September / October 2022| Newsletter Edition

NEEDHAM COMPASS

SENIOR NEWSLETTER FOR THE CENTER AT THE HEIGHTS

DONOR SPOTLIGHT:
LOVIN' SPOONFULS

A special thanks to Lovin' Spoonfuls for the many pounds of fruit they rescue and drop off at the Center for our daily breakfasts and lunches. The produce they rescue helps round out meals for so many people in our community.

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Our rooftop deck was brimming with laughter this summer as seniors gathered for our Tuesday Dinners on the Deck. Pictured in this photo from left to right are: Gerry Owen, Walter Herrick, Jin-Lan Hsia, Bob Quinn, Barbara Ryan, Micky Garrity, Elves Orciani, Jamie Turbayne and Jack Nash.

The Center Cafe	Center Computer Room
Continental Breakfast	Game Room & Library
Monday-Friday	Monday-Friday
8:30 AM - 12:00 PM	8:30 AM-4:00 PM

The Center will close at 2:30 on September 15 for staff training

300 Hillside Avenue
Needham, MA 02494
781-455-7555
akelley@needhamma.gov
www.needhamma.gov/coa

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From the Director

Dear Friends,

We hope you had a great summer and are looking forward to the beauty of another New England autumn. It's hard to believe we are on the back stretch of 2022!

You may not realize that September is National Senior Center Month! Senior centers are where engagement and innovation take place for older adults in their communities daily. They are vibrant sources of physical and social well being and are essential services for older adults. Every September, Senior Center Month emphasizes the tremendous potential senior centers deliver in their communities, including programming that empowers older adults to age well and to strengthen mind, body, spirit, and community connections. What words come to mind when you think of your Center at the Heights and the Needham Council on Aging? Resilient, creative, helpful, evolving, innovative, caring, a lifesaver, and fun are just a few words we have heard from many of you.

The Needham Council on Aging plays a vital role in our community. Our staff, volunteers, and participants promote a positive image of aging. Together we are a lively, supportive senior center that thrives inside and outside of our walls. If you're not a participant or volunteer we invite you to get engaged by trying a class, volunteering, or checking in with staff about other opportunities to enrich your life. There is something here for everyone!

Wishing you good health,

LaTanya

Greg Mastroianni, Director of Client Relations, for Winston's Flowers, hosted the Center for a wonderful tour of Winston's vibrant and fragrant design studio and corporate headquarters in Boston. Everyone got a surprise bouquet of beautiful roses as a parting gift!

AICHA'S DAILY HIGHLIGHTS EMAILS

Our Assistant Director, Aicha Kelley, produces a daily email full of valuable supports and random surprises. She includes everything from health updates to Zoom class links. This email is a great way to stay connected to The Center and up-to-date on Center activities. To receive them, email akelley@needhamma.gov.

LUNCH AT THE CENTER OR DELIVERED TO YOU

Springwell Elder Services prepares and serves lunch daily Monday - Friday from 12:00 -1:00 PM at the Center. If you would like to join us for lunch on a particular day or every day, call Springwell at 781-4556 x203 to register. You must fill out a form once and call at least 24 hours in advance of the day you want to dine. If you are homebound, lunch can delivered to you. There is a suggested donation of $2 per lunch.

TRANSPORTATION NEWS

Van Drivers Needed!

Needham's Aging Services Division has several Van Driver jobs available. This is a part-time (up to 19.5 hours per week), flexible position. For more information and a copy of the job description, visit the Town of Needham website www.needhamma.gov/Jobs.aspx

Our van drivers make day trips possible. Pictured right are Jin-Lan Hsia, Joan Story, Harry Soohoo and Bob Quinn enjoying Revere Beach on a trip in June.

TECH & TUTORS PROGRAM

Needham Community Council provides tablets, Chromebooks and technology training to Needham residents who do not currently have access to or are not comfortable with technology. NCC's mission is to improve the well-being of residents by delivering tech and training that enables users to communicate with friends, family, medical professionals and gain access to resources. We want to make technology your friend! To obtain a customized Fire Tablet or one-on-one tutoring, call Stacey at 781-444-2415.

Pictured right: Evelyn Hall and George Hallet receive their certificates after completing the Tech & Tutors Program taught by Stacey Fallon at the Center. Now they are pros!

TAKE CLASSES FOR FREE AT BABSON COLLEGE

Needham and Wellesley seniors age 65 and older (proof of age required) can audit one class per semester free of charge at Babson College. For more information and a listing of available courses go to: www.babson.edu/registrar/senior-citizen-audit-policy.

CENTER SUPPORTS

Social Services

COUNSELING AND SUPPORT

Our team of social workers is happy to provide Needham residents with counseling, support and referral services on a variety of issues including: housing, transportation, traveling meals, SNAP benefits, unemployment, benefits, mental health counseling, long-term care planning, caregiver resources, health insurance benefits counseling and more. Please contact us at 781-455-7555 and ask to speak to a social worker!

Welcome Jess!

We are thrilled to welcome Jessica Rice as a part-time Clinician in the Social Work Department at the CATH. Jessica has been an intern with us for nearly two years as she completes her Master's in Social Work at Boston University. Jess is passionate about helping others in her community and is thrilled to work with the Council on Aging. In her free time, she loves any and all forms of exercise, with running at the top of that list. If you haven't had the chance to meet Jessica yet, please introduce yourself!

COMMUNITY RESOURCES

Are You Ok wellbeing check service..1-866-900-7865
Caregiving Resources.....508-573-7200
Elder Abuse Hotline.....1-800-922-2275
Needham Council on Aging.....781-455-7555
Needham Community Council 781-444-2415
Needham Fire.....781-455-7580
Needham Police.....781-455-7570
Needham Public Health.....781-455-7940
Needham Town Hall.....781-455-7500
SHINE Medicare Counseling.....781-455-7555
Social Security.....1-800-772-1213

BEREAVEMENT CARING CIRCLE

Losing a loved one is something that affects everyone differently. No one should have to go through this difficult time alone. Please join this comforting group led by Kerrie and Jill, from our social services team. Even if you aren't ready to speak up, join the group to ease into healing. Refreshments will be served.

The group meets every 3rd Tuesday of the month, 1:00 PM (Sep 20 and Oct 18). Registration preferred.

CAREGIVER SUPPORT GROUP

Caregiving can be a lonely and isolating experience, but this group helps to connect individuals with others facing similar challenges. Share new perspectives, tools and approaches related to the caregiving journey. Guest speakers will occasionally be invited to provide information on local resources. Take time for yourself; caregivers need support too.

Mondays, Sep 12 and Oct 17, 4:00 PM
Register and email jrice@needhamma.gov for a Zoom invitation.

Jerry Owen and Jack Nash share a few laughs as they wait to hear the Steel Drum Concert in July. All enjoyed the toe tapping music by Joe Donnelly and PJ Adamson.

= In Person = Zoom

FITNESS CLASSES

The Center at the Heights offers in-person and Zoom fitness classes ($5/class), a Fitness Center ($25/month) staffed by wonderful trainers that is available to Needham residents over 60. We also offer wellness programs on a variety of subjects. Come to the Center or login to Zoom to try them.

Classes can be paid for with cash or checks made out to "Town of Needham" and dropped off at our Front Desk or mailed to Needham Center at the Heights, 300 Hillside Ave, Needham, MA, 02494. Attn: Programming. Please include the names and dates of the classes you are taking.

