretty lights! We will play classic holiday tunes, drink cocoa and eat cookies. There are 3 dates. Limit is 14 . Please PRE-REGISTER. Meet at the COA. If you need a ride from and to your home, please contact Stephan at ext 203.

COPING WITH ANXIETY & STRESS: #38131
Tuesday, Dec. 3 | 11am-12pm
How to remain upbeat and positive in a world that seems to have gone sideways. Are you finding it difficult to listen to the barrage of news reports these days?? Do you sometimes feel overwhelmed by life’s curve balls? Are holidays and anniversary dates particularly challenging? Don’t despair - expand your knowledge and learn coping mechanisms to help you deal with stress and anxiety in everyday life.” Speakers will include Sharon Arkoff, LICSW at Good Shepherd Community Care and Jeff Stock, MA, Spiritual Care Coordinator at Good Shepherd Community Care. This event is sponsored by Privatus Care Solutions of Lexington, MA & Good Shepherd Community Care of Newton MA.

POETS AND WRITERS WORKSHOP #36945
Wednesdays, Dec. 4 | 11am-12pm
Join award - winning author, Val Walker as she dives into not only the writings but the biographical stories of poets and authors. She will examine the lives and works of our most beloved poets. Val will spark conversations and reflections on what inspired their brilliant creations and explores the challenges, passions and callings of great poets. December will focus on Ralph Waldo Emerson and Henry David Thoreau.

RETHINKING THE WINTER MONTHS: THE PRACTICE OF GRATITUDE #37265
Wednesdays, Dec. 4 | 6-7pm
The Winter season is here and we could all use some time for self-reflection. This group will discuss how the winter months can provide us with the time to practice self-care and gratitude.

MY MOTHER USED TO SAY, ‘THE OLDER YOU GET, THE BETTER YOU GET ... UNLESS YOU’RE A BANANA.’  
BETTY WHITE
DECEMBER EVENTS

HOLIDAY FAMILY BINGO WITH WEBSTER BANK
Wednesday, Dec. 4 | 1-2pm #37450
Our fun crew from Webster Bank is coming to the Center with some holiday cheer and our favorite game - BINGO!

MUSIC WITH CHRISTINE ELISE
Thursday, Dec. 5 | 1:00-2pm #37164
Massachusetts native, singer/songwriter Christine Elise has performed throughout the Boston area, including the city's popular Custom House. The granddaughter of Italian opera singer Luigi Vena (performed at the wedding and funeral of President John F. Kennedy), Christine has a love of music in her blood and has been singing as long as she and everyone she knows can remember. Her vocal tone is often described as angelic, although she is also known to belt her heart out. She will be accompanied by her good friend, Steven Higgs, a highly sought-after and accomplished pianist. Together, their musical chemistry is a pure delight!

THE IMPORTANCE OF ADVOCACY AND KNOWING PATIENTS RIGHTS #37493
Friday, Dec. 6 | 11-12pm
Learn about the importance of having a patient advocate when you are navigating the often-confusing world of healthcare. Learn about patient rights and state specific regulations. Learn about the process of appealing insurance denials and how to access all your benefits. Learn how to be your own advocate and how to advocate for a loved one.

GOLDEN TONES HOLIDAY CONCERT #36318
Monday, Dec. 9 | 1:00-2:00pm
It's the most wonderful time of the year! And now the most wonderful voices are coming to sing holiday tunes and other songs you know and love!

NEED LEGAL ADVICE? #29376
Tuesday, Dec. 10 | 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.

ARTIST APPRECIATION WORKSHOP: WASSILY KANDINSKY
Tuesday, Dec. 10 | 1:00—2:00 #38263
Join us as research librarian Michele Marram explores the life and career of Wassily Kandinsky. This Russian artist is known as an early pioneer of abstract art. Join Michele as she explores Kandinsky's theories and evolution as an artist. Following the presentation, participants will have an opportunity to create an artwork in Kandinsky's style.

JO STAFFORD AS PRESENTED BY FRANK KING
#37195
Tuesday, Dec. 10 | 2:30-3:30pm
Frank King will be coming back to speak about the “Singer’s Singer” JO STAFFORD, whose career intersected with Frank Sinatra’s earliest recordings. Also: the story behind 4 big hits from the Great Year of 1950, including the appalling tale of the most inappropriate performance ever of “There’s No Tomorrow”, the story of the great Boston-bred comedian Harry Einstein (“Parkyakarkus”), and the interesting history of “Goodnight Irene”.

