

NEEDHAM COMPASS

SENIOR NEWSLETTER FOR THE CENTER AT THE HEIGHTS

Volunteer Spotlight

Claire Pelletier



Monday mornings are always bright at the Center thanks to Claire Pelletier who volunteers at our Front Desk. You may have

also seen her volunteering at the polls during town elections. Not only is she generous with her time, she has a generous spirit and a wonderful laugh! Claire enjoyed a long career as a nurse who is adored by many former patients. We are lucky she chooses to give us her time in retirement!

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Did you know our Center's rooftop deck is the perfect place to view an eclipse? What a wonderful spot to enjoy our neighbors and to witness this historic event!

Center at the Heights Summer Hours

Monday/Wednesday	8:30 am-5:00 pm
Tuesday/Thursday	8:30 am-8:00 pm
Friday	8:30 am-3:00 pm
Continental Breakfast	8:30-10:30 am (M-F)
Springwell Lunch	12:00-1:00 pm (M-F)

The Center
will be
closed on:

July 4th



300 Hillside Avenue
Needham, MA 02494



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akelley@needhamma.gov



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I grew up. Much has changed, but I have continued building new homes and renovating existing homes in Needham, and now my son,

Peter, is joining me to become the third generation of builders.



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SHINE

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COA STAFF

Director of Aging Services

LaTanya Steele, BSW, MPA

Assistant Director of Programming & Transportation

Aicha Kelley

Assistant Director of Counseling & Volunteers

Jessica Moss, LICSW

Social Workers

Kerrie Cusack, LICSW
Izabelle Dick, LCSW
Stephanie Knoch (Intern)
Jessica Moss, LICSW
Jessica Rice, LCSW

Programming Support

Jennifer Garf
Karen Marchilonis
Katie Pisano
Kippy Steeves

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Stephan Grably

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Dylan Copley	Allen MacDuffie
Steve D.	Deborah Marcus
David Frawley	Mary Ann Messenger
Matthew Levin	Dean Putnam

Kitchen Coordinator

Tom Watson

Custodian

Yustil Mejia
Eleno Garcia

From the Director of Aging Services

Dear Friends,

Happy July! Summer has officially arrived with the sweet smell of cut grass and the rousing music of the birds filling the air all around us. What a beautiful time of year to get out and explore, reconnect with friends, have some fun and nourish your soul! Whether you are a returning participant, or new to our Center, we are glad to see you!!

Continuing a close circle of friends can have a positive impact on well-being, especially as we grow older. From encouraging you to make better health choices to supporting you on difficult days, friends play a role in determining how long and how well we live. Having friends helps you stay engaged with life and the world around you.

Sometimes it can be challenging to maintain a social network as we age. Friends might move away to live closer to their adult children and grandchildren and work relationships may fizzle after retirement. It's hard then to reap the benefits of close friendships. There are several things you can do to make new friends in retirement.

You can take a class, do some volunteer work or join a fitness group. Guess what? We have all that at the Center at the Heights. Many of our members have expanded their social networks and made lasting friendships. Share the information about our senior center with someone you think could use a friend or would enjoy our activities. As always, if you have ideas, suggestions or feedback regarding our Center, please do let us know.

We can't wait to see you soon!

Warm regards,

LaTanya

"A real friend is one who walks in when the rest of the world walks out" — Walter Winchell



Our friends from Wingate sponsored a lovely Memorial Day Breakfast for our veterans. Our Veteran's Agent TJ Tedeschi, writer Zvi Sesling and Wingate's José Soto delivered a poignant memorial program.



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

06-5329

CENTER INFORMATION & POLICIES

Participation

Needham seniors are welcome to participate in COA-sponsored activities at the Center at the Heights through the sole discretion of the Needham COA, subject to the following:

- ◆ Participants must be 60 years or older or a disabled resident. Spouses who are less than 60-years old may participate with an eligible partner.
- ◆ Participants must assume responsibility for themselves and be mentally and physically capable of participation.
- ◆ Participants must be registered with the Center and check in every time they enter the building.

Program Registration & Payment

Pre-registration for programs at the Center is required. Needham residents may have the priority for programs with limited capacity. Fees for trips of any kind must be paid in full at the time of registration.

You can register by calling our Front Desk, in person at the Center or online through myactivecenter.com. For more information about online registration, email jgarf@needhamma.gov.

Fees for classes/programs must be paid by cash or check made out to "Town of Needham" and dropped off at our Front Desk or mailed to the Center at the Heights, 300 Hillside Avenue, Needham, MA 02494, Attn: Programming.

Program Cancellation

We reserve the right to cancel, change or reschedule programs as needed. If we do so, registered participants will be contacted. If programs don't meet a minimum enrollment number, they may be cancelled at our discretion and any pre-paid fees will be credited to your COA account. We do not provide refunds. If you can not attend a program you have registered for in advance, please call to cancel. Many of our programs have waitlists and someone else may be able to attend.

Kiosk Sign In

Upon entering the Center, please proceed immediately to the Sign-In-Kiosk at the Front Desk. Sign in using your key tag. (Each person receives a key tag when they register at the Center the first time.) Lost or misplaced key tags can be replaced at the Front Desk. Sign in is required so that we know who is in the building in the event of an emergency. It also allows us to track participation which provides statistics we use when applying for local, state and federal grants.

Transportation

Transportation is offered to residents of Needham 60 years and over and to residents with a documented disability, regardless of age. Passengers must be able to board and exit the van independently. This will be assessed by COA staff prior to riding. Van passengers must carry a completed "File of Life" emergency card which can be obtained at our Front Desk.

Registration is required for all van rides and must be scheduled at least 24 hours in advance by calling 781-455-7555, x204. If you reach voicemail, please leave a message, and you will receive a return call confirming your ride. Van pick up and drop off is subject to a first come first served reservation policy, as van space is limited. Our vans will only pick up or drop off at a passenger's home or at the Center at the Heights.

Inclement Weather

In the event of inclement weather, we will attempt to inform you if the Center is closing via phone, email and Internet. For up-to-date information: check the recording on our phone line (781-455-7555), visit the town website (www.needhamma.gov), or check Aicha's Daily Highlights emails.

Center Parking

Please park in the lot to the rear and left of our building or in a marked space on the street. Do not park in the MBTA lot to the right of our building unless you pay to park there. They regularly ticket cars throughout the day.

CENTER SUPPORTS

Aicha's Daily Highlights Emails

Our Assistant Director, Aicha Kelley, produces a daily email full of valuable supports and programming updates and reminders. It also includes digital links to our Zoom classes. 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. Stop by for a bite or get a ride on our van.

Lunch at the Center or Delivered

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, come to the Center or call to register with Springwell. If you are homebound, lunch can be delivered to you. For more information on delivery, call Stephan at 781-455-7555 x204. There is a suggested donation of \$2.50 per lunch.



Weekly Blood Pressure Clinic

Every Tuesday from 9:00-11:00 AM a Needham Public Health Nurse is at the Center to check your blood pressure, respiration, temperature and other vital signs. They can also check your weight. This is a great way to track your vitals between doctor visits to make sure you stay healthy. You can register or just drop in. Cost: Free

Spanish Translator

Our friend and certified Spanish translator, Patricia Varon is volunteering translation services for anyone in need. To set up an appointment with Ms. Varon, email Aicha at akelley@needhamma.gov.

Notary Services

In need of a notary? Call the Center or email Aicha at akelley@needhamma.gov to be connected with Laurie Udell, a Needham lawyer who generously offers free notary services to our seniors. Please note: Laurie asks that participants be masked. Also, if any participant is seeking to have a will notarized, two witnesses are required in addition to the notary, and you should arrange for those people ahead of time.

