

NEEDHAM COMPASS

SENIOR NEWSLETTER FOR THE CENTER AT THE HEIGHTS

DONOR SPOTLIGHT:
Needham Community Council



The NCC is a wonderful community partner and donor to the Center. Some of their many contributions include: NCC staff to teach technology classes to our seniors and food and other items they can't use in their food pantry or thrift store. Thank you NCC!

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SHINE News.....Back Cover



Needham Police Officer Kelley Scolponeti teaches a popular monthly craft class at the Center. Crafts with Kelley the Cop is creative, social and fun! Pictured left to right are Jin-Lan Hsia, Marilynne LeBlanc and Patty Miller.

The Center Café
Continental Breakfast
Monday-Friday
8:30 AM - 12:00 PM

Center Computer Room
Game Room & Library
Monday-Friday
8:30 AM - 4:00 PM



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COMMUNITY UPDATE**From the Director**

Dear Friends,

Happy New Year! Remember with every new year comes a clean slate. One you control. Set small realistic goals to achieve what matters most to you! Call a friend, write a letter, come to the Center for a program, read more books, get enough sleep, drink more water, try a new exercise, take a walk, use the stairs, build a snowman, eat more vegetables, explore new hobbies, visit with Lenny to have your vitals taken, fill out a File of Life form, practice laughing, and one of my personal favorites, ease stress with kindness and turn the frown upside down! It costs nothing to be kind.

The Needham Council on Aging senior staff thanks all of our participants for an amazing year in 2022! We have some great programs listed in this edition of the Compass. Please be sure to read the entire newsletter and register early for any of interest. Let us know if you have any suggestions for activities in 2023 or any favorites that you hope to see again.

Please remember to stay safe, warm, healthy and in good spirits during the winter season. You can always join us for some socialization and recreation!

Wishing you good health,

LaTanya

"The object of a New Year is not that we should have a new year. It is that we should have a new soul..." --Gilbert K Chesterton

**Inclement Weather Policy**

Your safety is our top concern. So, we will attempt to let you know if the Center is going to be closed the night before forecasted inclement weather. We will leave a message on the Center's phone line (781-455-7555), the town website (www.needhamma.gov) and Aicha's Daily Highlights email.

However, this is New England, and the weather can change in a minute. So, at times, we won't be able to determine our opening status until the morning. Please check these resources before heading to the Center.



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06-5329

CENTER SUPPORTS

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.

THE CENTER CAFÉ

The Café at the Center is abuzz each weekday morning and afternoon with people eating, dropping in for a cup of tea or coffee, socializing or just resting between classes and programs. Our wonderful volunteers serve a continental breakfast between 8:30-10:30 AM and set out snacks every afternoon between 2:00-4:00 PM. Stop by for a bite or get a ride on our van. For more information about transportation, call Stephan at 781-455-7555.



Tom Watson, Kathy Byrd and Gary DeMay help out in our kitchen and Cafe. The Center is so thankful for our wonderful staff and volunteers who make what we do possible!

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, If you are homebound, lunch can delivered to you. For more information, call Stephan. There is a suggested donation of \$2.50 per lunch.

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.



Stacey Fallon teaches tech and tablet classes at the Center. She's a great teacher and makes using tablets simple!

Once you have your tablet, come to the Center for Tablet Talk with Stacey on Tuesdays at 2:00 PM. Or, you can make a 1:1 appointment with Stacey to go over your specific questions on Thursday afternoons. Look for these class listings on pages 12 and 15 of this newsletter.

HOLIDAY CLOSINGS

The Center will be closed on the following dates in observance of national holidays:

Monday, January 2 News Years Day

Monday, January 16 Martin Luther King Day

Monday, February 20 President's Day

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 TO OUR NEWEST CATH FAMILY MEMBERS!

Our social services team has been busy here at work and busy at home! Congratulations to Kerrie Cusack and Jessica Moss on the recent additions to their families! Kerrie welcomed baby boy Cullen in August and Jess welcomed baby boy Tommy in November. Congratulations to them and their beautiful families!



Welcome to Kerrie Cusack and family on the addition of baby Cullen in August.



Welcome to Jessica Moss and family on the addition of baby Tommy in November.

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, January 9, February 13, 4:00PM
Register and email jrice@needhamma.gov for a Zoom invitation.

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

CLINICS AND SUPPORT GROUPS

In addition to our Caregiver Support Group (above), the Center offers a variety of support groups and clinics. You can find more information about them on the pages referenced below:

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Clutter Support Group.....	11
Parkinson's Support Group.....	17
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Blood Pressure Clinics.....	12
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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.

Registration is required for all fitness classes.

Instructors cancel for illness or emergencies, and we need to be able to notify you if this happens.

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

Balance Assessments

Mondays, Wednesdays & Fridays, between 2-3 PM

Call the Center to make an appointment

Come in for your balance assessment using our HUR Balance Device. Our trainer Stephen Cadigan will help you take a simple test yielding a report and score on your balance. With these results you can take steps to improve your balance through exercise and fall prevention techniques. Cost: Free

MONDAY

Yoga with Sandi

Mondays, 9:00 AM

Jan 9, 23, 30 and Feb 6, 13, 27

Instructor: Sandi Levy

Meeting ID: 870 8264 5200 Passcode: yoga

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

Jan 2, 9, 16, 23, 30 and Feb 6, 13, 20, 27

Instructor: J. Scott Brumit

Meeting ID: 897 6396 8005 Passcode: 609523

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/class

Seated Strength & Balance with Pearl

Mondays, 10:30 AM

Jan 9, 23, 30 and Feb 6, 13, 27

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

TUESDAY

Gentle Fitness

Tuesdays, 8:15 AM

Jan 3, 10, 17, 24, 31 and Feb 7, 14, 21, 28

Instructor: Lisa Karger

Meeting ID: 853 9928 6741 Passcode: 797598

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

FITNESS CLASSES

 = In Person  = Zoom

TUESDAY (CONT.)