15
DECEMBER EVENTS

MICROSOFT EXCEL LESSON WITH PHYLLIS  #37796
Tuesday, Dec. 10 | 10—12pm
BACK BY POPULAR DEMAND! Our own, Phyllis Mays will be teaching us this valuable application may be used for a multitude of things. It features calculation and graphing tools. It has been a very widely applied spreadsheet for many platforms and who better to teach you all the ins and outs of Excel, but Phyllis.

FESTIVAL OF TREES AND SNOW VILLAGE AT ELM BANK  #38463
Tuesday, Dec. 10 | 10:45am-1:30pm
Cost: $5/person
Massachusetts Horticultural Society’s Festival of Trees, displayed in the Hunneywell Building, offers beautifully decorated holiday trees. The Snow Village at Elm Bank is a wonderful addition to the holiday spirit. Bill Meagher of Needham graciously donated his enchanting creation with model trains winding through villages and vignettes, including Christmas in the City (Boston of course!), Fenway Park, and hundreds of decorated houses and lights. *If you need transportation to or from the Center, you must contact Stephan at ext. 204.

FRIENDS OF THE CENTER PRESENTS: A “60’S CHRISTMAS CELEBRATION” AT THE DANVERSPORT YACHT CLUB
Wednesday, Dec. 11 | 10am-6:15pm
Cost: 89/person
Trip includes: 12:00 pm Lunch and 1:30 Showtime with the talented band “Sixties Invasion”! For reservations call the trip desk at 781-455-7555 ext. 209. Full payment is due upon reservation. Please make checks payable to: Friends of the Center at the Heights and mail to: Center at the Heights, 300 Hillside Ave., Needham, MA 02402 Attn: Trips

HOT BREAKFAST WITH A SPEAKER
Wednesday, Dec. 11 | 9:30-10:30am
Join us for a hot breakfast on a cold day and get financial insight from Galina Pekurovskaya, ChFC®, Financial Advisor of the Bulfinch Group.

BLOOD PRESSURE CLINIC/NURSES HOURS  #37833
Wednesday, Dec. 11 | 10-12pm

SURVIVING THE HOLIDAYS: NUTRITION WITH CHEF BARRY  #37895
Wednesday, Dec. 11 | 11am-12pm
Chef Barry is coming to give us tips on how to eat healthy at all of the holiday parties and get-togethers. As always this month's Needham Memory Café, sponsored by Avita and First Light Home Care of West Suburban Boston invite you to join us. This program is meant to make new friends, have fun in a pleasant atmosphere and do something creative. Caregivers are encouraged to attend. As always, snacks and surprises are included! The memory café is a welcoming place for people with forgetfulness or other changes in their thinking and for their family, friends and caregivers. The Café is a place to leave behind limitations and focus on enjoying other’s company.

NEW ENGLAND CONSERVATORY CONCERT  #37683
Wednesday, Dec. 11 | 3:00-4:00pm
We are so fortunate to have our partnership with the New England Conservatory continue into 2020! There are so many talented musicians and vocalists that take the time out of their studies and practices to come to the Center.

THE HISTORY OF NEEDHAM  #37021
Thursday, Dec. 12 | 1:00-3:00
Come join us for the last 2 of our series about the History of Needham. Three amazing documentaries will be shown followed by a discussion, question and answer session with Needham historian Gloria Greis
DECEMBER EVENTS

PATRIOTS PLACE HOLIDAY SHOPPING TRIP  #38420
Friday, Dec. 13 | 10am-2pm
Our holiday shopping tour will visit Patriots Place in Foxboro. The Christmas Tree Shop, Trader Joes, AC Moore, Bed, Bath and Beyond and much more! Limit of 14 people, registration is required. Van will depart The CATH promptly at 10:00 am and return at 2:00 pm. *** If you need transportation to or from The CATH you must pre register with Stephan

OUTSMART THE SCAMMERS  #36378
Friday, Dec. 13 | 11:00AM-12
Incidents of fraud are on the rise. We will discuss how to spot certain red flags of potential fraudulent encounters and how you take steps to protect yourself and loved ones.

WOODEN PLAQUE PAINTING CLASS  #38015
Friday, Dec. 13 | 11 am—12pm
Do you see all the wooden signs in the store and think, those are too expensive or not exactly what you are looking for? Take this class and learn how to make them yourself! Also great gift ideas!!