The Center Boutique

Come in to check out our beautiful boutique located at the Center at the Heights! We offer great products at reasonable prices. The boutique is operated and staffed by Friends of the Center volunteers. All proceeds go back to the Center to support programming.

Veteran's Agent

Our Veteran's Agent TJ Tedeschi comes to the Center every Thursday to meet with veterans and their families. TJ, a career Marine Corps officer, is uniquely aware of the needs of veterans and is committed to helping you attain your benefits. He is your point of contact for all matters to be brought before the Department of Veterans Affairs such as:

- ◆ Claims for pensions,
- ◆ Claims for compensation for service and connected disabilities,
- ◆ Claims for education benefits, and
- ◆ Claims for burial benefits as well as headstones and markers.

TJ asks that veterans and/or family members make appointments to meet with him. To contact or make an appointment to meet with TJ, call 781-489-7509 or email ttedeschi@westsuburbanveterans.com

Wellness for the Wise



July is BIPOC Mental Health Awareness Month. Did you know that Black, Indigenous, and people of color (BIPOC) populations can experience unique mental health needs due to experiences across generations stemming from systemic racism? Research tells us that exposure to racism has lasting impacts on individuals' mental and physical health.

It is also important to be aware that there are several barriers that prevent the BIPOC community from receiving appropriate mental health care including language/ cultural differences, socioeconomic differences, stigma, and provider bias.

Here at The Center at the Heights, it is our priority that all Needham residents receive the appropriate access to mental health care supports they deserve. Let's continue to talk, to listen, and to be open with one another about mental health.

—Your Center Social Work Team

CATH on the Go

Our Center at the Heights (CATH) social workers are out in the community each month bringing social services to you. Drop in to meet with them.

Linden/Chambers Community Room

Second Tuesday of every month, 10:00 -11:00 am

Seabeds Way Community Room

Second Thursday of every month, 11:00 am-12:00

Counseling & Support

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

Short-Term Counseling

Our team of social workers is also happy to provide Needham residents with short-term mental health counseling. We are offering a free 8-week mental health counseling program to help individuals 60+ dealing with issues such as anxiety, grief and loss, stress, loneliness, etc. If you would like to learn more or sign up for the program, please contact Kerrie Cusack, LICSW at 781-455-7555, ext 205.

Community Resources

<i>Are You Ok?</i> wellbeing check service	1-866-900-7865
Caregiving Resources.....	508-573-7200
Domestic Violence Hotline.....	1-877-0785-2020
Elder Abuse Hotline.....	1-800-922-2275
MA Office of Elder Affairs.....	1-800-243-4636
Medicare.....	1-800-633-4227
Needham Council on Aging.....	781-455-7555
Needham Community Council	781-444-2415
Needham Fire.....	781-455-7580
Needham Housing Authority.....	781-444-3011
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

FITNESS CLASSES

Registration is required for all classes

The Center offers in-person and Zoom fitness classes (\$5/class). We have a state-of-the-art Fitness Center (\$25/month) staffed by trainers that is available to anyone 60 or older. We also offer free wellness programs on a variety of subjects. Come to the Center or login to Zoom to give them a try. **Register by calling 781-455-7555 or login to myactivecenter.com**

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.

Fitness Center Hours

Monday-Friday

9am-2pm

Thursday

5-8pm

Closed July 4th

Personal Training With The Cadigans

Monday - Friday 7:00 am – 7:00 pm

To schedule a session 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 between 2-3 pm

Come in for your balance assessment using our HUR Balance Device. With the results, you can improve your balance through exercise and fall prevention techniques. Cost: Free

MONDAYS

Yoga with Sandi

Mondays, 9:00 am

Jul 1, 8, 15, 22, 29 and Aug 5, 12, 19, 26

Instructor: Sandi Levy

Meeting ID: 870 8264 5200 Passcode: yoga

Join Sandi for Viniyoga, which is gentle and includes breathing exercises, balances, stretching work, strengthening work and relaxation. Cost: \$5/class

Tai Chi & Qigong

Mondays, 10:00 am

Jul 1, 8, 15, 22, 29 and Aug 5, 12, 19, 26

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, get better nighttime sleep, reduce risk of falls and more. Cost: Free

Line Dancing with Paul

Mondays, 10:00 am

Jul 1, 8, 15, 22, 29 and Aug 5, 12, 19, 26

Line dancing is a great way to have fun while you improve fitness. Each dance is broken down and demonstrated. No need to have a partner and no experience is necessary! Cost: \$5/class

Seated Strength & Balance with Pearl

Mondays, 10:30 am

Jul 1, 8, 15, 22, 29 and Aug 5, 12, 19, 26

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

TUESDAYS

Train the Brain

Tuesdays, 11:00 am

Jul 2, 9, 16, 23, 30 and Aug 6, 13, 20, 27

Instructor: Stephen Cadigan

This class 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

FitBall Exercise Class

Tuesdays, 1:00 PM

Jul 2, 9, 16, 23, 30 and Aug 6, 13, 20, 27

Instructor: Lisa Cadigan

This fun class combines exercise with a stability ball to improve balance and stability helping you develop control and strength of the core body muscles and increase abdominal and back muscle strength in the process. This class is designed to help people of fitness levels (from those with physical limitations to the advanced exerciser). First time participants, please call Lisa Cadigan at 781-856-5664 so she can size the ball to your height. Class is limited to 12 participants. Cost: \$5/class



LaBlast Cardio Dance participants love to have fun!

Arthritis Class

Tuesdays, 2:00 pm

Jul 2, 9, 16, 23, 30 and Aug 6, 13, 20, 27

Instructor: Stephen Cadigan

Zoom 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 Gold

Tuesdays, 4:30 pm

Jul 2, 9, 16, 23, 30 and Aug 6, 13, 20, 27

Instructor: Lulu Tsai

Zoom Meeting ID: 825 7084 7065 Passcode: Zumba

Zumba gold is for active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity. Lulu is great and will get you up and moving in the evenings. Hand weights may be used. Cost: \$5/class

WEDNESDAYS

Tai Chi & Qigong

Wednesdays, 9:00 am

Jul 3, 10, 31 (no class 17 or 24) and Aug 7, 14, 21, 28

Instructor: J. Scott Brumit

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, get better nighttime sleep, reduce risk of falls and more. Cost: \$5

LaBlast Cardio Dance

Wednesdays, 10:15 am

Jul 3, 17, 24, 31 and Aug 14, 21, 28 (no class 7/10 and 8/11)

Instructor: Karen Karten

Zoom Meeting ID: 821 9688 5896 Passcode: LABLAST

This class incorporates simple patterns from ballroom and social dances like disco, salsa, foxtrot, swing and more, together with music from all genres and decades. You'll have fun while getting a great cardio workout. No dance experience is necessary. Weights are incorporated for strength training. It's a fun workout in disguise! Cost: \$5/class

FITNESS CLASSES

Registration is required for all classes

WEDNESDAYS (CONT.)

Interval Training

Wednesdays, 1:00 pm

Jul 3, 10, 17, 24, 31 and Aug 7, 14, 21, 28

Instructor: Lisa Cadigan

Zoom Meeting ID: 859 4613 1521

In this class Lisa offers high intensity interval training that is customized for you. It builds cardio fitness while improving strength and endurance. **ATTENTION:** This class is designed for the active older adult and has a challenging advanced fitness format. Cost: \$5/class



Move It, Shake It, Lift It!