Gentle Yoga with Michelle



Tuesdays, 9:15 AM

Jan 3, 10, 17, 24, 31 and Feb 7, 14, 21, 28

Instructor: Michelle Lawlor

Meeting ID: 443 604 7877 Passcode: 0DbGrY

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

Train the Brain



Tuesdays, 11:00 AM

Jan 3, 10, 17, 24, 31 and Feb 7, 14, 21, 28

Instructor: Stephen Cadigan

Meeting ID: 816 9119 6399

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! Cost: \$5/class

Resistance Band Program



Tuesdays, 1:00 PM

Jan 3, 10, 17, 24, 31 and Feb 7, 14, 21, 28

Instructor: Lisa Cadigan

Meeting ID: 843 7955 7037

This 45-minute class uses elastic bands to provide 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

Jan 3, 10, 17, 24, 31 and Feb 7, 14, 21, 28

Instructor: Stephen Cadigan

Meeting ID: 816 8790 1740

This 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

Zumba with Lulu



Tuesdays, 4:30 PM

Jan 3, 10, 17, 24, 31 and Feb 7, 14, 21, 28

Instructor: Lulu Tsai

Meeting ID: 825 7084 7065 Passcode: Zumba

Lulu is back!! Thank goodness! She is ready to get you up and moving in the evening!! So hit the Zoom button to get your blood flowing. What better way to meet the evening than with music and dance! Cost: \$5/class

WEDNESDAY

Tai Chi & Qigong With Scotty In Person



Wednesdays, 9:00 AM

Jan 4, 11, 18, 25 and Feb 1, 8, 15, 22

Instructor: J. Scott Brumit

This Wednesday class is in-person at the Center. See the description on page 7. Cost: \$5/class

LaBlast Cardio Dance

NEW



Wednesdays, 10:15 AM

Jan 4, 11, 18, 25 and Feb 1, 8, 15, 22

Instructor: Karen Karten

Meeting ID: 821 9688 5896 Passcode: LABLAST

This is a fitness class based on ballroom and social dances including disco, salsa, foxtrot, swing, cha cha and more. No partner or dance experience necessary. We'll use simple patterns from these dances that are easy to follow. Weights are incorporated to include strength training. We use music from all genres and decades which makes it a fun workout in disguise. Join Karen on the dance floor! Cost: \$5/class



Stephen Cadigan's Arthritis Class in action!

FITNESS CLASSES

WEDNESDAY (CONT.)

Interval Training

Wednesdays, 1:00 PM

Jan 4, 11, 18, 25 and Feb 1, 8, 15, 22

Instructor: Lisa Cadigan

Meeting ID: 859 4613 1521



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

Jan 4, 11, 18, 25 and Feb 1, 8, 15, 22

Instructor: Randi Sharek



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

Jan 4, 11, 18, 25 and Feb 1, 8, 15, 22

Instructor: Nikhil Sole

Meeting ID: 914 5785 8070



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

Jan 5, 12, 19, 26 and Feb 2, 9, 16, 23

Instructor: Lisa Karger

Meeting ID: 820 469 8985



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

Jan 5, 12, 19, 26 and Feb 2, 9, 16, 23

Instructor: J. Scott Brumit

Meeting ID: 841 2153 1726 Passcode: 569547

See description on page 7. Cost: \$5/class



Barre with Lisa

Thursday, 10:30 AM

Jan 5, 12, 19, 26 and Feb 2, 9, 16, 23

Instructor: Lisa Karger

Meeting ID: 820 469 8985



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

Jan 5, 12, 19, 26 and Feb 2, 9, 16, 23

Instructor: Michelle Lawlor

Meeting ID: 443 604 7877 Password: 0DbGrY



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

FITNESS CLASSES

 = In Person  = Zoom

THURSDAY (CONT.)

Arthritis Class

Thursdays, 2:00 PM

Jan 5, 12, 19, 26 and Feb 2, 9, 16, 23

Instructor: Stephen Cadigan

Meeting ID: 816 8790 1740

See description on page 8. Cost: \$5/class



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

Thursdays, 5:15-6:00 PM

Jan 5, 12, 19, 26 and Feb 2, 9, 16, 23

Instructor: Lisa Cadigan

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



Balance, Posture, Core

Fridays, 10:30 AM

Jan 6, 13, 20, 27 and Feb 3, 10, 17, 24

Instructor: Laila Vehvilainen

Meeting ID: 748 2001 4156 Passcode: kGfHd5

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

Jan 6, 13, 20, 27 and Feb 3, 10, 17, 24

Instructor: Lisa Cadigan

Meeting ID: 864 8971 0371

This class strengthens abdominals, glutes, lower back, hips and shoulders. We use hand weights 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



FRIDAY

Seated Strength & Balance with Pearl

Fridays, 10:30 AM

Jan 6, 13, 20, 27 and Feb 3, 10, 17, 24

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 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



SATURDAY

Tabata

Saturdays, 9:15 AM

Jan 7, 14, 21, 28 and Feb 4, 11, 18, 25

Instructor: Lisa Cadigan

Meeting ID: 814 0515 8908 Passcode: 821835

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

Jan 7, 14, 21, 28 and Feb 4, 11, 18, 25

Instructor: Stephen Cadigan

Meeting ID: 816 8790 1740

See description on page 8. Cost: \$5/class



WEEKLY CLASSES

MONDAY

Line Dancing with Paul



Mondays, 10:00 AM

Jan 23, 30 and Feb 6, 13, 27

Registration preferred

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

Kerrie Cusack's Monday Meditation



Mondays, 11:00 AM

Jan 9, 23, 30 and Feb 6, 13, 27

Meeting ID: 137 719 908 Password: 713980

Registration required (only 8 spots in person)