AGING CARE AND LIVING OPTIONS  #38436
Monday, Dec. 16 | 9:30am-10:30am
Please join Attorney Maana P. Hickson for a presentation to learn more about the housing options for mature adults and leave with the knowledge to determine which one is best for you or your loved one. She looks forward to seeing you.

BROADWAY BARITONE, JAMES MICHAEL  #37211
Monday, Dec. 16 | 1:00pm-2:00pm
James Michael will return to the Senior Center to perform classic love songs by the great crooners. Michael – aka the Broadway Baritone – has performed on Broadway for years, and all of his shows bring back cherished memories.

THROUGH THE DECADES: THE 40’S!  #37594
Tuesday, Dec. 17 | 2:30—3:30pm
After World War II, the music scene exploded with the Big Band Era. Enjoy the sounds of your favorite Big Bands along with Swing and Jazz all from the decade of the 40’s!

COFFEE WITH A COP  #32751
Wednesday, Dec. 18 | 9:30—10:30am

MINDFULNESS SERIES WITH NEIL MONTENKO  #31934
Wednesday, Dec. 18 | 1:00-2:00pm
This year’s holiday season presents an opportunity to explore how mindfulness can help cultivate qualities of the heart. Sometimes we can hurt others, or even ourselves, not out of intention but as a product of our conditioning – and it can be difficult to forgive or reconcile with ourselves or others. In December, the series will review how mindfulness practice can foster qualities of kindness and compassion, including through compassion meditation. Each session will be interactive and include a guided practice, and each will cover new material and also reinforce the basics of mindfulness practice. Newcomers are welcome at any time.

DEATH CAFÉ  #36936
Wednesday, Nov. 13, and Dec. 18 | 1:00—2:30pm
For complete description, see page 10

CATH HOLIDAY PARTY  #38530
Wednesday, Dec. 18 | 2:30—3:30pm
Come join us for holiday goodies, holiday music and above all us—Holiday Cheer!
DECEMBER EVENTS

HOLIDAY SHOPPING BARGAIN HUNTING! #38422
Wednesday, Dec. 18 | 10am-1:30pm
Finish your last minute holiday shopping and to do list with a trip to The Dollar Tree in West Roxbury, Ocean State Job Lot in Dedham and lunch at Chick-fil-A. Limited to 14 riders. *** If you need transportation to or from The Center, you must pre register with Stephan, 781-455-7555, ext 203. Van will depart promptly at 10:00 am and return at 1:30 pm

REVERE BEACH: THEN AND NOW
#37620
Thursday, Dec. 19 | 1:00-2:00pm
Bob Upton will present The Revere Beach Then & Now Show which will feature 80-100 images of historic Revere Beach and its wonderful past. All will recall fond memories of America’s first public beach or if you have never been you will see beautiful photos and hear great history of Revere Beach.

WHEN IS MEMORY CARE NEEDED?
Friday, Dec. 20 | 10am-11am #38479
16 million people are unpaid caregivers for a loved one with dementia. What options are there, and how do you know when it’s time to consider them? The presentation will be given by Brenda Stewart, a Certified Dementia Practitioner with 2Sisters Senior Living Advisors, a free referral and advisory service.

POISON CONTROL 101 #37699
Friday, Dec. 20 | 11:00am-12pm
The Regional Center for Poison Control is a nonprofit organization that provides assistance and expertise in the medical diagnosis, management, and prevention of poisonings throughout Massachusetts and Rhode Island. The presentation will discuss reasons as to why poisonings are the #1 injury death in the United States, and ways to prevent poisonings from occurring. It will include safety tips on what to ask your doctor about medications, and precautions you can take around your household. Remember, an ounce of prevention is worth a pound of cure

NEW YEAR’S EVE MOCKTAIL PARTY AND PIANO BAR SING-A-LONG
Monday, Dec. 30 | 1:00—3:00pm #37358
What a way to ring in the new year! Join us in the CATH Piano Bar (Room 104) as Margie Brodsky plays our favorite party songs as we sing, dance, eat and drink mocktails!