Wednesdays, 2:00 pm

Jul 10, 17, 24, 31 and Aug 7, 14, 21, 28 (no class 7/3)

Instructor: Randi Sharek

Join Randi for a 45-minute class in which you will use fitness tools to perform cardio, strength and flexibility exercises. The use of these tools (weights, bands, and fitness machines) enables a diverse, unique and fun workout program. Cost: \$5/class



Evening Yoga & Meditation

Wednesdays, 5:00 pm

Jul 3, 10, 17, 24, 31 and Aug 7, 14, 21, 28

Instructor: Nikhil Sole

Zoom 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



Drum Fit has quickly become popular at the Center. You get a great workout seated or standing. The balls serve as drums and as stretching tools during the cool down part of the class. Try it!

Drum Fit Cardio Drumming

Thursdays, 11:00 am

Jul 11, 18, 25 and Aug 1, 8, 15, 22, 29 (no class 7/4)

Instructor: Stephen Cadigan

Join us for this fun class that will help you increase cardiovascular fitness, and improve your balance and flexibility! Using the drumsticks provided, you will drum on a yoga ball to the beat of great music while following a cardio routine led by Stephen. Participate standing or seated. This class can be enjoyed by anyone regardless of fitness level. Come in to try or just to take a look. Cost: \$5/class



Arthritis Class

Thursdays, 2:00 pm

Jul 11, 18, 25 and Aug 1, 8, 15, 22, 29 (no class 7/4)

Instructor: Stephen Cadigan

Zoom 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.



THURSDAYS

Tai Chi & Qigong

Thursdays, 10:00 am

Jul 11, 18, 25 and Aug 1, 8, 15, 22, 29 (no class 7/4)

Instructor: J. Scott Brumit

Zoom Meeting ID: 841 2153 1726 Passcode: 569547

Tai Chi is a slow-motion, moving meditative exercise for relaxation and health. Join Scotty on Zoom to take advantage of the many health benefits. Cost: Free



S-t-r-e-t-c-h-o-l-o-g-y

Thursdays, 5:15-6:00 pm

Jul 11, 18, 25 and Aug 1, 8, 15, 22, 29 (no class 7/4)

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 wellbeing. Some exercises will be performed on the floor (can be adapted for those who can't get on the floor). Mats provided. ATTENTION: This class is designed for the active older adult and has a challenging advanced fitness format.

Cost: \$5/class



SATURDAYS

Tabata

Saturdays, 9:45 am

Jul 13, 20, 27 and Aug 3, 10, 17, 24, 31 (no class 7/6)

Instructor: Lisa Cadigan

Zoom Meeting ID: 814 0515 8908 Passcode: 821835

This high-intensity interval training class consists of 8 rounds of strenuous exercise for 20 seconds followed by 10 seconds of rest or slow movement. ATTENTION: This class is for the active older adult and has an advanced fitness format. Cost: \$5/class



Arthritis Class

Saturdays, 10:15 am

Jul 13, 20, 27 and Aug 3, 10, 17, 24, 31 (no class 7/6)

Zoom 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.



FRIDAYS

Seated Strength & Balance

Fridays, 10:30 am

Jul 5, 12, 19, 26 and Aug 2, 9, 16, 23, 30

Instructor: Pearl Pressman

Zoom 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



Floor, Core & More

Fridays, 1:00 pm

Jul 12, 19, 26 and Aug 2, 9, 16, 23, 30 (no class 7/5)

Instructor: Lisa Cadigan

Zoom 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. ATTENTION: This class is designed for the active older adult and has a challenging advanced fitness format. Cost: \$5/class



Social Security Imposter Scam

Social Security Administration (SSA) imposters contact prospective victims by telephone and falsely claim the victim's Social Security number (SSN) has been suspended because of suspicious activity, or because it has been involved in a crime. They ask to confirm the victim's SSN, or they may say they need to withdraw money from the victim's bank and to store it on gift cards or in other unusual ways for "safekeeping." Victims may be told their accounts will be seized or frozen if they fail to act quickly.



Perpetrators often use robocalls and caller ID spoofing to make it look like the SSA is calling. With such trickery, perpetrators convince victims to give up their SSN and other personal information.

If you get a call from the SSA that seems threatening or the caller asks for personal information, hang up and call the real SSA at 1-800-772-1213 to verify if the call you just received was real. If it was a scam, call the Office of the Inspector General's fraud hotline at 1-800-269-0271 to file a report.

Weekly Drop-In
Groups & Games

Monday

Beginner Bridge	10:00 AM – 12:00 PM
Beg./Experienced Canasta Lessons and Games	12:30 PM – 3:00 PM
Hand & Foot Game	12:30 PM – 3:00 PM
Mahjong (Intermediate)	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
Intermed. Bridge @ Night	5:00 PM – 7:00 PM
Poker/Cards/Pool	5:00 PM – 8:00 PM

Wednesday

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

Thursday

Experienced Bridge	9:00 AM – 12:00 PM
Knitting with Friends	10:00 AM – 12:30 PM
Mahjong (Intermediate)	12:30 PM – 4:00 PM
Duplicate Bridge	12:30 PM – 3:30 PM
Canasta & Mahjong @ Night	5:00 PM – 7:00 PM

Friday

Beginner Bridge	10:00 AM – 12:00 PM
Bingo	10:30 AM – 11:30 AM
Mahjong (Experienced)	12:30 PM – 4:00 PM
Rummikub	1:00 PM – 4:00 PM

MONDAYS

Reiki with Charlene Smith

Mondays, 10:00 - 11:00 am

Jul 1, 8, 15, 22, 29 and Aug 5, 12, 19, 26



Reiki is an energy healing technique that promotes relaxation and reduces stress and anxiety through gentle touch. Reiki Master Charlene Smith is now offering 15-minute, one-on-one Reiki appointments at the Center. Call to register. Cost: Free

Kerrie Cusack's Monday Meditation

Mondays, 11:00 am

Jul 1, 8, 15, 22, 29 and Aug 5, 12, 19, 26

Meeting ID: 137 719 908 Password: 713980

Kerrie will have you focused, centered and relaxed as you begin your week. If you've never tried meditation, this is a great time to give it a go!

Cost: Free

Beginner/Experienced Canasta
Lessons & Games

Mondays, 12:30-3:00 pm

Jul 1, 8, 15, 22, 29 and Aug 5, 12, 19, 26

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. Cost: Free

Ron's Historical Movie & Discussion Group

Mondays, 1:00 pm

Jul 1, 8, 15, 22, 29 and Aug 5, 12, 19, 26

Meeting ID: 850 1408 7723 Password: 881305

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 & more. Cost: Free

TUESDAYS

Blood Pressure Clinic

Tuesdays, 9:00 – 11:00 am

Jul 2, 9, 16, 23, 30 and Aug 6, 13, 20, 27

A nurse from Needham Public Health is here to make sure we are healthy. Just drop in! Cost: Free

Mindful Living with Lisa

Tuesdays, 10:00 am

Jul 2, 9, 16, 23, 30 and Aug 6, 13, 20, 27

Meeting ID: 886 1212 7278 Passcode: 126379

Enjoy calming breathwork, meditations, mindful awareness practices, meditations for kindness and compassion, and 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/class



Current Events Discussion Group

Tuesdays, 10:30 am

Jul 2, 9, 16, 23, 30 and Aug 6, 13, 20, 27

Email Gerry Koss (host) at gerrykoss@gmail.com to request an invitation to join Zoom.

The moderator will provide a concise update of the past week's news followed by discussion. All are encouraged to bring up additional topics and all have the option to speak and/or listen. Participants must have an initial Zoom invitation, which is good for recurring meetings. Cost: Free



Vintage Voices

Tuesdays, 1:00 pm

Aug 6, 13, 20, 27 (No Vintage Voices in July)

Join our Center choral group each week as we sing some of our old-time favorite songs accompanied by our friends Margie Brodsky and Carlo Cocuzzo



Vintage Voices participants met for a lovely dinner at Masala Art in Needham where group co-accompanist Carlo Cocuzzo plays keyboard on Thursday evenings.