Kerrie is back! She will have you focused, centered and relaxed as you begin your week. If you've never tried meditation, give it a try! Cost: Free

Beginner/Intermediate Canasta Lessons & Games



Mondays, 1:00 PM

Jan 9, 23, 30 and Feb 6, 13, 27

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

Clutter Support Group with Paul



Mondays, 2:00 PM

Jan 23, 30 and Feb 6, 13, 27

Meeting ID: 869 9303 1998 Passcode: declutter

Registration preferred

This group is a gathering of individuals who meet weekly to solve their common problems of hoarding, cluttering and procrastinating. To attend, you must desire to change these habits and help one another. Paul provides you with the tools and skills needed to live a clutter-free life. Cost: Free

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

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 – 8:00 PM

Wednesday

Bingo	10:00 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
Knitting with Friends	10:00 AM – 12:30 PM
Hand & Foot NEW	12:30 PM – 3:30 PM
Mahjong	12:30 PM – 4:00 PM
Duplicate Bridge	12:30 PM – 3:30 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

WEEKLY CLASSES

 = In Person  = Zoom

Ron's Historical Movie & Discussion Group

Mondays, 1:00 PM

Jan 9, 23, 30 and Feb 6, 13, 20, 27

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 Greenwald 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



support your daily practice. Lisa Campbell is a certified meditation and mindfulness coach, Kripalu Mindful Outdoor Guide, and US Air Force veteran. Cost: \$5/class

Current Events Discussion Group

Tuesdays, 10:30 AM

Jan 3, 10, 17, 24, 31 and Feb 7, 14, 21, 28

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



Open Craft Room

Mondays, 2:00 - 4:00 PM

Jan 9, 23, 30 and Feb 6, 13, 20, 27

Feeling crafty? Drop in to our Art Room to enjoy a variety of crafts. Select from our craft of the day, create something original from our wide variety of materials, or bring your own. Invite a friend and make it fun! Cost: Free



Vintage Voices

Tuesdays, 1:00 PM

Jan 3, 10, 17, 24, 31 and Feb 7, 14, 21, 28

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

Jan 3, 10, 17, 24, 31 and Feb 7, 14, 21, 28

Registration preferred

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. Read more about this program on page x. Cost: Free



TUESDAY

Blood Pressure Clinic

Tuesdays, 9:00 AM - 11:00 AM

Jan 3, 10, 17, 24, 31 and Feb 7, 14, 21, 28

Just drop in!

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



Mindful Living with Lisa

Tuesdays, 10:00 AM

Jan 3, 10, 17, 24, 31 and Feb 7, 14, 21, 28

Registration required

Enjoy calming breathwork, 10-minute meditations, mindful awareness practices, meditations for kindness and compassion, and helpful tips to



WEEKLY CLASSES

Ballroom Dance with Betty

Tuesdays, 2:30 PM

Jan 10, 17, 24, 31 - Cha Cha

Feb 7, 14, 21, 28 - Tango (American style)

Registration required

Betty Hood 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 optional.

Cost: \$5/class



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

Tuesdays, 4:00 PM

Jan 3, 10, 17, 24, 21 and Feb 7, 14, 21, 28

Meeting ID: 885 7100 9884

Registration required

Do you like to draw and make art? Do you want to learn the principles of observing the visual world? Ben is a trained illustrator who 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: Free



Poker/Cards/Pool at the Center

Tuesdays, 5:00 – 8:00 PM

Jan 3, 10, 17, 24, 21 and Feb 7, 14, 21, 28

Registration preferred but you can drop in to play.

Bring a friend or come in on your own to enjoy playing poker or other card games. You can also play pool or ping pong. Cost: Free



Movie Night at the Center

Every 2nd and 4th Tuesday, 6:00 PM

Jan 10, 24 and Feb 14, 28

Registration preferred.

Come in two evenings each month to enjoy a movie on our big screen. Bring a group of friends or come on your own. We are even open to your movie suggestions. Cost: Free



WEDNESDAYS

Bereavement Circle with Nikki

Wednesdays, 10:30 AM

Jan 4, 11, 18, 25 and Feb 1, 8, 15, 22

Just drop in



NEW TIME

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. Cost: Free

Bingo at the CATH

Wednesdays (and Fridays), 10:30 AM

Jan 4, 11, 18, 25 and Feb 1, 8, 15, 22



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. Drop in. Cost: Free



Bingo at the CATH is fun and free! Join us on Wednesdays and Fridays to try your luck at a few games.

Stay after Bingo and enjoy a Springwell lunch with friends. Just call 24 hours in advance to order lunch.

CATH Walking Group

Wednesdays, 11:00 AM (Weather permitting)

Jan 4, 11, 18, 25 and Feb 1, 8, 15, 22



This group meets at the Chapel Street entrance to Town Hall for a one hour (approximately 2 mile) walk. As a group you will decide the route each week. There is no commitment required. Just show up. Please be on time. The group will only wait 5 minutes before beginning. Wear appropriate shoes and bring water. Cost: Free

WEEKLY CLASSES

 = In Person  = Zoom

WEDNESDAYS (CONT.)

Cybersecurity Support Group

Wednesdays, 11:00 AM

Check Aicha's Highlights for dates and Zoom ID

How do we keep our privacy and security when everything online is being exposed and logged? How do we secure our connections and access to sensitive data in an unstable environment? Troubleshoot these issues together with others. Cost: Free



Words Galore!