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!
MONDAY

TAI CHI & QIGONG  #37227
Nov. 18, 25, 30 Dec. 2, 9, 16, 23, 30 | 9 – 10am
Cost: $56 | 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  #37196
Nov. 4, 18, 25 Dec. 2, 9, 16, 23, 30 | 9 – 10am
Cost: $64 | Instructor: Sandi Levy

STRENGTH TRAINING (FOR BALANCE AND OSTEOPOROSIS)  #37213
Nov. 4, 18, 25 Dec. 2, 9, 16, 23, 30 | 10:15 - 11am
Cost: $64 | 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  #37418
Nov. 4, 18, 25 Dec. 2, 9, 16, 23 | 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 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.

FITNESS ROOM HOURS
Monday - Friday
9am - 2pm
Please register at the Front Desk. $25 for (1) month, unlimited use and one-on-one personal training.

TUESDAY

DON’T LET WEIGHT WEIGH YOU DOWN!!  #37214
A WEIGHT MANAGEMENT PROGRAM
Nov. 4, 18, 25 Dec. 2, 9, 16, 23, 30 | 12-1pm
Cost: $64 | 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  #37190
Nov. 4, 18, 25 Dec. 2, 9, 16 | 6 – 7pm
Cost is $48 | 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.

“GENTLE NIA” EXERCISE  #38218
Nov. 5, 12, 19 and 26 | 11am–12pm
Cost $32 | 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
**FITNESS**

**TUESDAY (CONT’D)**

**ARTHITIS EXERCISE  #37192**  
Nov. 5, 12, 19, 26 Dec. 3, 10, 17 | 2 – 3pm  
Cost $56 | 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:  
CHA-CHA /SALSA #37334**  
Nov. 19, 26, Dec. 3, 10, 17 | 2—3pm  
Cost: $40 | Instructor: Betty Hood  
OFFSITE @ YMCA  
Add some spice to your step with the Cha-Cha/Salsa! 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  
#37423**  
Nov. 6, 13, 20 Dec. 4, 11, 18 | 2:45 – 3:45pm  
Cost $48 | 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.*

**THURSDAY**

**ZUMBA GOLD #37046**  
Nov. 6, 13, 20 Dec. 4, 11, 18 | 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.

**BETTER BONES #37425**  
Nov. 7, 14, 21, Dec. 5, 12, 19 | 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 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.
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FITNESS

THURSDAY (cont’d)

GENTLE YOGA WITH MICHELLE #37126
Nov 7, 14, 21 Dec. 5, 12, 19 | 1:00–2:00pm
Cost: $48 | 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 #37189
Nov. 7, 14, 21, Dec. 5, 12, 19, 26 | 10:15 – 11:15am
Cost: $56 | 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 #37188
Nov. 7, 14, 21 Dec. 5, 12, 19, 26 | 11:30am—12:30pm
Cost: $56 | 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/ARTHITIS EXERCISE #37222
Nov. 7, 14, 21 Dec. 5, 12, 19, 26 | 2 – 3pm
Cost: $48 | 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
Nov. 7, 14, 21 Dec. 5, 12, 19 | 6–7pm Cost: $48 #37194
(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)
Nov. 1, 8, 15, 22, 29 Dec. 6, 13, 20, 27 | 9:15 – 10am #37217
Cost: $72 | Instructor: Pearl Pressman
*Please see Mondays description

LINE DANCING WITH SHOWWAY/PAUL #37041
Nov. 1, 8, 15, 22, Dec. 6, 13, 20 | 9-10am
Cost: $56 | Instructor: Showway/Paul
TGIF!! What better way to kick off the weekend than moving and grooving with SHOWWAY or PAUL!! 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.

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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, Dec. 09
Horse N' Carriage |
Norfolk

Pharmacy Trips:
Van Departs at 10:30am
Mondays, Nov. 4, 25 and Dec. 16
CVS / Walgreens

FRIDAYS SHOPPING EXPERIENCE
Departure from the Senior Center 10:00am.
Trader Joes  Market Basket  Christmas Tree Shop  Ocean State Job Lot
Nov. 1  Nov. 15  Dec. 6  Dec. 13
Nov. 22  Dec. 20
Dec. 27