Ballroom Dance with Betty

Tuesdays, 2:30 pm

July 9, 16, 23, 30 – Tango

August 6, 13, 20, 27 – Cha-Cha

Betty Hood has been teaching ballroom dance for over 20 years and through the Senior Center for over 10 years. She is a fantastic teacher! Couples and singles are welcome. Changing partners will be optional. Masks are also optional. Cost: \$5/class



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

Tuesdays, 4:00 pm

Jul 2, 9, 16, 23, 30 and Aug 6, 13, 20, 27

Google Meet video call link:

<https://meet.google.com/xmc-wfvq-daq>

Ben is a trained illustrator who will teach you how to develop your 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/class



Board Games & Cribbage

Tuesdays, 5:00—7:00 pm

Jul 2, 9, 16, 23, 30 and Aug 6, 13, 20, 27

Come to play some games and be social. This is not an organized event. So, bring a friend or cll ahead to see if others will be here to play. Cost: Free



Poker/Cards/Pool at the Center

Tuesdays, 5:00 – 8:00 pm

Jul 2, 9, 16, 23, 30 and Aug 6, 13, 20, 27

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



Intermediate Bridge at Night

Tuesdays, 5:00–7:00 pm

Jul 2, 9, 16, 23, 30 and Aug 6, 13, 20, 27

We can't get enough bridge. So get out of your house and join us for some fun!



Movie Night at the Center

Tuesdays at 6:00 pm

Jul 9, 23 and Aug 13, 27

Come in two evenings each month to enjoy a movie starting at 6pm on our big screen. Bring friends or come on your own. Cost: Free



WEEKLY CLASSES

Registration is required for all classes

WEDNESDAYS

Bingo

Wednesdays, 10:30 am

Jul 3, 10, 17, 24, 31 and Aug 7, 14, 21, 28

Join your friends for a few rounds of bingo! Small prizes will be awarded. Drop in. Cost: Free



CATH Open Art Studio

Wednesdays, 11:30 am – 2:30 pm

Jul 3, 10, 17, 24, 31 and Aug 7, 14, 21, 28

Our Art Room is open during this time for artists to bring in their materials and work on their “piece of the day.” Come in to take advantage of the natural light from our wall of windows or collaborate with other local artists. Cost: Free

Opinion History with Ron

Cancelled until further notice

This program has been cancelled until further notice. Ron will be taking a break. If you or someone you know would like to lead this program, please reach out to Aicha at akelley@needhamma.gov.

Seeking New Programs and Instructors!

We're always looking for new and interesting programs to add to our schedule. If you teach or lecture on a topic of interest to seniors and would like to become an instructor at the Center; or if you've seen a program or activity somewhere else that you'd like for us to offer, please reach out to our Assistant Director of Programming Aicha Kelley at akelley@needhamma.gov or 781-455-7555.

THURSDAYS

Veterans Agent Hours

Thursdays, 9:00 am–4:00 pm (except on July 4th)

TJ Tedeschi, our Veterans Agent, is here on Thursdays to help you with problems that confront veterans, their widows, widowers, and dependent children. He can help you with a variety of things, including obtaining your benefits from the VA. To schedule a meeting with TJ, call 781-489-7509.



Weekly Shopping Trips



Council on Aging vans make weekly trips to several Needham grocery and drug stores. Needham residents can board our vans at the Center at the Heights or get picked up and dropped off at home. If you'd like to get out to do a little shopping, call Stephan, 781-455-7555 x204 to reserve your seat a minimum of 24 hours in

Sudbury Farms

Every Wednesday

Jul 3, 10, 17, 24, 31 and Aug 7, 14, 21, 28

Our van driver will pick you up from your home around 1:30 pm and return you to your home at about 2:45 pm. Total shopping time is 1 hour. Cost: \$2

Market Basket Waltham

Every other Wednesday

Jul 10, 24 and Aug 7, 21

Our van driver will pick you up from your home around 1:15 pm. After an hour of shopping time, the van will return you to your home. Cost: \$3

Trader Joe's, CVS & Walgreens

Every Thursday

Jul 11, 18, 25 and Aug 1, 8, 15, 22, 29

(There is no shopping on 7/4 due to the holiday.)

Our van driver will pick you up at the Center or your home around 10:00 am. They will drive you to Trader Joe's and/or the drug stores and return you to your home. Cost: \$2

Great Plain Traders

Thursdays, 9:30 am

Jul 11, 18, 25 and Aug 1, 8, 15, 22, 29 (closed 7/4)

This group talks all things stock market related. New members are always welcome! Cost: Free



Knitting With Friends

Thursdays, 10:00 am-12:30 pm

Jul 11, 18, 25 and Aug 1, 8, 15, 22, 29 (closed July 4th)

Bring your knitting to the Center to work on while you socialize with others. It is also a great opportunity for finding and offering inspiration and assistance with your projects. Cost: Free



Life After Loss Grief Group

Thursdays, 10:00-11:30 am

Aug 1, 8, 15, 22, 29 (Group will not meet in July)

This Group meets in the Memorial Room at the Episcopal Church, 1132 Highland Ave., Needham. Nikki, a Chaplain at West River Hospice, offers her weekly bereavement group that follows an open spiritual path to process the loss of loved ones. Even if you don't want to share, listening and realizing you are not alone could help. Cost: Free



Pool Hall Nights

Thursdays, 5:00 – 8:00 pm

Jul 11, 18, 25 and Aug 1, 8, 15, 22, 29 (closed July 4th)

Drop in to play on your own, bring some friends, or join others who may also be here to play. This is not an organized activity. Cost: Free



Canasta & Mahjong at Night

Thursdays, 5:00–7:00 pm

Jul 11, 18, 25 and Aug 1, 8, 15, 22, 29 (closed July 4th)

Drop in to join others who may already be here or bring your friends to play. This is not an organized activity. Game sets are provided. Cost Free



Bingo

Fridays, 10:30–11:30 am

Jul 5, 12, 19, 26 and Aug 2, 9, 16, 23, 30

Join your friends for a few rounds of bingo! This is lighthearted, casual fun. Small prizes are awarded to winners. Drop in. Cost: Free



We play Bingo at the Center every Wednesday and Friday from 10:30-11:30am. You are welcome to bring a friend to play, or come and make new friends. There are always lots of laughs!

Short Story Discussion Group

Fridays, 12:00 pm

Jul 5, 12, 19, 26 and Aug 2, 9, 16, 23, 30

Meeting ID: 894 4350 9457 Passcode: 623397

Join this interesting discussion group. The weekly story will be posted in Aicha's Highlights email.