Personal Training With The Cadigans

Monday - Friday 7:00 AM – 7:00 PM
To schedule a session email akelley@needhamma.gov or call 781-455-7555
Meet with our trusted trainers Stephen or Lisa Cadigan to create an exercise program tailored to your needs. Cost: $55 / hour

MONDAY

Yoga with Sandi

Mondays, 9:00 AM
Sep 12, 19, 26 and Oct 3, 24, 31
Instructor: Sandi Levy
Meeting ID: 870 8264 5200 Passcode: yoga
Registration required

Sandi teaches Viniyoga, which is gentle and includes breathing exercises, balances, stretching work, strengthening work and relaxation. It is a fun way to get a full body workout and feel relaxed and energized at the end. Cost: $5/class

Tai Chi & Qigong With Scotty

Mondays, 10:00 AM
Sep 12, 19, 26 and Oct 3, 17, 24, 31
Instructor: J. Scott Brumit
Meeting ID: 897 6396 8005 Passcode: 609523
Registration preferred

Tai Chi is a slow-motion, moving meditative exercise for relaxation and health. Studies have shown that Tai Chi can help you live longer, improve muscle strength, balance and flexibility, boost cognitive function, improve COPD symptoms, get better night-time sleep, improve symptoms of fibromyalgia, reduce risk of falls and more.
Cost: $5

Seated Strength & Balance with Pearl

Mondays, 10:30 AM
Sep 12, 19, 26 and Oct 3, 17, 24, 31
Instructor: Pearl Pressman
Meeting ID: 829 6962 5214 Passcode: 8119

This seated class accommodates individuals of various fitness levels and abilities and can be adapted to meet any needs. It begins with a warm-up for both the joints and the muscles, followed by strength training for all the major muscle groups of the body using hand weights (or household objects) and body weight, as well as a few minutes of standing balance exercises for those who are able. The class concludes with gentle stretching exercises to increase flexibility and reduce muscle tension. Cost: $5/class

NEW

BALANCE ASSESSMENT

Come in for your balance assessment using our new HUR Balance Device. Our trainers will help you take a simple 2 minute test yielding a report and score on your balance. This report will alert you to what direction you will most likely tend to fall. Then our trainers will recommend the best exercises to improve your balance and prevent falls. You can then come back at any time in the future to see if your score improves. Come to the Center for better balance!

FITNESS CLASSES

= In Person = Zoom

TUESDAY

Gentle Fitness
Tuesdays, 8:15 AM
Sep 6, 13, 20, 27 and Oct 4, 11, 18, 25
Instructor: Lisa Karger
Meeting ID: 853 9928 6741 Passcode: 797598
Registration required

Gentle Fitness is a strength and conditioning class which focuses on moving safely from one exercise to the next. You will work on balance strengthening, stability and flexibility. You will need a mat and optional weights. Cost: $5/class

Gentle Yoga with Michelle
Tuesdays, 9:15 AM
Sep 6, 13, 20, 27 and Oct 4, 11, 18, 25
Instructor: Michelle Lawlor
Meeting ID: 443 604 7877 Passcode: 0DbGrY
Registration required

Michelle is a fabulous yoga instructor and can make this a seated yoga as well! Michelle will have you calm, limber and tone, and she is great at working on individual specific problem areas. Cost: $5/class

Train the Brain
Tuesdays, 11:00 AM
Sep 6, 13, 20, 27 and Oct 4, 11, 18, 25
Instructor: Stephen Cadigan
Meeting ID: 816 9119 6399
Registration required

This class is back by popular demand! It uses dynamic, bilateral movement and physical brain activities to improve stability, total body coordination, speed, spatial awareness, endurance and flexibility. Give it a try!

Resistance Band Program
Tuesdays, 1:00 PM
Sep 6, 13, 20, 27 and Oct 4, 11, 18, 25
Instructor: Lisa Cadigan
Meeting ID: 843 7955 7037
Registration required

This 45-minute class uses elastic bands to provide **Resistance Band Cont.** resistance during the concentric and eccentric phases of movement, maximizing the benefits throughout the entire class. With this routine you will increase strength and address all muscles of the body. Bands are forgiving on the joints of the older adult. Registrants can pick up their bands at the Center. Cost: $5/class

Arthritis Class
Tuesdays, 2:00 PM
Sep 6, 13, 20, 27 and Oct 4, 11, 18, 25
Instructor: Stephen Cadigan
Meeting ID: 816 8790 1740
Registration required

This class is a mostly seated exercise class that does not encourage activities that might exacerbate arthritis symptoms and sore joints. It addresses range of motion, strength, flexibility, endurance balance and coordination. Cost: $5/class

WEDNESDAY

Tai Chi & Qigong with Scotty
Wednesdays, 9:00 AM
Sep 7, 14, 21, 28 and Oct 5, 12, 19, 26
Instructor: J. Scott Brumit
Registration required

This class is in person. See description on page 8.
Cost: $5/class

Zumba with Jopeng
Wednesdays, 9:00 AM
Sep 21, 28 and Oct 5, 12, 19, 26
Instructor: Jopeng Tseng
Meeting ID: 520 520 9898 Passcode: ZumbaGold
Registration required

Jo will get you up and moving in the morning! Cost: $5/class

Chair One Fitness
NEW
Wednesdays, 10:30 AM
Sep 21, 28 and Oct 5, 12, 19, 26
Instructor: Karen Karten
Meeting ID: 896 9641 6998 Passcode: ChairOne
Registration required
This is a seated class with fun music and dance elements. Cost: $5

WEDNESDAY (CONT.)

Interval Training
Wednesdays, 1:00 PM
Sep 7, 14, 21, 28 and Oct 5, 12, 19, 26
Instructor: Lisa Cadigan
Meeting ID: 859 4613 1521
Registration required

A popular trend in fitness is High Intensity Interval Training. Our trainers have put together a version of this for Center participants: Personalized - Intensity Interval Training. It builds cardiovascular fitness while improving muscular strength and endurance. Cost: $5/class

Move It, Shake It, Lift It!
Wednesdays, 2:00 PM
Sep 7, 14, 21, 28 and Oct 5, 12, 19, 26
Instructor: Randi Sharek
Registration required

Join Randi for a 45-minute class in the Fitness Room where you will use fitness tools to perform cardio, strength and flexibility exercises. The use of this space enables a diverse, unique and fun workout program. Cost: $5/class

Evening Yoga & Meditation
Wednesdays, 5:00 PM
Sep 7, 14, 21, 28 and Oct 5, 12, 19, 26
Instructor: Nikhil Sole
Meeting ID: 914 5785 8070
Registration preferred

Nikhil will guide you through yoga and meditation to wind down the day. A Needham resident for 15+ years, Nikhil works during the day as a principal software engineer in cyber security software. He's a 300h certified yoga teacher and a meditation teacher with Art of Living Foundation. Cost: Free

THURSDAY

Pilates with Lisa
Thursday, 8:00 AM
Sep 1, 8, 15, 22, 29 and Oct 6, 13, 20, 27
Instructor: Lisa Karger

Pilates Cont. Meeting ID: 820 469 8985
Registration required

In this class you will work on alignment, breathing, developing a strong core and improving coordination and balance. You will need a mat. Cost: $5/class

Tai Chi & Qigong with Scotty
Thursdays, 10:00 AM
Sep 1, 8, 15, 22, 29 and Oct 6, 13, 20, 27
Instructor: J. Scott Brumit
Meeting ID: 841 2153 1726 Passcode: 569547
Registration required
See description on page 7. Cost: 5/class

Barre with Lisa
Thursday, 10:30 AM
Sep 1, 8, 15, 22, 29 and Oct 6, 13, 20, 27
Instructor: Lisa Karger
Meeting ID: 820 469 8985
Registration required

Barre incorporates the fluidity of ballet, flexibility of yoga, and core strengthening of Pilates. This low impact class uses light weights (optional) and is set to music that makes you want to move. You will need a chair, mat, and light weights. Cost: $5/class

Gentle Yoga with Michelle
Thursdays, 1:00 PM
Sep 1, 8, 15, 22, 29 and Oct 6, 13, 20, 27
Instructor: Michelle Lawlor
Meeting ID: 443 604 7877 Password: 0DbGrY
Registration required

Michelle is now offering an in-person yoga class that will also be available via Zoom. She can adapt for those who need to sit and will have you calm, limber and toned! Cost: $5/class

Arthritis Class
Thursdays, 2:00 PM
Sep 1, 8, 15, 22, 29 and Oct 6, 13, 20, 27
Instructor: Stephen Cadigan
Meeting ID: 816 8790 1740
Registration required
See description on page 8. Cost: $5/class

FITNESS CLASSES

= In Person = Zoom

THURSDAY (CONT.)