COA SHUTTLE
Wednesdays | 1:15—3:15pm
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 1:15 pm and returns to the Center at 3:15pm.
This new service will visit all major locations for shopping in Needham in 3 continuous loops on Wednesday afternoons and will work like a bus with fixed schedule departing and returning to the center. The Route is as follows:
• Trader Joe’s / CVS (Rear Parking)
• Needham Public Library
• Needham Community Council
• Paris Plaza (Supercuts, Dunkin Donuts, Verizon store)
• 1471 Highland Ave (Town Hall, Walgreens, Bank of America, CVS, Bagel’s Best, Needham Shoe Repair, Anton’s Cleaner, French Press Cafe)
• Needham Bank
• Dedham Savings (Rear Entrance)
• Post Office on Great Plain Ave.
• Return to The Center, and the next loop restarts

TRANSPORTATION HOURS

MONDAY – THURSDAY 8:30am – 7:30 pm* & FRIDAY 8:30am – 3:30pm
Transportation is on a first call-first served basis, the sooner you call us, the better we can serve you. Requests for transportation are not a guarantee that we can accommodate your schedule. After Hour transportation is available Mon.-Thu. for our clients to attend programs at the center.
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 3:30pm -7:30 pm *(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.
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
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GROUPS/GAMES

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

CATH BIRTHDAY CLUB #37154
Nov. 1 and Dec. 2 - 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!

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).

LEARN TO PLAY CRIBBAGE #38460
Tuesdays, Nov. 5, 12, 19, 26 Dec. 3, 10, 17, 24, 31
Join Clif as he walks us through this fun and social game which is good for the brain!

MAH JONG LESSONS FOR BEGINNERS #37783
Tuesdays, Nov. 5, 12, 19, 26 Dec. 3 | 11am-12:30pm
Have you always wanted to learn this great game, but the teams were already built by players who know the game. Join, Corine as she teaches the "How to's" of this centuries old game!

VINTAGE VOICES
Tuesdays | 1:00-2:00pm
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

BOARD GAME NIGHT AT THE CENTER #37809
Tuesday, Nov 5, 12, 19, 26 Dec. 3, 10, 17 | 6-7:30pm
Join us for a fun filled night of your favorite board games, hot chocolate and socializing. We encourage everyone to participate, the more the merrier!

CURRENT EVENTS #37110
Tuesdays, Nov. 5 and 19 and Dec. 3, 17, 31 | 10:30 - 11:30am
BEGINNER BRIDGE  #26861  
Tuesdays, Nov. 5, 12, 19 | 2-4pm  
Calling all beginner bridge players! It’s time to learn the game you’ve always wondered how to play.

WORDS OF WISDOM SUPPORT GROUP  #36379  
Wednesdays, Nov. 6 and 20 and Dec. 4 and 18 | 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!

LOW VISION SUPPORT GROUP  #35471  
Wednesdays, Nov. 20 & Dec. 18 | 10:30—11:30  
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.  
Nov 20:  Chris Plant—Mass Equipment Distribution Program  
Dec:  Registry of Motor Vehicles/Real ID

CAREGIVER SUPPORT GROUP  #32418  
Wednesdays, Nov. 6 & Dec. 4 | 4 - 5pm  
This group offers the opportunity for members to share experiences, information and encouragement. Caregiving can be a lonely and isolating experience. This group helps to connect individuals with others facing similar challenges. Guest speakers will also be invited to attend intermittently. Come take time for yourself; caregivers need support too. Respite for loved ones available on a limited basis. Please call Kerrie Cusack, LICSW 781-455-7555 ext. 205 for more information. **Please note: Effective January 2020 meetings will change to the second Monday of the month.

KNITTING  #34254  
Thursdays, Nov. 7, 14, 21 Dec. 5, 12, 19 and 16 | 10am-12

BEREAVEMENT CIRCLE  #38432  
Thursdays, Nov. 7, 14, 21 Dec. 5, 12, 19, 26 | 10 – 11am  
Facilitated by Nikki Stournaras of West River Hospice, this group provides a safe, peaceful supportive environment for exploring grief.

CENTER BOOK GROUP  #35853  
Fridays, Nov. 8 and Dec. 13 | 10:30am-11:30am  
Nov. 8:  The Storyteller’s Secret by Sejal Badani and for  
December 13:  A Pigeon and a Boy by Meir Shalev.
THE BIGGEST LITTLE FARM
Monday, Nov. 4 | 1–3pm | PG
A couple are followed through their successes and failures as they work to develop a sustainable farm on 200 acres outside of Los Angeles. Over the years, the desolate they purchase begins to thrive and its transformed.

NO STONE UNTURNED
Monday, Dec. 2 | 1 - 3pm
Examining the brutal and unsolved murders of six men in a bar in Northern Ireland during the 1994 World Cup.