Wednesdays, 11:00 AM

Jan 4, 11, 18, 25 and Feb 1, 8, 15, 22

Meeting ID: 873 4149 1346 Passcode: 063569

Registration preferred

Join Val Walker (author, consultant, educator) for an hour of word play and brain twisters. Learn new words, word history and origins. Enjoy limericks, riddles, famous quotes, puns and trivia about trendy words. 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



CATH Open Art Studio

Wednesdays, 11:30 AM – 2:30 PM

Jan 4, 11, 18, 25 and Feb 1, 8, 15, 22

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

Jan 4, 11, 18, 25 and Feb 1, 8, 15, 22

Meeting ID: 861 2520 8844 Password: 672425

Registration preferred

Did you struggle in history class? Was it just memorizing facts and dates 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



You must register for shopping trips 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

Wednesdays, Jan 4, 11, 18, 25 and Feb 1, 8, 15, 22

The van will pick you up from your home around 1:30 PM and returns to your home at about 2:45 PM. Total shopping time is 1 hour. Cost: \$2



Market Basket Waltham

Every other Wed - Jan 11, 25 and Feb 8, 22

The van will pick you up from your home around 1:15 PM and return to your home. Cost: \$3



Matter of Balance (MOB) with Pearl

Wednesdays, 1:45-3:45 PM

Jan 4, 11, 18, 25 and Feb 1, 8, 15, 22

Registration required. Min. of 8 people to run.

Have you turned down a chance to go out with family or friends because you were concerned about falling? Have you stopped enjoying a favorite activity because you might fall? If so, please enroll in this program. MOB is an evidence-based program developed by Boston University and sponsored by Newton Wellesley Hospital to reduce the fear of falling and increase activity levels among older adults. Learn how to set realistic goals to increase activity, change your environment to reduce falls, and what exercises increase strength and balance. Although exercises will be performed, this is NOT an exercise class. Cost: Free



WEEKLY CLASSES

THURSDAYS

Great Plain Traders

Thursdays, 9:30 AM

Jan 5, 12, 19, 26 and Feb 2, 9, 16, 23

Registration required

This group talks all things stocks. Cost: Free



Corn Hole for All

Thursdays, 11:00 AM

Jan 5, 12, 19, 26 and Feb 2, 9, 16, 23

Warm up your shoulder muscles and drop in for a fun game of Corn Hole!



Tech Talk With Stacey: Open Office Hours

Thursdays, 11:00 AM

Jan 5, 12, 19, 26 and Feb 2, 9, 16, 23

Registration for 15-minute appointment required

Stacey Fallon, Program Director for Tablets and Tutors at The Needham Community Council is offering office hours at the CATH. If you need help with your phone, have a question about email or want to learn how to do more with your iPad, smart phone or tablet, Stacey is a wonderful resource! Cost: Free



Pool Hall Nights

Thursdays, 5:00 – 8:00 PM

Jan 5, 12, 19, 26 and Feb 2, 9, 16, 23

Drop in to the Game Room for some pool. Cost: Free



Ted and Maria Prorok enjoyed a Thanksgiving feast at the Center in November. They were joined by more than 100 other seniors for this wonderful meal provided by Avita of Needham

FRIDAYS

Needham Creative Writing Crew

Fridays, Jan 6, 20 and Feb 3, 17 at 10:00 AM

Meeting ID: 909 884 3526

Registration preferred

This group 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

Nov 4, 18, 25 and Dec 2, 9, 16, 23, 30

See description on page 13. Cost: Free



Short Story Discussion Group

Fridays, 12:00 PM

Nov 4, 18, 25 and Dec 2, 9, 16, 30

Meeting ID: 894 4350 9457 Passcode: 623397

Facilitators Lois Bacon and Rose Doherty always welcome new members to the discussion group. The weekly story will be posted in Aicha's Highlights email. Cost: Free



Center Cinema

Fridays, 1:00 PM

Nov 4, 18, 25 and Dec 2, 9, 16, 30

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

Nov 4, 18, 25 and Dec 2, 9, 16, 30

Meeting ID: 850 5749 7471

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



SPECIAL EVENTS

 = In Person  = Zoom

Balance Assessments

Mondays, Wednesdays & Fridays, between 2-3 PM

Call the Center to make an appointment

Come in for your balance assessment using our HUR Balance Device. Our trainer Stephen Cadigan will help you take a simple test yielding a report and score on your balance. With these results you can take steps to improve your balance through exercise and fall prevention techniques. Cost: Free

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

To make an appointment email
akelley@needhamma.gov

Avrom, our Techie To the Rescue, offers one-on-one help with all things technical. He is well-rounded in technology know-how and will answer your questions while teaching you along the way! This is a paid program that you and Avrom will work out together.

Document Shredding

Mon-Fri, 9:30 AM, 11:30 AM, 1:30 PM, 3:30 PM

Register for an appointment by calling the Center.

Cost: Free

Healthy Cooking for 1 or 2 with Julie

Tuesday, January 3, 3:00 PM

Registration required

Join Julie Manning in the kitchen to learn how to cook for one or two people. She will make it easy, budget-friendly and yummy. She will typically make 2 meals per class. Bring your appetites! Cost: Free

Diverse Documentaries:

The Mystery of Marilyn Monroe: Unheard Tapes

Wednesday, January 4, 1:00 PM

Registration preferred

This is a 2022 American documentary film directed by Emma Cooper for Netflix. It is centered around the life and untimely death of American actress and cultural icon Marilyn Monroe and is told through archival footage and unseen interviews with friends of the star.

Lunch and Learn: How to Talk to Your Doctor & Be Your Own Advocate

Thursday, January 5, 12:00 PM

Registration required

Lynn Croft is back for the New Year! In the current healthcare environment, patients must learn to become their own advocate. This presentation educates about keys to better communication for better outcomes from visits with your physician! Cost: Free

Center Welcome Wagon in the Cafe

Friday, January 6, 10:00 AM

Join the Programming Team on the first Friday of the month to welcome any new comers to the Center and learn about what is happening at the Center. Bring any ideas – we are here for you! Just pop in! Cost: Free

Red Cross Blood Drive

Friday January 6, 9:00 AM – 2:00 PM

The Center will be hosting a Red Cross Blood Drive. To register for an appointment visit the Red Cross website at www.redcross.org/give-blood. Walk in appointments will also be available. Pull up your sleeve and donate!