S-t-r-e-t-c-h-ology

Thursdays. 5:15-6:00 PM
Sep 1, 8, 15, 22, 29 and Oct 6, 13, 20, 27
Instructor: Lisa Cadigan
Registration required

Come stretch with us to increase circulation, improve posture and reduce imbalances within muscles and joints that can lead to injury. You will leave feeling youthful and with a sense of well-being. Some exercises will be performed on the floor (can be adapted for those who can't get on the floor). Mats will be provided. Cost: $5/class

FRIDAY

Zumba with Jopeng

Fridays, 8:30 AM
Sep 2, 9, 16, 23, 30 and Oct 7, 14, 21, 28
Instructor: Jopeng Tseng
Meeting ID: 520 520 9898 Passcode: ZumbaGold
Registration required

Jo is back and ready to get you up and moving in the morning. What better way to meet the day than with music and dance? Cost: $5/class

Seated Strength & Balance with Pearl

Fridays, 10:30 AM
Sep 2, 9, 16, 23, 30 and Oct 7, 14, 21, 28
Instructor: Pearl Pressman
Meeting ID: 829 6962 5214 Passcode: 8119
Registration required

This seated class accommodates individuals of various fitness levels and abilities and can be adapted to meet any needs. It starts with a warm-up for both the joints and the muscles, flows into strength training for all the major muscle groups of the body using hand weights (or household objects) and body weight, then a few standing balance exercises for those who are able. The class ends with gentle stretching to increase flexibility and reduce muscle tension. Cost: $5/class

Balance, Posture, Core

Fridays, 10:30 AM
Sep 2, 9, 16, 23, 30 and Oct 7, 14, 21, 28
Instructor: Laila Vehvilainen
Meeting ID: 748 2001 4156 Passcode: kGfHd5
Registration required

In this class Laila will go over the core components of good balance and teach you how to improve it through a variety of exercises for core and leg strengthening, posture awareness, and stretches for greater flexibility. Cost: $5/class

Floor, Core & More

Fridays, 1:00 PM
Sep 2, 9, 16, 23, 30 and Oct 7, 14, 21, 28
Instructor: Lisa Cadigan
Meeting ID: 864 8971 0371
Registration required

This class strengthens abdominals, glutes, lower back, hips and shoulders. We use rollers, bands and body weight as tools to enhance range of motion, flexibility, balance and muscular strength. Lisa can modify the activity to suit your needs. Cost: $5/class

SATURDAY

Tabata

Saturdays, 9:45 AM
Sep 17, 24 and Oct 1, 8, 15, 29
Instructor: Lisa Cadigan
Meeting ID: 814 0515 8908 Passcode: 821835
Registration required

This high-intensity interval training class aims to yield the most fitness benefits in the shortest amount of time. It burns fat, increases endurance and improves aerobic efficiency. The format consists of 8 rounds of strenuous exercise for 20 seconds followed by 10 seconds of rest or slow movement. Cost: $5/class

Arthritis Class

Saturdays, 10:30 AM
Sep 17, 24 and Oct 1, 8, 15, 29
Instructor: Stephen Cadigan
Meeting ID: 816 8790 1740
Registration required
See description on page 8. Cost: $5/class

Weekly Drop-In Groups

Monday

Beginner Bridge	10:00 AM –12:00 PM
Experienced Canasta	12:30 PM – 3:00 PM
Beginner Canasta Lessons and Games	1:00 PM – 3:00 PM
Beginner Mahjong Lessons	1:00 PM – 3:00 PM
Beyond Beginner Mahjong 2.0	1:00 PM – 3:00 PM

Tuesday

Experienced Bridge	9:00 AM – 12:00 PM
Rummikub	1:00 PM – 3:00 PM
Vintage Voices	1:00 PM – 2:00 PM
Poker/Cards/Pool	5:00 PM – 7:00 PM

Wednesday

Bingo at the CATH	10:30 AM – 11:30 AM
Experienced Canasta	12:30 PM – 3:00 PM

Thursday

Experienced Bridge	9:00 AM – 12:00 PM
Center Trivia	10:00 AM – 11:00 AM
Mahjong	12:30 PM – 4:00 PM
Duplicate Bridge	12:30 PM – 3:30 PM
Knitting with Friends	10:00 AM – 12:30 PM

Friday

Beginner Canasta	9:30 AM – 11:30 AM
Beginner Bridge	10:00 AM – 12:00 PM
Quilting	10:00 AM – 12:00 PM
Bingo	10:30 AM – 11:30 AM
Mahjong	12:30 PM – 4:00 PM
Rummikub	1:00 PM – 3:00 PM

MONDAY

Line Dancing with Paul

Mondays, 10:00 AM
Sep 12, 19, 26 and Oct 3, 17, 24, 31
Registration required

Line dancing is a great way to have fun while you improve memory skills, strengthen bones, develop better balance, relieve stress, and put a smile on your face. Each dance is first broken down, demonstrated and then danced to old favorites and contemporary music that you will enjoy! No need to have a partner and no experience is necessary! Cost: $5/class

Monday Meditation with Kerrie Cusack

Mondays, 11:00 AM
Oct 3, 17, 24, 31 (no class in Sep)
Meeting ID: 137 719 908 Password: 713980
Registration required

It's time to relax and center with Kerrie. She is the best to teach us how! Cost: Free

Beginner/Intermediate Canasta Lessons & Games

Mondays, 1:00 PM
Sep 12, 19, 26 and Oct 3, 17, 24, 31
Registration required

Join our wonderful friend and volunteer Barbara as she walks us through classic Canasta. There will be room for 3 to play with her and the rest are welcome to watch or play on their own. Come early. Cost: Free

Beyond Beginner, Mahjong 2.0

Mondays, 1:00 – 3:00 PM
Sep 12, 19 and Oct 3
Registration required

If you have recently learned Mahjong, know the rules, and can comfortably play, this class will teach you basic next level strategies and ways to get beyond " I just learned how to play". Bring your 2022 Mahjong card to the first class. This class is not for more experienced players. Peer lead. Cost: Free

WEEKLY CLASSES

= In Person = Zoom

Beginner Mahjong Lessons

Mondays from 1:00 – 3:00 PM
Oct 17, 24, 31 and Nov 7, 14, 21
Registration required
Always wanted to learn the game but didn't know how to start? Now is the time! Join Carol as she walks you through the rules and tips of the great game! You must be present for the first class. To order cards: www.nationalmahjongleague.org.
Cost: Free

Ron's Historical Movie & Discussion Group

Mondays, 1:00 PM
Sep 12, 19, 26 and Oct 3, 17, 24, 31
Meeting ID: 850 1408 7723 Password: 881305
Registration preferred

For this class, you will watch a movie each week at your leisure. On Mondays participants will Zoom to look at the movie's historical competency and discuss the historical relevance, the plot, the characters, the cinematography and more. Instructor Ron has three graduate degrees in history and taught at three local colleges. Register for Aicha's daily Highlights email to see weekly movie selections. Cost: Free

Clutter Support Group

Mondays, 2:00 PM
Sep 12, 19, 26 and Oct 3, 17, 24, 31
Meeting ID: 865 6904 4770 Passcode: declutter
Registration preferred

The Clutter Support Group, run by our friend Paul, is a gathering of men and women who meet weekly to solve their common problems of hoarding, cluttering and procrastinating. The only requirement to attend is the desire to change these habits and help one another. Paul provides members with the tools and skills needed to live a clutter free life. Cost: Free

TUESDAY

Blood Pressure Clinic

Tuesdays, 9:00 AM – 11:00 AM
Sep 6, 13, 20, 27 and Oct 4, 11, 18, 25
Just drop in!

Lenny from the VNA is here to make sure we are healthy. Cost: Free

French Conversation Group

Tuesdays, 10:30 AM - 12:00 PM
Sep 6, 13, 20, 27 and Oct 4, 11, 18, 25
Registration preferred. Email Wellesley.Nathalie@gmail.com to join
Meeting ID 769-2859-0292 Password k9Xcqi

This Group offers a fun way to improve your fluency in conversational French by practicing in a relaxed setting. To prepare for the discussions, instructor and native speaker Nathalie will email brief videos in French for you to watch or literature to read. Then you will Zoom together! Cost: Free

Mindful Living with Lisa

Tuesdays, 10:00 AM
Sep 6, 13, 20, 27 and Oct 4, 11, 18, 25
Registration required

Enjoy calming breathwork, 10-minute meditations, mindful awareness practices, meditations for kindness and compassion, and helpful tips to support your daily practice. Lisa Campbell is a certified meditation and mindfulness coach, Kripalu Mindful Outdoor Guide, and US Air Force veteran. Cost: $5

Current Events Discussion Group

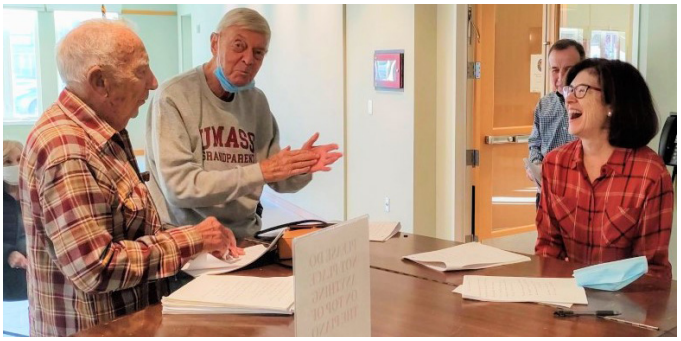
Tuesdays, 10:30 AM
Sep 6, 13, 20, 27 and Oct 4, 11, 18, 25
Register at the Front Desk to attend in-person. Email Gerry Koss (host) at gerrykoss@gmail.com to request an invitation to join Zoom.