Cost: Free



Center Cinema

Fridays, 1:00 pm

Jul 5, 12, 19 and Aug 2, 9, 16, 30

Bring your friends and join us most Fridays for a movie on the big screen. Check Aicha's Highlights or call our Front Desk to learn the movie title each week. Cost: Free



Demystify Technology with Techie to the Rescue

Fridays, 1:30 pm

Jul 5, 12, 19, 26 and Aug 2, 9, 16, 23, 30

Meeting ID: 850 5749 7471

Our friend and tech superhero Avrom will answer your technology questions and will discuss technology news topics each week. Cost: Free



FRIDAYS

Needham Creative Writing Crew

Fridays, 10:00 am

July 5, 19 August 2, 16

Meeting ID: 862 5244 5587 Passcode: 889695

This group will teach you tools and tips to hone your writing skills. You will help one another with writing techniques, share writing samples, and talk about your shared love of writing. All genres of writers are welcome. Cost: Free



Demystify Technology with Techie to the Rescue

Fridays, 1:30 pm

Jul 5, 12, 19, 26 and Aug 2, 9, 16, 23, 30

Meeting ID: 850 5749 7471

Our friend and tech superhero Avrom will answer your technology questions and will discuss technology news topics each week. Cost: Free



SPECIAL EVENTS

Registration is required for all programs

Center Welcome Wagon in the Cafe

Friday, July 5 (every first Friday), 9:30 am

Join the Programming Team on the first Friday of the month to welcome any newcomers. Bring your programming ideas – we are here for you! Just pop in! Cost: Free



Center Birthday Club

Friday, July 5, 12:30 pm

Join us in the Café the first Friday of every month to celebrate our July birthdays. Help us sing and enjoy a birthday treat. Cost: Free



The Sixties with Deb Block

Monday, July 8 at 1:00 pm

The sixties are described as kaleidoscopic with diverse trends in music, movements and fashion like The Motown sound, the British Invasion, Woodstock, bell bottom jeans, mini-skirts, and white leather boots, student protests, free love, and equal rights. Were the baby boomers' messages comparable at all to the agenda of today's youth? Enjoy this look back in time via lecture and video led by Theatre Director and Film Educator Debra Block. Cost: Free



Caregiver Support Group

Monday, July 8, 4:00 pm

Email jrice@needhamma.gov for a Zoom link. This group offers members the chance to share experiences, information, and encouragement. Caregiving can be a lonely and isolating experience but, this group helps to connect individuals with others facing similar challenges to share new perspectives, tools and approaches related to the caregiving journey. Cost: Free



MetroWest Legal Clinic VIA Phone or Zoom

Tuesday, July 9, 10:00/10:30/11:00/11:30 am

Metrowest Legal Services provides free legal aid to seniors on housing, public benefits and social security matters; durable power of attorney, health care proxy and simple probate matters; Medicaid, nursing home issues, limited domestic relations; consumer and bankruptcy. Email Aicha at akelley@needhamma.gov to register for your 30-minute consultation. Cost: Free



Safe and Home Accessible Home Updates

Tuesday, July 9, 11:00 am

Did you know that 34% of older respondents recognize they may need to make physical changes to their home to age in place safely, and 6+ out of 10 adults would like to remain in their community or residence as long as possible?

What are the necessary modifications, how are they done, and how much do they cost? Come and learn how to modify your house so you can live in it safely, longer. Neil Garceau of Oakley Home Access of Greater Boston will show you what should be done and how much it will cost. Betsy Millane, local Realtor, will point out the value of creating a beautiful and safe environment in your home. Cost: Free



Dinner on The Deck

Tuesday, July 9, 6:00 pm

One of our favorite summertime events is back. Join us for a complimentary dinner on our beautiful rooftop deck. Space is limited and registration is required by Wednesday, July 3 to attend. Cost: Free.



Chair Massage with Kris

Wednesday, July 10, 10:00 am - 12:00 pm

Register for your 15-minute chair massage with Kris. Please wear comfortable clothing. Cost: Free. Tips are appreciated.



Hearing Aid Clinic with Paul

Wednesday, July 10, 10:00 – 11:00 am

Paul Dole of Flynn Hearing Aids comes to the Center monthly to conduct hearing aid clinics. Paul will clean and check your existing hearing aids, do some light wax removal, make small repairs (if he has the parts available), check and replace your batteries, and answer any questions you have on hearing loss and hearing aids. Cost: Free



Lunch Chat with Debbie



Wednesday, July 10 12:00 pm

Get together with others at the Center to catch up, chat and eat! Lunch is provided. This program is led by Speech and Language Pathologist Debbie Maibor. Cost: Free

Convey Your Personal Values with a Legacy Letter



Wednesday, July 10 1:00 pm

A Legacy Letter is a written document of your values, experiences, and hard-earned life lessons. The letter can also express hopes, blessings, explanations, forgiveness, and gratitude. Creating a Legacy Letter can be fun, positive and healing and a great opportunity for self-examination which can lead to psychological and spiritual growth and improved physical health. Miriam Diamond will be here to show you how to create your own. Join us! Cost: Free

Health Forum with Stephen Cadigan: Osteoporosis



Wednesday, July 10, 3:00 pm

Meeting ID 846 9467 8507 Passcode: 820350
Osteoporosis is a condition where the body's ability to grow new bone tissue cannot offset the natural process of bone degeneration. This causes the bones to become brittle and decrease in density. Osteoporosis causes breaks and other problems, especially in the spinal column. Come discuss the causes, warning signs, and things we can do to stave off this devastating process. Cost: Free

Crafts with Kelley the Cop



Wednesday, July 10, 3:00 pm

Needham Police Officer Kelley Scolponeti teaches a monthly craft class at the Center. This class is creative, social, and so much fun! Cost: Free

Low-Vision Support Group



Thursday, July 11, 10:30 am

Are you experiencing reduced vision and wonder how to cope with this change? Do you have tips for others whose vision has diminished? Would you like to learn about helpful resources and devices that may be useful to you? Come to the Center for this monthly support group along with the Massachusetts Association for the Blind and Visually Impaired for adults 55 and over with low vision or blindness. Cost: Free

Field Trip to Castle Island & Sully's



Thursday, July 11, 10:00 am - 2:00 pm

Celebrate Beach Week with us at Castle Island! Walk around the old fort, put your toes in the sand and water, and enjoy the fresh ocean air. Meet back up with the group at Sullivan's for a delicious lunch! (You buy your own lunch.) Register in advance. Space is limited. Cost: \$5 for van



Lunch and Learn: Be Safe from Melanoma



Thursday, July 11, 11:00 am

Join us for an educational presentation led by BID Needham Dermatologist Dr. Hyemin Pomerantz designed to deepen your understanding of melanoma awareness. Learn to recognize the early warning signs, empowering you to take proactive steps in early detection. You will discover the array of risk factors contributing to melanoma development and gain valuable insights into effective prevention strategies. Cost: Free

Overcoming Hip Pain & Weakness with Elliott Physical Therapy



Thursday, July 11, 12:00 pm

Hip pain is a common ailment, but it does not have to limit your activity. Our Doctor of Physical Therapy will address the common causes of hip pain and what you can do to reduce your pain, and remain strong and active as you age. Refreshments provided. Cost: Free

Rob Natoli Swing Band Summer Party



Thursday, July 11, 1:00 pm

Come to enjoy one of our favorite musicians, summer goodies and refreshments! Cost: Free

SPECIAL EVENTS

Registration is required for all programs

Silk Scarf Painting

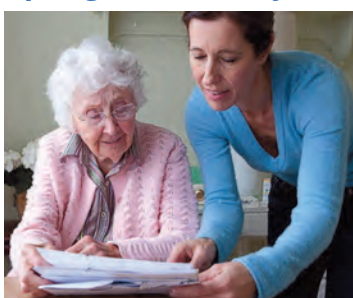
Monday, July 15, 11:00 am

Join Karen Halloran from Eliot Nursing to paint a beautiful silk scarf that you will take home at the end of the class. Karen will provide instruction, the scarves and all the materials you will need. Please wear your painting clothes! You must register in advance to participate. Cost: Free



once diagnosed, venous disease can cause a range of symptoms that significantly impact an individual's lifestyle, including pain, discoloration, and ulceration. Come to learn more about the disease as well as the minimally invasive treatment options commonly used today. Register by July 11th to receive a lunch. Cost: Free