Hot Breakfast with Needham Police

Monday, January 9, 10:00 AM

Registration required

It's Law Enforcement Appreciation Day! Join us for a hot breakfast as we show our appreciation of Needham's men and women in blue! What better way than with a yummy breakfast sponsored by our friends at The Linden of Dedham. Cost: Free



A Series on Mindfulness with Neil Motenko

Mondays, January 9, 1:30 PM

Registration required.

Email akelley@needhamma.gov for Zoom invitation

A Series on Mindfulness with Neil Motenko 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



Caregiver Support Group

Monday, January 9, 4:00PM

Registration required. To receive Zoom Invite email 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, tips and tools related to the caregiving journey. Cost: Free



Metrowest Legal Clinic

Tuesday, January 10, 10:00, 10:30, 11:00, 11:30 AM

To schedule an appointment email akelley@needhamma.gov

We have lawyers working with us from Metrowest Legal Services. They will do their Legal Clinics over the phone or via Zoom. So, register today. (First come, first served.) Cost: Free



Lunch Chat with Debbie

Tuesday, January 10, February 7, 11:30 AM

Registration required

Get together with others at the Center to catch up, chat and eat! Lunch will be provided - you bring the conversation! Please register early so we know how many lunches to order. Questions? Email Debbie Maibor at dmaiborslp@gmail.com.



Parkinson's Social Group

Tuesday, January 10, February 7, 1:30 PM

Register at the Center or email Debbie Maibor: dmaiborslp@gmail.com.

If you have Parkinson's we invite you (and your caregivers) to get together to socialize with others who can relate to the issues you are experiencing. This Group is facilitated by Debbie Maibor, Speech and Language Pathologist. Please come to enjoy a snack and conversation! Cost: Free



Chair Massage with Kris

Wednesday, January 11, 10:00 AM - 11:30 AM

Reservations required. Call our Front Desk.

Join Kris of Kris In-Home Massage Therapy for a 15-minute chair massage. Please wear comfortable clothing or tank top under your sweater! Cost: Free. Tips appreciated.



Sing, Explore, Create Music Experience

Wednesday, Jan 11, 25 & Feb 8, 22, 10:30 AM

Registration required

Did you know that singing, drumming, and active music-listening helps to reduce stress, build community, and improve overall mental and physical health? Join music therapist, Hannah Carlson, from the Sing Explore Create, LLC team for some fun in this Music and Wellness workshop. No experience necessary! Cost: Free



Life Transition Binder

Wednesday, January 11, 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



SPECIAL EVENTS

 = In Person  = Zoom

The Steve Rudolph Trio Concert

Wednesday, January 11, 1:00 PM

Registration preferred

Get your toes tapping as the Steve Rudolph Trio presents a joyous sampling of some of the best of American popular music from '40s, '50s and '60s - from Big Band tunes to Frank Sinatra to Elvis. Pianist/vocalist Steve Rudolph, founder of the trio, has performed extensively for over 50 years both in the U.S. and in Europe. Cost: Free

Until Help Arrives with DA Morrissey's Staff

Wednesday, January 11, 1:00 PM

Registration required

In the important minutes of a medical emergency, you are the help until help arrives, whether treating yourself, a loved one or a stranger. District Attorney Michael W. Morrissey invites you to participate in this training that will give you the tools and knowledge to provide care and comfort in medical emergencies until first responders arrive. The DA has partnered with MEMA to provide this program to people of all ages. Certificates available after completion of training. Handouts, medical products and refreshments provided. Cost: Free

Health Forum with Stephen Cadigan

Wednesday, January 11, 3:00 PM

Meeting ID: 846 9467 8507 Passcode: 820350

Registration preferred

Prescription to Exercise and Its Benefits

Start the new year with a resolution for better health and achieve this goal through exercise. The idea of initiating a comprehensive exercise program can be overwhelming. Learn how to make this task reasonable and achievable. We will discuss The American College of Sports Medicine (ACSM) Prescription for Exercise. Learn how much, how frequent, how long, and at what intensity you should exercise for better fitness and health. Cost: Free



Crafts with Kelley The Cop

Wednesday, January 11, 3:00 PM

Registration required

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

Low-Vision Support Group

Thursday, January 12, 10:30 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. This group meets the 2nd Thursday of every month. Cost: Free

Swallowing Difficulties (Dysphagia)

Thursdays, January 12 and February 16, 11:00 AM

Registration preferred

You're welcome to attend either or both sessions of this overview with Debra Maibor, M.S., CCC-SLP, Speech Language Pathologist, to learn about the swallowing process, swallowing disorders, signs of difficulties, causes, and safe eating strategies. Please register at the Center or email: dmaiborsLp@gmail.com. Cost: Free

Funny Girl with Deb Block

Thursday, January 12, 11:00 AM

Registration preferred

The musical, the characters and what happened behind scenes Includes short biographies of Fanny Brice and Barbra Streisand. Led by theatre director and film educator Debra Block. Cost: Free



Palau: The Natural Wonders of the Rock Islands with Joy from The Joys of Nature

Thursday, January 12, 1:00 PM
Registration preferred

Located in Micronesia, Palau is a beautiful, small island nation. While it is difficult to get there, the wildlife, both above and below, make this a special place. Visitors often come to snorkel with the famous stingless jellies of Jellyfish Lake, but there is so much more to see: collared kingfishers, reef and rufous herons, noddy terns, and even fruit bats, can be seen soaring overhead around the many islands. Life in the water features dolphins, giant clams, reef sharks, sea turtles and many colorful fish along the coral reef. Join us for images and videos from this tropical island paradise! Cost: Free