The moderator of the day will provide a concise update of the past week's news followed by a discussion. All are encouraged to bring up additional topics and all have the option to speak and/or listen. To keep our meetings secure, participants must have an initial Zoom invitation, which is good for all recurring meetings. To request a Zoom invitation, contact Gerry Koss (Host) at gerrykoss@gmail.com. Cost: Free

Vintage Voices

Tuesdays, 1:00 PM
Sep 6, 13, 20, 27 and Oct 4, 11, 18, 25
Just drop in

Join our Center choral group each week as we sing some of our old-time favorite songs accompanied by our dear friends Margie and Carlo on the piano and the accordion. Cost: Free



Tablet Talk with Stacey - New Series

Sponsored by the Needham Community Council
Tuesdays, 2:00 PM
Sep 6, 13, 20, 27 and Oct 4, 11, 18, 25
Registration required

The series (for Amazon Fire Tablet users) begins with powering on and off and maneuvering your tablet and builds each week focusing on new tablet skills. For a list of course topics, see the Front Desk or Aicha's Highlights email. If you would like a free customized Fire Tablet, call the Needham Community Council at 781-444-2415. Cost: Free

Ballroom Dance with Betty

Tuesdays, 2:30 PM
Registration required
Aug 30, Sep 6, 13, 20, 27, Oct 4 (West Coast Swing)
Oct 25, Nov 1, 8, 15 (Rumba)
No lessons Oct 11, 18
Registration required

Betty has been teaching ballroom dance for 20 years and through the Senior Center for 10 years. Couples and singles welcome. Changing partners will be optional. Masks requested. Cost: $5/class

Drawing & Sketching at Home with Ben: Eyes Filled with Color

Tuesdays, 4:00 PM
Sep 6, 13, 20, 27 and Oct 4, 11, 18, 25
Meeting ID: 885 7100 9884
Registration required

Do you like to draw and make art? Have you always wanted to learn the principles of observing the visual world? Ben is a trained illustrator who has drawn all his life. He will teach you how to develop these skills. In this class you will approach drawing in an informed but relaxed way, while getting inspiration from light, shape, form, and the natural world. Cost: $5

Dinner on The Deck

Tuesdays, 6:00 – 7:30 PM
Sep 6, 13, 20, 27 and Oct 4, 11, 18, 25
Registration required

Bring your dinner to the Center and enjoy our beautiful rooftop deck while the weather is still warm. Bring a friend or come alone and enjoy great conversation with your Needham neighbors. Weather permitting.

WEEKLY CLASSES

= In Person = Zoom

TUESDAYS (CONT.)

Movie Night at the Center
Every second and fourth Tuesday, 6:00 PM
Sep 13, 27 and Oct 11, 25
Registration preferred. Cost: Free

Poker/Cards/Pool at the Center
Tuesdays, 5:00 – 7:30 PM
Sep 6, 13, 20, 27 and Oct 4, 11, 18, 25
Registration preferred but you can drop in to play.

We're opening up the Center for evening pool and card games. Come in and show us your hand!
Cost: Free

WEDNESDAYS

Bereavement Circle with Nikki
Wednesdays, 10:00 AM
Sep 7, 14, 21, 28 and Oct 5, 12, 19, 26
Just drop in

NEW IN PERSON

Nikki, from West River Hospice offers her weekly Bereavement Circle to anyone who wants to join this compassionate and comforting group. Even if you don't want to share, listening and realizing you are not alone could help.

Bingo at the CATH
Wednesdays (and Fridays), 10:30 AM
Sep 7, 14, 21, 28 and Oct 5, 12, 19, 26
Just drop In

Join your friends every Wednesday and Friday for a few rounds of bingo! This is casual and light-hearted fun. Small prizes will be awarded. Cost: Free

French Conversation Group
Wednesdays, 10:30 AM - 12:00 PM
Sep 7, 14, 21, 28 and Oct 5, 12, 19, 26
Meeting ID 769 2859 0292 Password k9Xcqi

Registration preferred. See details and description on page 12. Cost: Free

CATH Walking Group
Wednesdays, 11:00 AM (Weather permitting)
Sep 7, 14, 21, 28 and Oct 5, 12, 19, 26
To join, email Marte at joyfullmarte@gmail.com

Marte wants to get the group walking. Email her each week if you are going to join and she will let you know where to meet. Everyone should be able to walk 2 miles and should wear comfortable walking shoes. Please bring water. Cost: Free

Cybersecurity Support Group
Wednesdays, 11:00 AM
Sep 7, 14, 21, 28 and Oct 5, 12, 19, 26
Meeting ID: 366 205 9811 Passcode: 7k2Gty

Join this weekly program with our friend, George! He wants to keep you safe on the internet especially while we are all using technology more than ever! How do we keep our privacy and security when everything online is being exposed and logged? How do we secure our connections, permissions, and access to sensitive data in an unstable environment? The question is a concern for everyone around the world. Cost: Free

Words Galore!
Wednesdays, 11:00 AM
Sep 7, 14, 21, 28 and Oct 5, 12, 19, 26
Meeting ID: 873 4149 1346 Passcode: 063569

Join Val Walker (author, consultant, educator) for a lively hour of word play and brain twisters. Learn new words, word history and origins. Enjoy limericks, riddles, famous quotes, puns and fascinating trivia about trendy words. We'll play guessing games with the dictionary and words-within-word games. We'll challenge our wits and have a few laughs. Learn more at www.ValWalkerAuthor.com. Cost: Free

Pictured left: Needham's Officer Rocket plays Bingo at the CATH sharing a table with Harry Soohoo.

WEDNESDAYS (CONT.)

CATH Open Art Studio
Wednesdays, 11:30 AM – 2:30 PM
Sep 7, 14, 21, 28 and Oct 5, 12, 19, 26
Registration preferred
Join your peers and friends in the Art Room to work on your piece of the day. Cost: Free

Opinion History with Ron
Wednesdays, 1:00 PM
Sep 7, 14, 21, 28 and Oct 5, 12, 19, 26
Meeting ID: 861 2520 8844 Password: 672425

Did you have a hard time in history class? Was it a mass of memorizing a continuous batch of presidents, kings, and battles that felt meaningless? This course is very different! Ron is the moderator, and does not have an opinion. He wants to hear your thoughts and help to sharpen your opinions. All research will be done by you individually. Check Aicha's Highlights for the topic of the week. Cost: Free

Grocery Shopping Trips
Registration required a minimum of 24 hours in advance. Call Stephan, 781-455-7555 x204. Since seating is limited, please be considerate of others and call if you wish to cancel your trip.

Sudbury Farms
Weds, Sep 7, 14, 21, 28 and Oct 5, 12, 19, 26
The van departs from the Center at 1:30 PM and returns to your home at about 2:45 PM. Total shopping time is 1 hour. Cost: $2

Market Basket Waltham
Two Wednesdays/month, Sep 7, 21 and Oct 5, 19
Pick up from your home around 1:15 PM and return to your home. Cost: $3

Poets Forever
Wednesdays, 1:00 PM
Oct 5, 12, 19, 26 (no class in Sep)
Meeting ID: 876 5514 1321 Passcode: 565406
Registration required

In this class, Val presents readings and life histories of poets from all ages. She sparks reflection and conversation on what inspired their creations, and the group explores the poet's challenges, passions and callings. Check Aicha's Highlights emails for a list of weekly poets and their work. Cost: Free

THURSDAYS

Veteran's Agent Hours with Sarada & Nancy
Thursdays, 9:00 AM – 11:00 AM
Sep 1, 8, 15, 22, 29 and Oct 6, 13, 20, 27
Drop in (first come, first served)
Veterans are welcome to meet with Sarada & Nancy to discover the benefits available to them. Cost: Free

Great Plain Traders
Thursdays, 9:30 AM
Sep 1, 8, 15, 22, 29 and Oct 6, 13, 20, 27
Registration required
This group talks all things stocks. Cost: Free

Center Trivia
Thursdays, 10:00 AM
Sep 1, 8, 15, 22, 29 and Oct 6, 13, 20, 27
Drop in for some fun trivia weekly in the Cafe!