FIRST MAN
Friday, Nov. 1 | PG-13 | 2h 21min (2018)
A look at the life of the astronaut, Neil Armstrong, and the legendary space mission that led him to become the first man to walk on the Moon on July 20, 1969. Oscar Winner!

THE GREAT ESCAPE
Friday, Nov. 8 | (NR) | 2h 53m (1963)
Imprisoned during World War II in a German POW camp outwit their captors by digging a tunnel out of the prison grounds, the soldiers find the stakes much higher when escape becomes a reality!

IF BEALE STREET COULD TALK
Friday, Nov. 15 | R | 1h 59m (2018)
In early 1970s Harlem, friends since childhood, Tish and Fonny become a devoted couple dream of a future together, but their plans are derailed when Fonny is arrested for a crime he did not commit.

HOME FOR THE HOLIDAYS
Friday, Nov. 22 | (PG-13) 1h 44m (1995)
When her teenage daughter opts out of Thanksgiving, single mother Claudia Larson travels alone to her childhood home for an explosive holiday dinner with her dysfunctional family.

GUYS AND DOLLS
Friday, November 29 | NR | 2h 32m (1955)
Gambler Nathan Detroit has few options for the location of his big craps game. Needing $1,000 to pay a garage owner to host the game, Nathan makes a bet with high romantic stakes!

THE THEORY OF EVERYTHING
Friday, December 6 | (PG-13) 2h 4m (2014)
In the 1960s, Cambridge University student and future physicist Stephen Hawking falls in love with fellow collegian Jane Wilde. At 21, Hawking learns that he has motor neuron disease. He and Jane defy terrible odds and break new ground in the fields of medicine and science.

THE SOUVENIR
Friday, December 13 | (R) 1h 59m (2019)
A shy but ambitious film student falls into an intense, emotionally fraught relationship with a charismatic but untrustworthy older man. Sundance Film Festival Winner World Cinema - Dramatic.

HOLIDAY INN
Friday, December 20 | G (1971) | 3 Hours
In this Irving Berlin musical, Jim and Lila are members of a performing trio who plan to quit and run a country hotel. After turning the inn into a holidays-only live entertainment venue, Jim winds up booking -- and falling for -- Linda.

OCEANS 11
Friday, December 27 | PG | 1h 57m (2001)
Dapper Danny Ocean is a man of action. Less than 24 hours into his parole from a New Jersey penitentiary he orchestrates the most sophisticated, elaborate casino heist in history.

MOVIE NIGHTS
Wednesdays, 6 - 8:30pm

Nov. 6: Mudbound
Nov. 13: African Queen
Nov. 20: Nobody’s Fool
Dec 4: FIDDLER ON THE ROOF

Dec. 11: Spotlight
Dec. 18: White Christmas
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James Rennie  Betty Goodfarb
Armen Dermarderosian
Grace Joyce  Shirley Klepadlo
Josephine Belval  Betty Goodfarb
Susan Barber,
For such wonderful programs and opportunities at the Center!
Richard Lawless,
In honor of Colleen Schaller’s Birthday
David Farr,
Thanks for the memories made at The Center

Greetings Friends:
Thank you Everyone who gave an extra donation with your “Friends Support” and a donation in memory of a friend or family member. We have over 6000 new people receiving the Senior compass and enjoying programs at The Center. So the cost of mailing, for which the Friends pay, has doubled in size. The Friends also sponsors many programs when the COA is unable to find a sponsor. Your support helps defray these expenses.

Our Calendar year is January through December. Please fill out the “Friends Support” form below. Thank you and Happy Holidays!

Pat and Carol

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SHINE PROGRAM NEWS

Don’t Wait Until It’s Too Late!

Medicare Open Enrollment ends December 7th. Don’t miss your chance to change plans. Call SHINE for help comparing options.

It’s extremely important to review your options EVERY year to make sure you have the plan that works best for you for next year. To best help you compare, you should have a MyMedicare.gov account. If you don’t have one already, you can go to MyMedicare.gov to easily create one, or it can be done at your SHINE appointment.

Call your Senior Center and ask for a SHINE appointment. Be sure to bring your Medicare card, any other drug/health insurance cards and benefit information, and a detailed list of your current prescription drugs to your appointment.

Trained SHINE volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. For Medicare related matters (other than an appointment), 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.