Springwell's Money Management Program



Monday, July 15, 11:00 am
Taking care of monthly bill paying and maintaining a budget can be overwhelming for some people due to aging or physical limitations. Springwell's Money Management Program

provides a little support with managing finances to help older adults maintain their independence. An assigned volunteer visits on a monthly basis to assist with things like paying bills, keeping track of banking records, or handling other issues related to personal finances. If you or someone you know could benefit from this program, please join us! Certain income and asset guidelines apply. Cost: Free



Reverse Mortgage 101

Wednesday, July 17, 11:00 am

Please join David Tourtillott, CRMP® (Certified Reverse Mortgage Professional) for an educational workshop on the topic of Reverse Mortgages (RM). He will discuss pros & cons, who is a good candidate for a RM, how they work, what HUD & FHA's role is on this Federally Insured Mortgage Program, how to use a RM when purchasing a new home or to help cover the costs of aging in place, and how to use one as a retirement planning tool. Cost: Free



Piano Concert by Ro Gupta

Wednesday July 17, 1:00 pm

Ro started playing classical piano as a child and practices daily to share music with anyone willing to listen. In her daily life she is a VP of Strategic Marketing for a financial services company in Boston. Piano is her passion. Come by to enjoy her beautiful music. Cost: Free



Tips to Improve Memory

Monday, July 15, 1:00 pm

Our friends from Eden Home Care will share tips for memory help which can benefit everyone! These tips in the areas of exercise, sleep, brain training, mindfulness, memory techniques, healthy diet, organization and more can improve our memories and our lives. Cost: Free



Drop In with Debbie

Thursday, July 18, 11:00 am

Come join this sociable group to catch up with each other, discuss current events, share issues on your mind, review upcoming programs at the Center, share resources, etc. Contact: Debbie Maibor for more information: dmaiborslp@gmail.com. Cost: Free



Express Yourself

Tuesday, July 16, 11:00 am

These sessions, presented by Speech and Language Pathologist Debbie Maibor, focus on using your expressive skills through fun language games and activities. Join us! Cost: Free



Self-Care Series with Lynn: How to Talk to Your Doctor & Be Your Own Advocate

Thursday, July 18, 11:00 am

In the current healthcare environment, patients must learn to become their own advocate. Lynn Croft is a Professional Healthcare Advocate. Her program not only educates with the keys to better communication but includes useful handouts that can be used as guides. Her goal is to educate the public for better outcomes from their physician visits! Cost: Free



Lunch & Learn with Vascular Care Group

Tuesday, July 16, 12:00 pm

In this educational lecture Board-certified vascular surgeons will teach us the causes and symptoms of venous disease, which affects an estimated 6.5 million people every year. Although easily treatable



Lunch & Write: Veteran's Short Story Writing with Zvi Sesling



Thursday, July 18, 11:00 am

Calling all veterans of the armed forces to join Poet and Author Zvi Sesling for this opportunity to put your story (or someone else's) on paper. Register by July 15th to receive a lunch. Cost: Free

Hearing Aids: OTC vs. Prescription



Thursday, July 18, 1:00 pm

Over the counter (OTC) hearing aids are readily available online, at pharmacies, and at offices of some healthcare providers. But which OTC hearing aids are the best? Which are worth a try? And which are worthless? We have evaluated all of accessible OTC hearing aids on the market and have concluded that: some OTC hearing aids are not only worthless they may be dangerous; some are cheap yet effective; and some are very good and relatively inexpensive. Join Dr. Mark Parker for this lecture explaining the current OTC market and a comparison to traditional prescription hearing aids. Cost: Free



Anne Frank - A Life to Remember: A Story of Perseverance, Hope, & Love



Monday, July 22, 1:00 pm

Sheryl Faye portrays Anne Frank in this one-woman performance as part of her Historical Women repertoire. This story starts on July 6, 1942, in the secret annex and gives you a taste of what life was like for Anne. In this world where there is a lot of hate, this a program about perseverance, hope, and love. Cost: Free

Cultural Connection



Tuesday, July 23, 11:00 am

Let's get together to discuss, share, and learn about each other's backgrounds and cultures. Please bring photos, items, foods, music, etc., which exemplify your traditions and culture. Hosted by Speech and Language Pathologist Debbie Maibor. Cost: Free

Defining Your Aging Goals



Wednesday, July 24, 1:00 pm

Senior Living Advisor Michelle Woodbrey, co-owner of 2Sisters Senior Living Advisors, will be here to discuss the types of goals that people have about how they wish to age. Staying at home, never going to a nursing home, or staying together with a spouse are among the most common aging goals. We will review the types of options for receiving care and the costs associated. The objective of this discussion is to identify how to determine your budget based on your aging goals. Cost: Free

Coffee Talk with Wingate: Skin Care & Health



Thursday, July 25, 10:00 am

Join our friends from Wingate as we go over simple skincare. Limelife by Alcone is all about enhancing your inner beauty. They provide non-toxic skin and haircare in addition to professional makeup. Cost: Free

UFOs and Spy Balloons in the News



Thursday, July 25 1:00 pm

Join podcaster, paranormal enthusiast, and MA native, Christopher Torres as he takes you through the most recent developments on the topic of UFOs, including the New York Times article that broke the official UFO reports. Chris will review exactly what government officials and prominent scientists have said, both on and off-the-record about UFOs (now known as UAPS), and what we might see next. If you are curious about the unknown, then this is the talk for you. Cost: Free



Red Cross Blood Drive at the Center



Friday, July 26, 9:00 am - 2:00 pm

To make your appointment, go online to <https://www.redcrossblood.org/give.html/drive-results?zipSponsor=NeedhamCBD>



Blood Sugar Control with BID Needham Nutrition Services

Tuesday, July 30, 11:00 AM

Do you want to take control of your blood sugar? Join the dietitians from BI Needham to learn about carbohydrates and how to best optimize your blood sugars. There is a lot of talk about carbohydrates, and we want to ease your mind and help you feel confident with choosing what will benefit you best. Whether or not you have diabetes, this is a topic everyone can benefit from! There will be a balanced snack provided to those who attend. The event will end with a Q&A where we can dive deeper into your questions on this topic. Cost: Free



Tea: A Medley of History, Anecdotes and Stories with Anthony Sammarco

Wednesday, July 31, 1:00 pm

This lecture by Anthony Sammarco is a fascinating look at how tea has been enjoyed over the centuries, from its origins in China and India as the *Camellia Sinensis*—an evergreen growing primarily in tropical and sub-tropical climates—to its adoption by Britain and its colonies in the eighteenth century as the drink of choice. It was even once part of the Boston Tea Party during the American Revolution. Cost: Free



The Importance of Compression Socks

Wednesday, July 31, 12:15 pm

Chances are, you've probably seen compression socks before — specially made stockings that gently squeeze around legs at various lengths. But if you've never had to use them, you may not know that compression socks help by:

- ◆ Increasing circulation and blood flow in your legs.
- ◆ Decreasing swelling in your legs and ankles.
- ◆ Preventing blood from pooling in your veins.
- ◆ Preventing blood clots.
- ◆ Improving lymphatic drainage.
- ◆ Helping to reduce pain and discomfort.

From their medical advantages to the misconception about age-appropriate use, join us to learn more about compression socks! Cost: Free



Sing Along with Alan Cohen: Country Crossover Songs

Thursday, August 1, 1:00 pm

Center favorite Alan Cohen will be back with a sing along featuring "country cross over songs." These are country songs that crossed over into mainstream popular music that you may not have known were country songs. You'll be surprised how many songs you didn't know had country music roots! Cost: Free



Vein Screening with Vascular Care Group

Monday, August 5, 8:30 am – 12:00 pm

The Vascular Care Group is here to conduct vein screenings. Book your 10-minute screening appointment today. It's better to be safe than sorry! Cost: Free



MetroWest Legal Clinic VIA Phone or Zoom

Tuesday, August 5, 10:00/10:30/11:00/11:30 am

See description on page 16.