Corn Hole for All
Thursdays, 11:00 AM
Sep 1, 8, 15, 22, 29 and Oct 6, 13, 20, 27
Drop in and join us for this fun and social game.
Cost: Free

French Conversation Group
Thursdays, 10:30 AM - 12:00 PM
Sep 1, 8, 15, 22, 29 and Oct 6, 13, 20, 27
See program details on page 12. Cost: Free

WEEKLY CLASSES

= In Person = Zoom

THURSDAYS (Cont.)

Tablet Talk with Stacey
Thursdays, 1:00 PM
Sep 1, 8, 15, 22, 29 and Oct 6, 13, 20, 27
Registration required

See description on page 13. Cost: Free

Bereavement Circle with Nikki
Thursdays, 3:00 PM & 4:30 PM
Sep 1, 8, 15, 22, 29 and Oct 6, 13, 20, 27
To join Zoom email akelley@needhamma.gov
See description on page 14. Cost: Free

Pool Hall Nights
Thursdays, 5:00 – 8:00 PM
Sep 1, 8, 15, 22, 29 and Oct 6, 13, 20, 27
Drop in to the Game Room for some pool. Cost: Free

Spanish Exchange Conversation Group
Thursdays, 7:00 PM
Sep 1, 8, 15, 22, 29 and Oct 6, 13, 20, 27
Zoom Meeting ID: 112 782 200

Do you want to learn Spanish, help others practice English, or meet people from around the world? Spanish Exchange is a welcoming, international group for you. Speaking Spanish isn't required. Cost: Free

FRIDAYS

Needham Creative Writing with Beth
Fridays, Sep 2, 16 and Oct 7, 21 at 10:00 AM
Meeting ID: 909 884 3526

Beth Knaus, owner of That's a Spade Writing Services, will teach you tools and tips to hone your writing. You will help one another with writing techniques, share writing, and talk about the love of writing. All types of writers are welcome - fiction, non-fiction, essays, and journaling. Cost: Free

Bingo at the CATH
Fridays (and Wednesdays), 10:30 AM
Sep 2, 9, 16, 23, 30 and Oct 7, 14, 21, 28
See description on page 14. Cost: Free

Short Story Discussion Group
Fridays, 12:00 PM
Sep 2, 9, 16, 23, 30 and Oct 7, 14, 21, 28
Instructor; Lois Bacon
Meeting ID: 894 4350 9457 Passcode: 623397
The weekly story will be posted in Aicha's Highlights email. Cost: Free

Center Cinema
Fridays, 1:00 PM
Sep 16, 30 and Oct 7, 14, 21, 28
Registration preferred
Join us each week for a movie on the big screen. Check Aicha's Highlights or inquire at the Front Desk to learn the movie title each week. Cost: Free

Demystify Technology with Techie to the Rescue
Fridays, 1:30 PM
Sep 2, 9, 16, 23, 30 and Oct 7, 14, 21, 28
Meeting ID: 850 5749 7471

Avrom will discuss all things technical focusing on technology news topics each week. Bring your questions. Cost: Free

Susan Robertson shows off the butterfly coaster set she made during Crafts with Kelley the Cop. This popular class is run by Officer Kelley Scolponeti of the Needham PD. Officer Kelley comes up with a variety of wonderful projects. Sign up for her next class today!

Techie to the Rescue: One-on-One Technical Assistance

To make an appointment email akelley@needhamma.gov

Avrom, our Techie To the Rescue, is now offering one-on-one help with all things technical. He is well-rounded in technology know - how, but if he doesn't know the answer to your question he will research, learn and teach! This is a paid program that you and Avrom will work out together.

Document Shredding

Monday-Friday
9:30 AM,11:30 AM, 1:30 PM, 3:30 PM
You must register for an appointment by calling the Front Desk.

Reverse Mortgage One-on-One Clinics VIA Zoom or In Person

Tuesday, Sep 6, Oct 4, 11:30 AM, 12:00 & 12:30 PM
Email Aicha at akelley@needhamma.gov to schedule your appointment.

Join David Tourtillott, CRMP® of Homestead Mortgage to learn about the pros and cons of reverse mortgages; how to use a reverse mortgage to age in place; how to sell your existing home and use some of the money from the sale along with a reverse mortgage to purchase the new rightsized home or to move closer to children and grandchildren. Also learn how to use a reverse mortgage to increase your monthly cash flow to improve quality of life during retirement. Cost: Free

Center Welcome Wagon

Fridays, Sep 2, Oct 7, 10:00 AM
Join the programming team in the Cafe to welcome newcomers to the Center and to learn about upcoming events. Drop in.

How To Research Genealogy & Family History: A Presentation by Michael Brophy

Thursday, Sep 1, 1:00 PM
Registration preferred

Michael Brophy is a nationally known, professional genealogical researcher, heir search specialist, and lecturer from the Boston area. He is currently the Vice President of the Council for the Advancement of Forensic Genealogy (CAFG) and the first Treasurer of the New England Association of Professional Genealogists. Mike was featured on the TV series Who Do You Think You Are? and the Irish TV series Dead Money. Cost: Free

The Center Birthday Club

First Fridays, Sep 2, Oct 7, 12:30 PM

Join us in the Cafe to celebrate all the birthdays for the month. Cake will be served. Please let us know if you have a birthday coming up!

CPR with Public Health Nurse, Hanna

Tuesdays, Sep 6, Oct 4, 10:00 AM – 2:00 PM
Registration required
Join our favorite nurse, Hanna as she teaches us CPR. It could save a loved one!

Diabetic Shoe Clinic

Wednesday Sep 7, 9:00 – 10:40 AM
Registration required for a one-on-one shoe fitting appointment

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! Other insurances cover this as well. Prior to clinic pick up a Doctor's Order form at Front Desk. Bring your completed form, your Medicare card and other supplemental insurance cards when we meet. Cost: Free

SPECIAL EVENTS

= In Person = Zoom

What a Year Series: 1968!

Wednesday, Sep 7, 1:00 PM
Meeting ID: 858 0245 0978 Passcode: 454271
Registration preferred

1968 was the most turbulent year of the Swinging 60s. Evan is back to take us back to that time when America seemed to be coming apart. The Vietnam War was becoming increasingly unpopular and Martin Luther King and Robert Kennedy were assassinated. There was a riot during the Democratic National Convention in Chicago and there were trouble spots around the world-- in Czechoslovakia, France and Mexico. Lyndon Johnson decided not to seek re-election as president. Women's Lib and the civil rights movement were major issues and the year ends with man circling the moon. Cost: Free

CATH Open House

Wednesday, Sep 7, 2:00 – 4:00 PM
Pop In to join our staff, our instructors and our presenters as we talk about all we do at the Center. Put a face to a name and see if you are interested in their programs!

Low Vision Support Group

Thursday, Sep 8, Oct 13, 10:00 AM
Registration preferred

Join facilitator Jeff Hill from the Mass Association for the Blind and Visually Impaired each month to discuss and learn the best way to live, help and learn about our lives as people living with low vision. Cost: Free

Terrific Turtles with Joy!