Stroke Social Group

Tuesday, January 17, 11:00 AM
Registration required

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

Hearing, Hearing Loss & Its Effects on Communication

Wednesday, January 18, 11:00 AM
Registration required

Join Debbie Maibor, Speech and Language Pathologist, 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. There will be time for questions and answers at the end of the session. Cost: Free

Coffee with Needham Cops

Wednesday, January 18, 9:30 AM
Registration preferred

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

Hearing Aid Clinic with Paul

Wednesday, January 18, 10:00 AM – 12:00 PM
Registration required

Paul Dole of Flynn Hearing Aids comes monthly to do hearing aid clinics. This entails a clean and check of existing hearing aids, some light wax removal, small repairs, 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 aid/s. Cost: Free

Rob Natoli Swing Band Concert

Wednesday, January 18, 1:00PM
Registration preferred

Come in to hear Rob Natoli's Swing Band and their wonderful swinging tunes! Cost: Free

Express Yourself

Thursday, January 19, 11:00 AM

Register by calling the Center or email Debbie at dmaiborsLp@gmail.com

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

SPECIAL EVENTS

 = In Person  = Zoom

Illusionist Lyn Dillies!



Thursday, January 19, 1:00 PM

Registration preferred

Master illusionist Lyn Dillies has mesmerized audiences of all ages throughout the U.S. and Canada for over three decades. Hailed as the finest female magician in the land, Lyn's engaging personality, along with some of the most spectacular, eye-defying illusions in magic today, wows her audiences with an unforgettable experience. It is no wonder why Lyn Dillies is one of America's top illusionists. Lyn's mission has always been to inspire and empower as many lives as possible with her magic. Cost: Free



Life Transition Binder Presentation



Monday, January 23, 11:00 AM

See description on page 17.

National Pi Day Celebration



Monday, January 23, 12:30 PM

Registration required

January 23rd is National Pie Day! The Center will celebrate with a pie baking contest and a Pi challenge. Dust off your best recipe and let us know if you would like to bake a pie for the contest! Sharpen your math skills and be ready to take the Pi challenge. How many numbers can you recite from memory? Cost: Free

Great Songs with Brian



Monday, January 23, February 27, 1:00 PM

Registration preferred

Join us as we sing along with some of Brian Johnson's oldies but so goodies!

Laugh Out Loud



Tuesday, January 24, 10:30 AM

Registration preferred

It is National Belly Laugh Day! Did you know that it is a holiday? We are going to celebrate by showing clips and videos of your favorite comedians. Bob Hope, Johnny Carson, Joan Rivers and more. If you have a request for a favorite please let us know. Come and laugh, stay for lunch and join Vintage Voices for a great day at The Center. Cost: Free

Sing, Explore, Create Music Experience



Wednesday, January 25, 10:30 AM

See description on page 17.

Staging with What You Own



Thursday, January 26, 11:00 AM

Registration preferred

Staging sells houses. We all know this. But what if you can stage your house using your own things while you live there? Come to this class with Betsy Millane and learn how. Spoiler alert! It means doing work like decluttering, but if you're moving, you're doing this anyway! Betsy is a local Realtor with many resources to share. Cost: Free





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SPECIAL EVENTS

 = In Person  = Zoom

Broadway Baritone; James Michael Concert

Wednesday, January 25, 1:00 PM

Registration preferred

James Michael, a world class baritone, captures the spirit of Broadway during his performances through resonant singing, personal stories and a passionate spirit. He has worked with acclaimed Broadway personalities like Howard Keel, John Raitt, Robert Goulet and more. Cost: Free



information, and resources available. She has dedicated her entire career to guiding seniors and their families on their senior living journey. As a Senior Living Advisor, she provides a vital layer of support to assist families navigate the ever-changing demands of caring for an aging loved one. Cost: Free

Lunch and Learn:

What to Know About Elder & Domestic Abuse

Thursday, January 26, 11:30 AM

Registration required

Public Health Nurse Hanna is co-chair of Needham's Domestic Violence Action Committee (DVAC). DVAC hopes to educate the community about the signs of abuse and what you can do if you or someone you care for is being abused. Lunch provided. Cost: Free



Yodeling Concert with Andy Taylor-Blenis

Monday, January 30, 1:00 PM

Registration preferred

It's National Yodeling Day and we are lucky to welcome Andy Taylor-Blenis, professional yodeler, renowned folk, jazz and modern dancer and instructor! Her parents Marianne and Conny Taylor were folk dance teachers who founded and ran Oktoberfest in Stow, VT. She learned to yodel with Werner von Trapp at this festival as a child. Taylor and Werner von Trapp recorded a CD and published an accompanying book of 10 yodels. Taylor-Blenis will share them with us. Warm up your voice before you come. She will be teaching us how to yodel too! Books and CDs will be available for purchase. Cost: Free



Art Appreciation with Michele: Rene Magritte

Thursday, January 26, 1:30 PM

Registration required



Join us as we explore the life and art of surrealist Belgian artist, Rene Magritte. His realistic paintings and dreamlike depictions will amaze you. Following the program we will have a

chance to produce our own surreal images. Cost: Free



Mindfulness Practice with Neil Motenko

Monday, January 30, February 27, 1:30 PM

Registration required. Email akelley@needhamma.gov for Zoom invite

Neil is now offering this second monthly program in addition to the long-standing monthly "Series on Mindfulness." This new series is more practice-oriented, with one or two guided meditations, discussion about the meditation practice(s) of the day, a focus on integrating practice into daily life, and offerings of poetry and sayings relating to mindfulness practice. This presents another monthly opportunity for us to gather in a community of practice. Newcomers to Neil's series are welcome at any time. Cost: Free