Mark West Piano Concert

Monday, August 5, 12:30 pm

Accomplished pianist and local music instruction business owner Mark West shares his beautiful music with us each month. Join us! Cost: Free



Lunch Chat with Debbie

Wednesday, August 6, 12:00 pm

See description on page 17.



Have your recent internet searches
looked like this?

- Q What is Alzheimer's Disease
- Q Alzheimer's support groups near me
- Q Dementia diagnosis and next steps

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SPECIAL EVENTS

 = In Person  = Zoom

Dinner on The Deck

Tuesday, August 6, 6:00 pm

See description on page 16.

Chair Massage with Kris

Wednesday, August 7, 10:00 am - 12:00 pm

See description on page 16.

Understanding Hospice Vs. Palliative Care

Wednesday, August 7, 11:00am

Did you know that most health insurance plans cover a medical specialty dedicated to maximizing your quality of life despite a disease, easing both physical and emotional pain? Palliative care offers all of this, while the rest of your care team focuses on curing your medical condition. In this talk by Matthew Smith of Hebrew SeniorLife, find out more about palliative care and how it relates to hospice care. Smith will provide an overview of both palliative and hospice care, who can get each, what services are included, how the admissions process works, and what patients can expect. Cost: Free

Friends Annual Ice Cream Social

Wednesday, August 7, 1:00 pm

Join our wonderful Friends of the Center at the Heights for their delicious and fun Annual Ice Cream Social. Enjoy yummy ice cream with a variety of toppings and, of course, whipped cream! While you're here you will also get the opportunity to catch up with our staff, Needham Police Department (who helps serve) and your neighbors and friends! Cost: Free



The Corvettes Doo Wop Revue

Wednesday, August 7, 2024

Check out the Corvettes Doo Wop Revue at Lake Pearl in Wrentham, MA! This nationally touring group brings you some of the great hits including *Come Go with Me - Little Darlin, Whole Lotta Shaking Goin On, Rock Around the Clock, Splish Splash, Shake Rattle and Roll*, and more! Plated luncheon included. Cost: \$125 pp. includes transportation, lunch, show, tax & gratuity.



Upcoming Trips

For more information or to register for these upcoming trips offered by Best of Times Travel, call 781-455-7555 or email kmarchilonis@needhamma.gov

Simon Pearce Glassblowing, King Arthur Flour & Fall Foliage in Quechee Gorge, Vermont

Thursday, September 12, 2024—Cost: \$189 pp

Happy 2 Gather Peace Love Music

Wednesday, September 18, 2024

Lake Pearl, Wrentham, MA — Cost: \$129 pp

New Hampshire's Turkey Train

Lake Winnepesaukee & Central New Hampshire

Wednesday, October 2, 2024 — Cost: \$159 pp

Journey to Highclere Castle with Sicilian Tenors

Wednesday, November 13, 2024

Lake Pearl, Wrentham, MA — Cost: \$129 pp

Kenny & Dolly: A Smoky Mountain Christmas

Wednesday, December 4, 2024

Lake Pearl, Wrentham, MA — Cost: \$129 pp



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

06-5329

SPECIAL EVENTS

 = In Person  = Zoom

Low-Vision Support Group

Thursday, August 8, 10:30 am

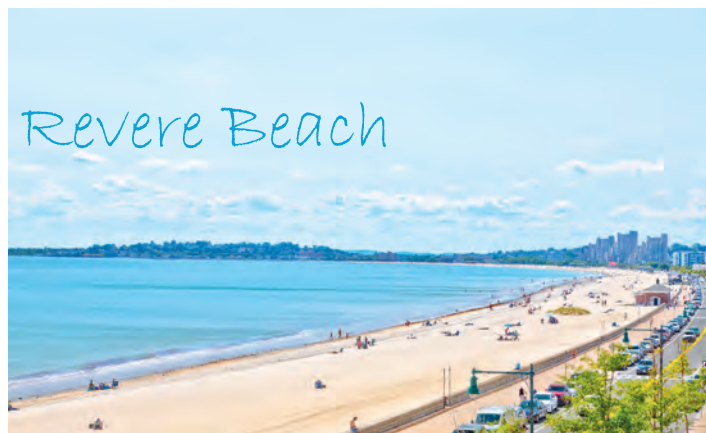
See description on page 17.



Field Trip to Revere Beach

Thursday, August 8, 9:30 am - 2:30 pm

Back by popular demand! We are heading to Revere Beach for a day filled with fun! Did you know Revere Beach was the first ocean beach in the US? Also, it's a national historic landmark. Enjoy a beautiful day on the sand or just walk along the waterfront. Top it all off with lunch at the original Kelly's Roast Beef. (You pay for your own lunch.) Registration is limited to 14 people. Cost: \$5 for the van



How to Spot Scams and Fraud with the Better Business Bureau

Thursday, August 8, 11:00 am

Worried about getting taken in by the latest scam? Worried that your ID could be stolen and you'd suddenly find yourself saddled with thousands of dollars of surprise bills? Join us for a discussion with Danielle Bass, Community Relations Manager with the Better Business Bureau, on current scams and what the BBB is doing to educate consumers and prevent victimization by scammers. Cost: Free



Lunch & Learn With Elliott Physical Therapy: Balance and Fall Prevention

Thursday, August 8, 12:00 pm

Join us to learn how you can improve your balance to prevent falls and injury. Our physical therapists will teach you about your body's balance systems, provide fall prevention education, and discuss how physical therapy can help with improving your strength and balance to reduce your fall risk, to continue enjoying your favorite activities. Cost: Free



Curious About Cannabis

Thursday, August 8, 1:00 pm

Please join Ayr Wellness as we discuss cannabis and how it may play an important role in improving your health, wellness and longevity. A panel of cannabis industry experts will be on-hand to present relevant information on this emerging industry and its impact on seniors. Bring your questions, concerns, and any myths you may have heard about cannabis. Cost: Free



Cultural Connection

Friday, August 9, 12:00 pm

See description on page 19.



Goldie & Kate with Deb Block

Monday, August 12 at 1:00 pm

Goldie Hawn rose to fame in Rowan and Martin's television sketch comedy Laugh In (1968-70). She received an academy award for best supporting actress in the film, Cactus Flower (1969), and a nomination for best actress in Private Benjamin (1980). She and her daughter Kate are multi-talented actresses, comedians, and dancers. In addition to learning about their professional lives, we will discuss their personal lives. Enjoy this look at Goldie and Kate via lecture and video led by Theatre Director and Film Educator Debra Block. Cost: Free



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

06-5329

SPECIAL EVENTS

Registration is required for all programs

Caregiver Support Group

Monday, August 12, 4:00 pm

See description on page 16.



bilating condition and what you can do to prevent or minimize its effects. Cost: Free

Express Yourself

Tuesday, August 13, 11:00 am

See description on page 18.



Crafts with Kelley the Cop

Wednesday, August 14, 3:00 pm

See description on page 17.



Annual Summer BBQ by Needham Rotary

Tuesday, August 13, 4:30 pm

Our friends from Needham Rotary are coming back to spoil us with burgers, fixings and their delicious homemade sides! We will also enjoy a lively steel drum concert. Register early for limited seating. Cost: Free



Drop In with Debbie

Thursday, August 15, 11:00 am

See description on page 18.