Thursday, Sep 8, 1:00 PM
Meeting ID: 845 4159 9992 Password: TURTLE
Registration preferred

What is the difference between a turtle and a tortoise? How big can a sea turtle grow? Are all turtle shells the same? Find out for yourself! Joy Marzoff, founder of The Joys of Nature, will be here to teach us more about our wonderful shelled friends and will bring real turtles for you to meet at the end! Cost: Free

Food for Thought: Volante Farms

Thursday, Sep 8, 11:30 AM
Registration preferred

Let's meet at a local restaurant for a social lunch and spend some time discussing a pertinent topic. (Please bring cash to pay your own bill.) Limit: 8 individuals. Cost: Your lunch bill

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Welcome Back! Friends Annual Strawberry Shortcake Social & Meeting

Friday, Sep 9, 1:00 PM
Registration required

Come learn about The Friends of The Center at The Heights and the role they play in supporting Center initiatives such as the Gift Shop, programs, and the Compass newsletter. Cost: Free

Mutiny on the Bounty With Bob Begin

Monday, Sep 12, 1:00 PM
Registration preferred

The HMS Bounty's Captain, William Bligh, is known as a heartless tyrant who abused his men ruthlessly. Actually, he was a strict disciplinarian, but not as harsh as many of his peers. Headed for home after a mission in 1789, the mutiny took place. Bligh and 18 men were put in a 23' open boat and set adrift. What happened to them? What was the Royal Navy's reaction and where did the mutineers go? Find out the answers in this great discussion. Cost: Free

Diverse Documentaries

Mondays, Sep 12 and Oct 17, 2:00 PM
Registration preferred. Cost: Free
Sep. 12 – The Tinder Swindler
Oct. 17 – Our Planet – Jungles

SPECIAL EVENTS

Lunchtime Talk with Debbie

Tuesdays, Sep 13 and Oct 11, 11:30 AM
Registration required

Join us for a time to gather together and just catch up and chat and eat! Lunch will be provided and you bring the conversation! Please register early so we know how many lunches to order. Questions? Email Debbie Maibor at dmaiborslp@gmail.com.

Caregiver Support Group

Mondays, Sep 12 and Oct 17, 4:00 PM
Registration preferred
Email Jess to receive Zoom Invite:
jrice@needhamma.gov

Caregiving can be a lonely and isolating experience. This group connects you with others facing similar challenges to offer support and encouragement. Members share new perspectives and tools related to the caregiving journey. Take time for yourself; caregivers need support too. Cost: Free

CharlieCards at the Center

Tuesday, Sep 13, 4:30 PM – 6:30 PM
Wednesday, Sep 14, 10:00 AM – 2:00 PM

CharlieCard representatives will be here to sell CharlieCards and Senior CharlieCards. People 65 and older are eligible for reduced MBTA fares with a Senior CharlieCard. These cards are valid for 8 years and can be used for half-priced fares on all modes, or they can be loaded with $30 monthly LinkPasses for unlimited bus, subway, and Fairmount Line Zone 1A travel. Just drop in!

Metrowest Legal Clinic

Tuesdays, Sep 13 and Oct. 11
Appts at 10:00, 10:30, 11:00 and 11:30 AM
Email Aicha and she will schedule your appointment. First come, first served.

Metrowest Legal Services offers these legal clinics over the phone or via zoom. This is such a great resource for all your legal questions. Cost: Free

Piano Concert with Mark West

Tuesdays, Sep 13 and Oct 11, 12:30 PM
Registration preferred

Mark L. West is back to delight us with his wonderful concerts! He will be performing a piano program to include classical works by Chopin, Liszt, Rachmaninoff, famous ragtime pieces by Scott Joplin and famous jazz standards. Cost: Free

Reverse Mortgages – Facts vs. Myths

Tuesday, Sep 13, 1:00 PM
Registration preferred

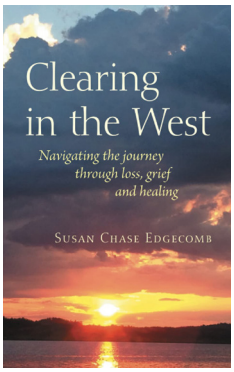
Join David Tourtillott, CRMP® of Homestead Mortgage to learn about the pros and cons of reverse mortgages; how to use a reverse mortgage to age in place; how to sell your existing home and use some of the money from the sale along with a reverse mortgage to purchase the new rightsized home or to move closer to children & grandchildren. Also learn how to use a reverse mortgage to increase your monthly cash flow to improve quality of life during retirement. There will be surprise giveaways! Cost: Free

Cooking with Jess

Tuesday, Sep 13, Oct 11, 3:00 PM
Registration required
Join Jess in our kitchen as she walks us through delicious seasonal recipes. Cost: Free

Author Talk: Susan Edgecomb – *Clearing in the West*

Wednesday, Sep 14, 1:00 PM
Registration preferred



Join Susan as she discusses her book, *Clearing in the West*. It is about her personal journey through great loss, grief and healing. A testimonial, "I have had many losses in my life and I found this particular talk enjoyable and helpful." Cost: Free

SPECIAL EVENTS

= In Person = Zoom

Health Forum with Stephen Cadigan

Train the Brain for Better Balance and Fall Prevention (2-part series)

Wednesdays, Sep 14, Oct 12, 3:00 PM
Registration preferred
Meeting ID: 846 9497 8507 Passcode: 820350

As we age, we lose neurological pathways which affect our daily activities and our balance. Learn how to access your body's natural capability to form new neural connections (neuroplasticity). Evidence based research has shown the brain can compensate for injury and disease by regenerating cells and accessing new neural pathways. In this 2-part series we will access your balance and stability with our new HUR Balance Device and teach you how to improve your balance and cognitive function. Cost: Free

Crafts with Kelley The Cop

Wednesday, Sep 14, Oct. 12, 3:00 PM
Registration required

Join Officer Kelley Scoliponeti as she teaches us a monthly craft in person. She is a hit and the crafts are so creative. Cost: Free

Express Yourself

Thursday, Sep 15, Oct. 13, 11:00 AM
Registration preferred or email Debbie at dmaiborsLp@gmail.com

These in-person sessions with Debbie Maibor, M.S., CCC-SLP, speech/language pathologist will focus on using your expressive skills through fun language games and activities. Cost: Free

Self-Care Series: Cognitive Health

Thursday, Sep 15, 11:00 AM
Registration preferred

Cognitive health is the ability to clearly think, learn, and remember. Genetic, environmental, and lifestyle factors are all thought to influence cognition and health. Aging also has an impact and leads to problems with attention, memory recall, planning, reasoning, and problem solving. Learn about ways to boost your cognition. Cost: Free

Cooking Class and Tour with Needham Farm

Thursdays, Sep 15 and Oct 13,
Tour: 2:00 PM Class: 3:00 PM
Registration required

Our friends from Needham Farm give us a tour and create recipes with harvested produce. Watch them create the food, learn about and leave with some of the produce to cook with at home. Cost: Free

Failure to Plan Is A Plan to Fail

Thursday, Sep 15, 5:30 PM
Registration preferred

Most people procrastinate with their estate planning until it is too late. Susana Lannik, estate planning and elder law attorney, shares how to avoid "failure" through action. You will gain a better understanding of why you need planning tools like wills, trusts and powers of attorney and the help of professional guidance to understand and meet your needs. Attendees will get a free copy of Susana's book. Cost: Free

Optimizing Cognitive Health with Hebrew SeniorLife

Friday, Sep 16, 11:00 AM
Registration required

Gain a better understanding of how lifestyle options and medical interventions can help you and your loved ones understand and manage cognitive change. The importance of brain health, best practices for early prevention and detection, strategies for brain function optimization, and resources available to families and caregivers will be discussed. Cost: Free

SPECIAL EVENTS

= In Person = Zoom

Foot Health 101
Monday, Sep 19, 11:00 AM
Registration preferred

Needham Podiatrist Dr. Michael Mitry will teach us how to maintain healthy feet. Topics will include general foot and diabetic foot care, arthritis, heel pain, corns, callouses and more. Join us! Cost: Free

Men In Retirement
Monday, Sep 19, 11:00 AM
Registration preferred

This presentation focuses on the emotional issues in retirement that are often neglected - issues like loneliness, loss of identity and boredom. This presentation ends with a guide for organizing a life in the last years that has meaning and purpose for you. Cost: Free

Overview of Swallowing, Swallowing Disorders and Safe Eating Strategies
Tuesday, Sep 20, 11:00 AM
Registration preferred

Join Debra Maibor, M.S., CCC-SLP, Speech/Language Pathologist to learn about the swallowing process, swallowing disorders (Dysphagia), signs of difficulties, causes, and safe eating strategies. Cost: Free

Bereavement Caring Circle
Every 3rd Tuesday, Sep 20, Oct 18, 1:00 PM
Registration preferred