Should I Stay or Should I Go? Deciding Between Assisted Living and Home Care

Monday, January 30, 11:00 AM

Registration preferred

Assisted Living Locators Metro West Massachusetts owner Mary Zabian provides a no-cost placement and referral service that offers the best senior care options,



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SPECIAL EVENTS

 = In Person  = Zoom

Diverse Documentaries

Blood Brothers: Malcolm X & Muhammad Ali

Wednesday, February 1, 1:00 PM

Registration preferred

The extraordinary story behind the friendship of two of the most iconic figures of the 20th century, Muhammad Ali and Malcolm X: the charismatic and outspoken Olympic champion who charmed the nation, and the ex-con-turned intellectual revolutionary who railed against the evils of white oppression by speaking truth to power. Cost: Free

Field Trip to the Commonwealth Museum

Thursday, February 2, 10:00 AM (van leaves Center)

Registration required

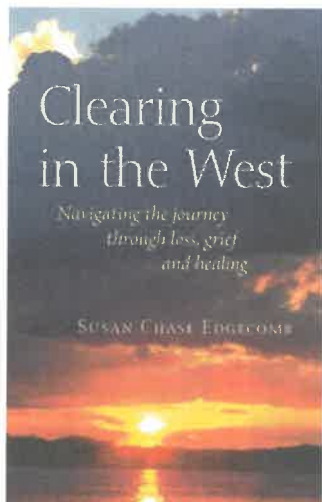
Hop on our van to Boston to learn about the first public schools, the first battles for American independence, and the first abolitionist newspaper. The Commonwealth Museum brings the story to life with state of the art interactive exhibits. Its dramatic "treasures gallery" holds the historic documents that protect our liberties. Join us! Cost: \$5

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

Friday, February 3, 1:00 PM

Registration preferred

Join Susan Edgecomb as she discusses her book, *Clearing in the West*. The book is about her personal journey through great loss, grief and healing. This memoir is a testament to the resilience, strength, and determination of those coping with grief and perhaps starting to move forward on their journey. Cost: Free



The A&W Ukulele Players

Thursday, February 2, 1:00 PM

Registration preferred

It's National Ukulele Day and we welcome these special guests! The A&W Ukulele Players comprise ukulele enthusiasts from all over the Greater Boston area. For the last four years, they have been delighting audiences with their mix of holiday songs and songs spanning the decades from the 1920's to the 2010's. Cost: Free

Parkinson's Social Group

Tuesday, February 7, 1:30 PM

See description on page 17.

Healthy Cooking for 1 or 2 with Julie Manning

Tuesday, February 7, 3:00 PM

See description on page 16.

Chair Massage with Kris

Wednesday, February 8, 10:00 AM

See description on page 17.



George Hallet gives his chair massage a thumbs up! Come in for a chair massage appointment with Kris In Home Massage Therapy.

Sing, Explore, Create Music Experience

Wednesday, February 8, 10:30 AM

See description on page 17.

Life Transition Binder

Wednesday, February 8, 11:00 AM

See description on page 17.

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Friends of The Center At The Heights, Needham Heights, MA

06-5329

SPECIAL EVENTS

 = In Person  = Zoom

Health Forum with Stephen Cadigan

Wednesday, February 8, 3:00 PM

Meeting ID: 846 9467 8507 Passcode: 820350

Registration preferred

THE HAND & THE FOOT

The hand and foot are important to perform our daily activities of living. They can often be compromised by arthritis and disease processes. Come gain an understanding of how these parts of the bodies work and how to keep them functional and healthy. Cost: Free



Crafts with Kelley The Cop

Wednesday, February 8, 3:00 PM

See description on page 18.



Low-Vision Support Group

Thursday, February 9, 10:30 AM

See description on page 18.



Dame Elizabeth Taylor with Deb Block

Thursday, February 9, 11:00 AM

Registration preferred



The violet eyed beauty Elizabeth Taylor! We will learn about her marriages, her career, the triumphs and the tragedies in her life. This is an interactive film and theatre program led by Performing Arts Educator Debra Block. Cost: Free

Hearing, Hearing Loss and Its Effects on Communication

Thursday, February 9, 11:00 AM

See description on page 19.



Valentine's Day Traditions in Boston with Anthony Sammarco

Thursday, February 9, 1:00 PM

Registration preferred



Join us a few days early to celebrate Valentine's Day and it's traditions with noted Boston historian Anthony Sammarco. From ancient Rome to the

worldwide celebration of Valentine's Day in the present day, Anthony will guide us as we revel in the history and evolution of the occasion. Cost: Free



Homemade Pizza Cooking Class

Thursday, February 9, 3:00 PM

Registration required- Limited to 12 people



It's National Pizza Day! Dave from Therapy Gardens will be here to teach us how to make pizza from scratch at home. Pick up some tips for creating your own delicious pizzas. You can even make it healthy! Use less cheese or swap it with skim milk or low fat cheese and pile on the veggies! Cost: \$5

Representative Garlick

Annual Report to the Community

Monday, February 13, 7:00 PM



Join State Representative Denise Garlick for her Annual Report to the Community where she will share her accomplishments from 2022 and her priorities for 2023. This presentation will be held at Powers Hall, 1471 Highland Avenue, Needham and via Zoom. To register to receive the Zoom link, please visit <https://repgarlick.com/> and click on the Report to the Community 2023 tab at the top of the page.

Golden Tones' Valentine's Concert

Friday, February 10, 1:00 PM

Registration preferred



The Golden Tones are coming back for the first time in three years. Golden Tones chorus is a group of almost 70 retired (but young-at-heart) people who love to sing and dance. They present fun shows with singing, dancing and humor and take these shows where they are most needed in the community. They will be spoiling us with their talent and old love songs! Cost: Free



A Series on Mindfulness with Neil Motenko

Monday, February 13, 1:30 PM
See description on page 17.



Caregiver Support Group

Monday, February 13, 4:00 PM
See description on page 17.