Self-Care Series with Lynn: Elder Fraud

Thursday, August 15, 11:00 am

In the current healthcare environment, patients must learn to become their own advocates. Healthcare Advocate Lynn Croft will educate you on the keys to better communication for better outcomes from visits with your physicians! Cost: Free



Hearing Aid Clinic with Paul

Wednesday, August 14, 10:00 – 11:00 am

See description on page 16.



Piano Sing Along with Mel Stiller

Wednesday, August 14, 1:00 pm

Mel has been playing piano and leading sing alongs at parties, corporate events, public venues, and senior settings for 35 years. Wherever he plays, songbooks are distributed with the lyrics to more than 500 classic rock/oldies, show tunes, and standards. Join us! Cost: Free



Health Forum with Stephen Cadigan: Sarcopenia

Wednesday, August 14, 3:00 pm

Meeting ID 846 9467 8507 Passcode: 820350 Sarcopenia is the natural and involuntary loss of muscle. This loss of muscle decreases strength, which affects balance, activities of daily living, and independence. This process can start as early as the age of 40. Come again to learn more about this de-



Music in Dementia - Finding the Piano

Thursday, August 15, 1:00 pm

Randi Lebar is a retired physician who moved her mother, a lifelong pianist and music instructor, into a memory care unit. Randi has put together this inspirational, educational and entertaining talk about the experience. It focuses on the magic of music in dementia, and includes lessons she has learned along the way about finding meaning and joy in her relationship with her mother, in spite of her mental decline. It includes videos of her mom, who continues to entertain at 96. Randi says, "She is truly the star of the show - I am merely her microphone!" Randi and her mom have both been featured on the ABC Nightly News and WCVB Boston News. Cost: Free



Positive Psychology Part II

Monday, August 19, 1:00 pm

Positive Psychology can enhance the way we experience life and deal with challenges. Join Dr. Miriam Rosalyn Diamond to reap the benefits of awareness, humor, gentle movement, appreciation, and positive connections with others. Everyone is welcome to treat yourselves to this new workshop (whether you enjoyed or missed last Spring's Part I program). You deserve it! Cost: Free





SPECIAL EVENTS

More Comedy Crooners with Frank King



Wednesday, August 21, 1:00 pm

In this lecture by Frank King you'll be smiling as you listen to: amusing ditties by Dean Martin, Allan Sherman, The Merry Macs, and others; the hit tongue-twisting tune based on an English nursery rhyme; a funny lesson from the great Lorenz Hart on how to "dispose" of multiple husbands, and a tribute medley to the most talented novelty song composer of the 1950s. 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, was a news producer/writer at WCVB TV, Channel 5, and an Asst. Professor at Boston University. His lectures draw from the music and art from his personal collection of over 2500 record albums. Cost: Free



Red Cross Blood Drive at the Center

Friday, August 23, 9:00 am – 2:00 pm

To make your appointment, go online to <https://www.redcrossblood.org/give.html/drive-results?zipSponsor=NeedhamCBD>.



Small Changes for a Healthy Lifestyle

Tuesday, August 27, 11:00 am

Learn the impact small modifications, portion control and reading food labels can have on your health. Join Cristiane Dugan and Community Health Educator Christine Emmi from Summit Elder-care PACE for this important lecture. Cost: Free



Parents Don't Like to be Parented

Wednesday, August 28, 1:00 pm

What are the typical concerns of an adult child? When do adult children have to become a parent to their parents? What can an older person do to stay in control of their life and their decisions? According to presenter Michelle Woodbrey, Co-Owner of 2Sisters Senior Living Advisors, it begins with redefining what independence means and helping them decide for themselves how they will feel most comfortable if they need care support. This presentation offers constructive suggestions for older people who do not want to be "parented"



and for those of us who worry about having to parent our parents well. Seniors, bring your adult children with you to this presentation! It will be beneficial for you both. Cost: Free



Heart Healthy Eating Made Simple with BID Needham Nutrition Services

Thursday, August 29, 11:00AM

Join the dietitians from BID Needham for an hour dedicated to the power of nutrition in promoting a healthy heart! Attendees will learn about heart-healthy food choices and substitutions, as well as review practical tips for incorporating heart-healthy eating habits into their daily routine. The event will end with a Q&A session so you can get answers to your questions about following a heart-healthy lifestyle and feel empowered to make more informed choices for your cardiovascular health. A heart healthy snack will be served. Cost: Free



Our Red Sox Opening Day Bash was so much fun! Everyone enjoyed peanuts, popcorn, Cracker Jacks, hot dogs and stellar service by our NPD and volunteers.

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Anne Brain in appreciation of all the volunteers at the Needham senior center
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Marilyn Harris in appreciation of Gene Arcand and tax preparation
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Left: We loved celebrating our friend Joe Marmor on his 96th birthday in May. As a survivor of the Holocaust, birthdays take on an extra special meaning for Joe and his beautiful family.

Right: During the Center's Yom HaShoah (Holocaust Memorial) program, Holocaust Educator Amy Degen (pictured at far right) shared about her project restoring a cemetery in Bialystok, Poland as a memorial to her family who were killed in the Holocaust.



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FRIENDS OF THE CENTER AT THE HEIGHTS

LETTER FROM THE PRESIDENTS

Dear Center Participants and Donors,

The Friends hope that you enjoyed the variety of programs offered in May and June. The staff work diligently to book interesting programs and activities. Please register for them in person or by phone at the front desk. Stop buy the Boutique when you are at the Center. There are always good buys, and your purchases help to support the Friends. Please mark Wednesday, August 7 (Annual Ice Cream Social) and Friday, September 13th (Annual Strawberry Shortcake Social), on your calendar for these special Friends events.

It is now summer - a time of optimism, joy, warmth, outdoor activities, long days, brightness, and fresh fruits and vegetables! July is when the Dog Days of summer take hold. We celebrate Independence Day on the 4th with parades, fireworks, and picnics. Islamic New Year is the 7th. French-fry Day is the 12th. Bastille Day is the 14th. National Hot Dog Day is the 17th. National Ice Cream Day is the 21st. July's full moon occurs on the 21st and is called the Buck Moon, as male deer regrow their antlers. July has Cancer and Leo as the Zodiac Signs. Ruby is the birthstone. The flowers are larkspur and waterlily.

August is the final month of summer. There are no national holidays, but the special days are: Watermelon Day on the 3rd; Chocolate Chip Cookie Day and Friendship Day on the 4th; Book Lover Day on the 9th; Elephant Day on the 12th; Radio Day on the 20th; Senior Citizen Day on the 21st; and National Dog Day on the 26th. The Sturgeon Moon is the full moon on the 19th. August birth stones are peridot and onyx. The flowers are poppy and gladiolus. Zodiac signs are Leo and Virgo.

Friends, thank you for your annual membership fee of \$25. Your money goes towards the payment of our Compass Newsletter, Café supplies, and wonderful programs.

Carol, Anne, & Beverly

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SHINE NEWS

Should You Delay Medicare Enrollment?

Most people first become eligible for Medicare when they turn 65. To avoid a lifetime penalty, it is important you sign up during your Initial Enrollment Period (IEP). Your IEP begins three months prior to your 65th birthday, and ends three months past your birthday month. To have Medicare start the month of your birthday, you will want to enroll 3 months before you turn 65, or else it will begin the first of the following month.

There is an exception for people still working past age 65. If you are covered through your employer group health plan and there are 20 or more employees, you may delay enrolling in Medicare without penalty. This also applies

if you are covered through your spouse's current employment. However, once employment ends, other coverage, such as COBRA or a Health Connector plan, will not prevent the penalty.

For further assistance about this or any Medicare issue, contact the SHINE Program. Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health and drug insurance programs. To schedule a SHINE appointment, call 781-455-7555. For other SHINE related matters, call 1-800-243-4636. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible.