Losing a loved one is something that affects us all differently but being alone is not a great option. Join this comforting group led by our own Jill and Kerrie. If you aren't ready to speak up – join the group to ease into healing. Refreshments will be served. Cost: Free

Downsizing 101 with Suzanne Nissen
Tuesday, Sep 20, 11:00 AM
Registration preferred

This class is designed to help seniors who have been in the same home for years, are now ready to sell but are overwhelmed with the real estate market. Get answers to questions like: what repairs you should do to get ready to sell, and what to consider when looking at offers to buy your home. Suzanne has over 16 years' experience as a real estate agent in Needham and is passionate about this topic. Cost: Free

Hearing Aid Clinic with Paul
Wednesdays, Sep 21, Oct 19, 10:00 AM – 12:00 PM
Registration required

Paul comes monthly to do hearing aid clinics. He will clean and check your hearing aids, do light wax removal, make small repairs, (if he has the parts available), check the batteries and answer your questions on hearing loss and hearing aids. His goal is to be a resource and to insure that hearing aid wearers are getting optimal use from their devices. Cost: Free

Performance by Guitarist Sean Fullerton
Wednesday, Sep 21, 1:00 PM
Registration preferred

Come to the Center to hear Sean Fullerton, a Massachusetts-based solo acoustic/electric musician, singer/songwriter, recording engineer and producer with 26 years of professional experience, specializing in "Feel Good" Blues, Soul, Rock 'n' Roll, and Fingerstyle Guitar...covers and originals...using a variety of guitars, harmonicas, and effects - including live guitar looping. *Special thanks to the Needham Cultural Council for sponsoring this Event.*

Life Transition Binder Presentation with Sandra Batra
Thursday, Sep 22, Oct 27, 11: 00 AM
Registration preferred

Could your family step-in and help you manage your affairs if you needed assistance or were incapacitated? Join Sandra as she explains how to create a custom binder that holds all your life details, including: personal data, property, financial, retirement and insurance details, medical, and service provider information. With this binder your loved ones will have the information they need and you will have peace of mind. Cost: Free

Fall Prevention Day Lunch and Learn
Thursday, Sep 22, 12:00 PM
Registration required

It's National Fall Prevention Day and a good reminder on how to stay on our feet. Join us for an important lunch and learn. Cohosted with Maplewood. Cost: Free

SPECIAL EVENTS

= In Person = Zoom

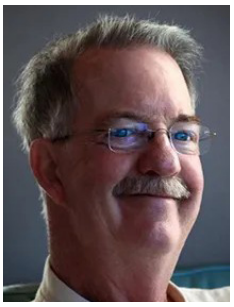
Art Appreciation with Michele Marram

Thursdays, Sep 22, Oct 27, 1:30 PM
Registration preferred

Sep 22: John James Audubon
Join Michele to explore the life of ornithologist and painter John James Audubon. When we finish the presentation we will sketch from bird models just as Audubon did.

Oct 27: Claude Monet
Monet was a pioneer in the French impressionist movement and is known for his landscapes painted "en plein air" (outdoors directly from nature). We will produce our own garden scenes following the presentation.

This monthly art program is offered in memory of Peter Kenney, a lifelong student and insatiably curious spirit. Funding is from the generous contributions of his family and friends in Guam and from Karen and Robert Fritz, in laws by marriage, friends by choice.



Dancing Through the Decades with Dance Caliente–in Memory of Jean and Harry Chin

Friday, Sep 23, 1:00 PM
Registration preferred

Eileen Herman-Haase and Raul Nieves, owners of Dance Caliente, transport their audiences through time with heart throbbing theatrical ballroom dancing, dazzling period costumes, amusing stories, nostalgic music and lots of audience participation. Cost: Free

National Better Breakfast and Pancake Day with The Linden of Dedham

Monday, Sep 26, 9:30 AM
Registration required

Join us in the Cafe to celebrate the most important meal of the day! Our friends from The Linden are spoiling us! Cost: Free

West Side Story Comparisons with Deb Block

Monday, Sep 26, 1:00 PM
Registration preferred

The 1961 film West Side Story (based on Shakespeare's *Romeo and Juliet*) was directed by Jerome Robbins and Robert Wise and won 10 Academy Awards. How has director Steven Spielberg modernized this musical theatre masterpiece in his 2021 interpretation of the story? Theater director Deb Block will use film clips, songs from the soundtrack, and interactive discussion to answer these questions. Cost: Free

Stroke Social Group

Tuesdays, Sep 27, Oct 25, 11:00 AM
Registration required

If you are a stroke survivor, we invite you (and your caregivers) to get together and socialize with others who can relate. Please come to enjoy a snack and conversation! Questions? Email facilitator Debbie Maibor, Speech/ Language Pathologist at dmaiborsLp@gmail.com. Cost: Free

Great Songs with the Echos

Wednesday, Sep 28, 1:00 – 2:00 PM
Registration preferred

The Echos are coming back! Join us as this fabulous acapella group delights us with old favorites from the 50s and 60s. Cost: Free

National Veterans of Foreign War Day Coffee

Thursday, Sep 29, 10:00 AM
Registration preferred

We want to celebrate the veterans among us who have served our country! We will have a guest speaker, baked goods, coffee and tea and our Vintage Voices will sing patriotic songs. Cost: Free

SPECIAL EVENTS

= In Person = Zoom

On-Line Safety

Thursday, Sep 29, 11:00 AM
Registration preferred

Robin Putnam, Events & Outreach Manager from the Office of Consumer Affairs and Business Regulation, will present on online safety. The presentation will include information about the Office and what we do. It will also cover how to be safe online whether it be on your smart device, social media or online banking, phishing emails, and general protection from scams and identity theft. Cost: Free

Fire Prevention Coffee with Needham Fire Department

Monday, Oct 3, 10:00 AM
Registration Preferred

Join Chief Condon and some of his crew to kick off National Fire Prevention Week. They will remind and teach us how to make our homes safe. There will be time for Q & A and, of course, there will be refreshments. Cost: Free

What a Year Series: 1978!

Tuesday, Oct 4, 1:00 PM
Meeting ID: 864 9790 0249 Passcode: 670431

In 1978 Egypt and Israel sign the Camp David Accords. Jim Jones directs his followers to kill themselves. The US selects its first women astronauts. Garfield debuts and Grease is the word. Join us to discuss this interesting year! Cost: Free

Baja Mexico with Joy!

Thursday, Oct 6, 1:00 PM
Meeting ID: 896 1471 1248 Password: BAJA
Registration preferred

From the gray whales on the Pacific side that willingly approach people, to the dramatic breaching behavior of humpback whales in the Gulf of California, whale watching in Baja is unique. There are also Xantus's hummingbird, blue footed boobies and brown pelicans that can be seen plunging into the ocean for fish, while under the water, California sea lions chase fish and each other. Baja offers stunning images and wildlife just south of the border. Cost: Free

Dinner for the Ages

Thursday, Oct 6, 5:30 – 6:30 PM
Registration required

We are bringing this intergenerational dinner back! We will have a yummy dinner, chat, play games with some Needham teens.

Food for Thought: Paparazzi

Friday, Oct 7, 11:30 AM
Register by the prior Monday at noon.