Metrowest Legal Clinic

Tuesday, February 14 10:00, 10:30, 11:00, 11:30 AM
See description on page 17.



Express Yourself

Tuesday, February 14, 11:00 AM
See description on page 19.



Song Secrets of 1956 with Frank King

Wednesday, February 15, 1:00 PM
Registration preferred



Frank is back and will reveal the year pop music collided with the birth of Rock 'N Roll. Learn about the Dean Martin hit that had a second life as an anthem for refugees worldwide; Elvis' hit based on a Civil War song; the great Teresa Brewer's multiple big hits in '56; Vic Damone's biggest career hit that was almost dropped from "My Fair Lady"; the 10-year-old responsible for the first #1 rock 'n roll record; and more. Mr. King holds a Masters in Broadcasting from Boston University and a BA from Princeton. A lifelong devotee of recorded music, he formerly hosted music programs on WBUR radio. Cost: Free

Swallowing Difficulties (Dysphagia)

Thursday, February 16, 11:00 AM
See description on page 18.



Self-Care Series:

Stats & Facts: Myths About Aging

Thursday, February 16, 11:00 AM
Registration required



Aging is inevitable, but not our attitudes toward it. Old age is shrouded in myths and misconceptions. In fact,

much of what we think we know about aging is simply speculation. Presenter Lynn Croft reviews the most common myths of aging and how we can debunk them in our own lives. Let's learn to age with empowerment! Cost: Free

Sing, Explore, Create Music Experience

Wednesday, February 22, 10:30 AM
See description on page 17.



What The World Needs Now: Interfaith Coalition Singers

Wednesday, February 22, 1:00 PM
Registration preferred



This fabulous vocal harmony group consisting of four singers - Walter Cooper, Stephen Cooper, Belle Linda Halpern and Jenny Bonham-Carter - lends their voices to the

social/racial/climate justice movement. They perform and lead a variety of music and sing whatever is in their hearts but the dominating style is engaging civil rights movements music, soul and spirituals from different traditions. Come and sing along with us!

Art Appreciation with Michele: Maurits Cornelis Escher

Thursday, February 23, 1:30 PM
Registration required



Escher, a Dutch graphic artist is known for his tessellations and impossible creations. His understanding of math and science played a central role in his works. Join Michele Marram to examine his life and art. Following the program we'll create some of our own tessellations.



SPECIAL EVENTS

Great Songs with Brian

Monday, February 27, 1:00 PM
See description on page 20.



Mindfulness Practice with Neil Motenko

Monday, February 27, 1:30 PM
See description on page 22.



Life Transition Binder

Tuesday, February 28, 11:00 AM
See description on page 17.



Stroke Social Group

Tuesday, February 28, 11:00 AM
See description on page 19.



Floral Arranging

Tuesday, February 28, 1:00 PM
Registration required

Join the Kalmia Garden Club as we celebrate National Floral Design Day! We will make beautiful arrangements and learn tips and tricks.
Cost: Free



FRIENDS DONATIONS

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IN APPRECIATION

Ann and Armen Dermarderosian in appreciation of the Fitness Program
Debra Shein-Gerson in appreciation of Sandi Levy's yoga classes
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06-5329

FRIENDS OF THE CENTER AT THE HEIGHTS

LETTER FROM THE PRESIDENTS

Dear CATH Participants and Donors,

Happy 2023! The busy holiday season is behind us. We are thinking about our New Year's resolutions and deciding which ones we should attempt to achieve. An important question is what kind of winter weather will we have? What is the Almanac predicting? In the Southern Hemisphere, January is the warmest month of the year like our July! January's birthstone is the garnet. The flower is the traditional carnation. Zodiac signs are shared by Capricorn and Aquarius. The full moon is the wolf moon, as wolves were howling due to the winter hunger. See the wolf moon in the night sky on January 6th. Martin Luther King Day is celebrated on January 16th.

February is the shortest month of 2023. Groundhog Day arrives on February 2. If you play a Ukulele or like Nutella, celebrate on the 5th. Celebrate that special day on the 14th when we give hearts to people we love. We celebrate Presidents' Day on the 20th. Amethyst is the birthstone. Aquarius and Pisces are the zodiac signs that share the month. Violets are the February flower.

Come to the CATH to participate in the exciting programs being offered. Review the programs in this edition of the Compass. Your donations help to support these programs Celebrate the New Year and Valentines' Day by donating to the Friends. The donation form is below.

Warmly,

Carol, Pat, Anne & Beverly

FRIENDS OF THE CENTER AT THE HEIGHTS, INC.

PO Box 853, Needham Heights, MA 02494

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Your donation helps to fund the Compass, programs and activities that are not fully funded by the federal, state or local government.

I/We would like to donate to the Friends of the Center at the Heights. Enclosed is my/our donation of:

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SHINE NEWS

Medicare / Medicaid Counseling

Reminder!

Even though Medicare's Open Enrollment Period in the Fall has ended, you may still be able to change plans during 2023.

New for Medicare in 2023

New for Medicare in 2023: discounted insulin and free Shingles shots due to the Inflation Reduction Act. Please make a SHINE appointment if you would like to discuss your situation. SHINE counselors are available year-round to assist Medicare beneficiaries.

If you need help paying for your Medicare Part B premium and your medications, there is more help available through the state of Massachusetts. As of January 2023, eligibility has expanded for the Medicare Savings Program and you may now be eligible! Make aSHINE appointment to find out more.



Trained SHINE (Serving Health Insurance Needs of Everyone...on Medicare) volunteers offer free, confidential counseling on Medicare options. To schedule a SHINE appointment, call the Center at the Heights at 781-455-7555. For other SHINE-related matters, call 1-800-243-4636. Once you get the SHINE answering machine, leave your name, town and number. A volunteer will call you back, as soon as possible.



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