Let's meet at a local restaurant for a social lunch and to discuss a pertinent topic. (Please bring cash to pay your own bill.) Cost: Your lunch bill

Hearing, Hearing Loss and Effects on Communication

Wednesday, Oct 12, 11:00 AM
Registration required

Join Debra Maibor for this informative overview of the hearing process, hearing losses, causes of hearing problems and the effects on communication. Suggestions and resources will be provided. Cost: Free

Medicare Options During Open Enrollment

Monday, Oct 17, 11:00 AM
Registration preferred

The SHINE (Serving the Health Insurance Needs of Everyone... on Medicare) program provides free and unbiased health insurance counseling for Medicare beneficiaries of all ages. Medicare Open Enrollment, which runs from October 15 - December 7, is the time of year when Medicare beneficiaries can review and change plans for the coming year. This presentation will highlight your Medicare options and some of the key changes coming to Medicare plans in 2023. Call 781-455-7555 if you would like a one-on-one SHINE appointment. Cost: Free

Rob Natoli Swing Band Concert

Tuesday, Oct 18, 1:00 PM
Registration preferred
Come see Rob and his band! They will have us swing dancing, bopping in our seats and tapping our toes. Cost: Free

Coffee with Needham Cops

Wednesday, Oct 19, 9:30 AM
Registration preferred

Head to the Cafe to spend some time with the men and women in blue from the NPD. As always, they will bring treats! Cost: Free

Self-Care Series: Healthy Aging

Thursday, Oct 20, 11:00 AM
Registration Preferred

Lynn's series continues! As we age, our nutritional needs and daily habits have an impact on HOW we age. Genetics plays a smaller role than our own behavior. 70 to 80% of our vitality is up to us! Learn about the difference between Chronological Age and Health Age. Get tips on how to age with better health and how to get a better night's sleep. Cost: Free

8 Songs for the 4 Seasons with Frank King

Thursday, Oct 20, 1:00 PM
Registration preferred

In this follow-up to his lectures with songs for the days of the week and the colors of the rainbow, this program includes: an autumn song about a lover's reliance on a quirk in the moon's orbit; a gold record inspired by snow buntings seen on a wintertime beach in Canada; a Rodgers & Hammerstein song for spring; and a huge hit for Frank Sinatra inspired by the summer breeze from the Sahara into southern Europe. Join Frank for a musical lecture and hear music from this Golden Age. Mr. King holds a Masters in Broadcasting from Boston University and a BA from Princeton.
Cost: Free

Out to Dinner

Thursday, Oct 20, 5:30 – 6:30 PM
Registration required

If you live in Needham and are LGBTQ+ or an ally, join us for an intergenerational dinner at the Center! Meet seniors, teens from Needham High's Queer Student Union and other affirming neighbors of all ages. Cost: Free

Beware! Skimming Machines – Look Out!

Monday, Oct 24, 1:00 PM
Registration required. Min.10 people to run.

Please join Robin Putnam from the Office of Consumer Affairs and Business Regulation for a discussion on skimming devices. Learn tips on how to spot skimming devices found at gas stations, ATMs, and wherever you use your credit or debit card. Please register for this program. If fewer than 10 people register, we will need to cancel. Cost: Free

A Series on Mindfulness with Neil Motenko

Monday, Oct 24, 1:30 PM
Email akelley@needhamma.gov for Zoom ID

This program continues via Zoom with a review of the many ways that mindfulness can benefit us, affording the opportunity to be present in wise relationship with whatever is arising in our lives, and to cultivate qualities such as kindness, equanimity and compassion that can help us navigate life's challenges. Each session focuses on a specific topic (to be announced shortly in advance), is interactive, includes guided practices, and covers basic mindfulness principles. Although this is part of a series, each session stands on its own, and newcomers are welcome at any time. Cost: Free

SPECIAL EVENTS

Myths & Miracles of Victorian Medicine

Wednesday, Oct 26, 1:00 PM
Registration preferred

Unravel the misconceptions and discoveries of late-Victorian medicine! You will sigh, chuckle and cringe, as you become privy to the contradictions, misconceptions and surprising achievements associated with the medicine of your parents and grandparents. Myrtle Mills, a fictional lady who has endured "every illness known to man", escorts audiences into the simultaneously advanced and utterly primitive world of medicine during the late 1800's. Cost: Free

Audrey! with Deb Block

Monday, Oct 31, 11:00 AM
Registration preferred

Join Deb for a one-hour workshop on actress and fashion icon, Audrey Hepburn, one of the greatest screen legends of Hollywood's classical cinema! Enjoy music from her films' soundtracks, film clips, and behind-the scenes information, from her Academy award winning movies. Cost: Free

Delvena Theatre Presents *Lizzie Borden and the 40 Whacks*

Monday, Oct 31, 1:00 PM
Registration preferred

This performance includes a mock trial of Lizzie Borden, who was accused, tried and acquitted for the axe murders of her father and stepmother in 1892 in Fall River. Then the perfomers invite the audience to participate by questioning Lizzie and voting on her guilt or innocence. This performance features Lynne Moulton and Joseph Zamparelli in multiple roles depicting Lizzie's story and educating the audience so they may be informed "jurists". Did she or didn't she? You be the judge! The cast opens up to the audience for discussion after the performance. There will also be a Halloween celebration with refreshments and treats. Cost: Free

FRIENDS OF THE CENTER AT THE HEIGHTS DONATIONS

(FROM 5/28-7/29/22)

Thuyoa and Minh Nguyen
Jeannie Nakano and James Simpson
Dorothy McBrine
Lee Ann Keeler
Wanda and Anthony DiMatteo
Marjorie and Arnold Goldstein
Angelo Sciarratta
Sandra Prinn
Natalie Woodward
Shirley Pratt
Jin-Lan Hsia
Carolyn Piersiak
Linda Sohmer
Anonymous

IN MEMORY

Elizabeth Aponte in memory of the Burke Family - Lenny, Patty Ann and Patty Burke
Mary Boze in memory of Patty Burke
Lucille Gorman in memory of Patty Burke
Barbara Ryan in memory of Patty Burke
Lenore McCarthy in memory of Del Miller
Lenore McCarthy in memory of Patty Burke
Claire Blum in memory of David Berman, MD
Robert Downs in memory of James Rennie
Christine Kenney in memory of Peter Kenney
Jane Talbot in memory of Louise Talbot

IN APPRECIATION

Judith and Barry Caplan in appreciation of the wonderful care and services provided by the CATH to their mom, Greta Caplan
Dorothy Cohen in appreciation of Sandi Levy's yoga classes
Marilyn Harris in appreciation of Scott Brumit's tai chi classes

FRIENDS OF THE CENTER AT THE HEIGHTS

LETTER FROM THE PRESIDENTS

Dear Center Participants and Donors,

Friends hopes that you all had a chance to attend our Ice Cream Social in August- a delicious way to enjoy the “dog days of summer”. Now we welcome September and the autumn season. Our gardens are beginning to change: fall produce is ripening; pumpkins are growing, winter squash is almost ready to be picked and the apple trees are bearing fruit.

The month of October brings us colorful leaves and time to admire the fall foliage. Apples are picked and made into apple pie and so many treats. Pumpkins are being displayed outdoors with bales of hay and scare crows.

We hope you will also enjoy the fall crop of programs offered at the Center. Go in to try something fun, meet old friends and make new ones. Thanks to your donations, Friends has been able to provide funding for many the Center's programs, including Bingo, social events, musical and theatrical performances and every Compass newsletter mailing.

We continue to welcome your kind donations that allow us to continue to supplement the wonderful programming offered at the Center. The donation form is below. The Friends thank you for your generosity!

Warmly,

Carol, Pat, Anne & Beverly

FRIENDS OF THE CENTER AT THE HEIGHTS, INC.

PO Box 853, Needham Heights, MA 02494

SUPPORT / DONATION FORM

Please select your friendship level below:

- ☐ $25 Individual Friend
- ☐ $25 Non-Resident Friend (newsletter)
- ☐ $50 Family Friend
- ☐ $75 Special Friend
- ☐ $100 Best Friend
- ☐ Exceptional Friend $_____

Name: _____

Address: _____

Birth Date: _____ Phone: _____

Zip: _____ Email: _____

Donation In Memory of: _____ Amount: _____

Family Name & Address (for acknowledgement) _____

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BOARD OF TRUSTEES

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SHINE NEWS

Medicare / Medicaid Counseling

Annual Medicare Open Enrollment Period is Approaching!

It's that time of year again! If you are enrolled in a Medicare Prescription Drug Plan or 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 2023. 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. Certified SHINE counselors can help you understand your plan changes, as well as other options you may have. Open Enrollment runs from October 15th through December 7th, and starting on September 6th appointments will be available for booking. To schedule a SHINE appointment, call 781-455-7555.

Each year thousands of Medicare beneficiaries reach a gap in their Medicare prescription drug plan that is often referred to as the "donut hole". If you reach that gap, you will see your prescription drug costs increase dramatically! Don't let this happen to you. **Prescription Advantage** can help. Prescription Advantage is a state-sponsored program that supplements your Medicare drug plan to fill the gap. For more information about Prescription Advantage, call MassOptions at 1-800-243-4636, Monday through Friday, 9:00 AM to 5:00 PM, or visit prescriptionadvantagema.org.

FRIENDS OF THE CENTER AT THE HEIGHTS, INC.

FRIENDS OF THE CENTER AT THE HEIGHTS
300 Hillside Avenue
Needham, MA 02494

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