

NEEDHAM COMPASS

SENIOR NEWSLETTER FOR THE CENTER AT THE HEIGHTS

Volunteer Spotlight: Carol Tiffany



Carol volunteers at our Front Desk every Wednesday afternoon. She also gives us endless hours of her time from home and vacation destinations as copy editor for this Newsletter. Carol’s attention to detail is incredible, and we could not produce our large newsletter of programs and events without her eagle eye! Be sure to thank Carol for her generous volunteer commitment to our Center when you see her around town!



Needham Exchange Foundation Donates \$10,000 to Help Refurbish Center’s Deck

The Center’s rooftop deck is an outdoor oasis for many Needham seniors who no longer have patios, yards or access to outdoor seating spaces. It’s also a place where they can garden, dine with friends and just soak up some sun. As you can imagine, after more than 10 years in the elements, it can use some refurbishing. Thanks to a generous donation from the Needham Exchange Foundation, our deck can look new again!

Needham Exchange Foundation chair, James Ruelbach, and treasurer, John Terry, presented a gift of \$10,000 to the Friends of the Center at the Heights to aid in refurbishing the Center’s deck. Accepting the donation is Friends treasurer, Anne Brain, Co-Chair, Beverly Pavasaris and board members, Barbara Ryan and Cliff Holbrook; also Executive Director, LaTanya Steele, and COA Board of Director’s Chair and Exchange Club member, Colleen Schaller.

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Center at the Heights Hours

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

The Center will be closed:
September 2
October 14
In observance of holidays



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

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Aicha Kelley

Assistant Director of Counseling & Volunteers

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Izabelle Dick, LCSW
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Jessica Moss, LICSW
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Tom Watson

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Yustil Mejia
Eleno Garcia

From the Director of Aging Services

Dear Friends,

Happy autumn! This summer has flown by and now we are heading into September. Soon we will see the leaves changing colors. It will be dark longer in the mornings and get dark earlier in the evening—all signs that autumn is upon us, and winter won't be far behind.

Some might be sad to see summer end, but I love the fall! It's also my birthday season. Mother Nature paints beautiful landscapes for us, and we can learn a lot from the animals as they stock up for winter and get ready to ride out the cold weather. It's a good reminder for us to be sure we are prepared in case of a big storm. We should be checking the batteries in our flashlights and having our snow blower tuned up or lining up a service to take care of our snow removal. While it's good to be prepared, let's not let the change in weather send us into hibernation like many of our animal friends.

Our Center sure doesn't slow down in the fall or go to sleep for the winter. We want to keep you active and involved. Having programs and activities to look forward to is a great reason to get up and get moving each morning. I look forward to seeing you at the Center. Celebrate the changing of seasons with us!

Warm regards,

LaTanya

"There is a clarity about September ... the sun seems brighter, the sky bluer, the white clouds take on marvelous shapes; the moon is a wonderful apparition, rising gold, cooling to silver; and the stars are so big." — Faith Baldwin



Just look at all the beautiful painted silk scarves created by these participants! Thanks to Karen Halloran from Eliot Nursing for leading this fun and creative class.



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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 resident with disabilities. 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 (781-455-7555), 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 / Shopping Trips

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. Once you are a registered Springwell client, you must call 24 hours in advance to order a lunch. 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.

Spanish Translator

Our friend and certified Spanish translator, Patricia Varon is volunteering translation services for anyone in need. To set up an appointment with her, 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. If you seek 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 Seeks Donations

Come in to check out our beautiful boutique located at the Center at the Heights! We offer great products at reasonable prices. You are also invited to donate items for us to sell in the Boutique. We are currently seeking donations of the following:

- ◆ New or gently used small clothing items (gloves, hats, scarves)
- ◆ New or gently used Vera Bradley products
- ◆ Handcrafted items (knit items, small crafts, etc.)
- ◆ Stuffed animals
- ◆ Hostess gifts (hand towels, soaps, potholders, etc.)
- ◆ New puzzles
- ◆ New health and beauty items

The boutique is operated and staffed by Friends of the Center volunteers. All proceeds go back to the Center to support programming.

Blood Pressure Clinic

Every Tuesday from 9-11am a nurse is at the Center to check your blood pressure. She can also check other vitals like respiration and weight. Register or just drop in to make sure you are healthy!

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

Embracing Change as the Seasons Change

Another season change is upon us. Hot summer days are fading away and cool crisp air is enveloping us. Just as the seasons change, we as people are constantly changing too. Though some of us are eager for cooler air, fall holidays, and warmer sweaters, many of us may struggle with season changes. Here are some tips to help maintain wellness as we transition into a new season.

- ◇ Though the days may be getting shorter, maintaining a routine remains as important as ever. Keep your sleep schedule consistent. Continue to connect with those you care about and if it becomes harder to get out, remember that there are many ways to connect; write a letter, make a phone call, etc.
- ◇ Don't let the change in the season keep you from staying active. Movement in whatever way you can move is valuable for both your physical and mental health.
- ◇ As always, if you feel like you need more support, your CATH Social Workers are here for you.

Please never hesitate to reach out!

—Your Center Social Work Team



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.....	1-800-799-7233
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

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 each month, 10:00–11:00 am

Seabeds Way Community Room

Second Thursday of each month, 11:00 am–12:00 pm

Needham Community Council

Wednesdays at 10:30 am –2:00 pm

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.

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

Sep 9, 16, 23, 30 and Oct 7, 21, 28 (no class 9/2 or 10/14)

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

Sep 2, 9, 16, 23, 30 and Oct 7, 14, 21, 28

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

Sep 9, 16, 23, 30 and Oct 7, 21, 28 (no class 9/2 or 10/14)

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

Sep 9, 16, 23, 30 and Oct 7, 21, 28 (no class 9/2 or 10/14)

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



Big Moves & Loud Shout Class

New!



Mondays, 1:00 pm

Sep 9, 16, 23, 30 and Oct 7, 21, 28 (no class 9/2 or 10/14)

Instructor: Stephen Cadigan

This 45-minute class focuses on techniques founded on the evidence-based protocols of LSVT Big & Loud. It is geared toward people with Parkinson's but is a superb workout for anyone. The format allows the participants to be either seated or standing. It incorporates power and transitional posture movements, weight shifting, trunk rotations,

stepping strategies and voice enhancement drills. The purpose of the program is to improve quality of living, and better activities of daily living. You will also enjoy great music and have fun! Cost: \$5/class

TUESDAYS

Walking Group with JCC Greater Boston & Newton Wellesley Hospital



Tuesdays, 10:30 – 11:30 am

Sep 10, 17, 24 and Oct 1, 8, 15, 22, 29 (No Group 9/3)
Every Tuesday Needham seniors are invited to walk the indoor track at the JCC in Newton. A fitness trainer will be available to walk with the group and answer your questions. This program is a collaboration between the Needham COA, Newton Wellesley Hospital and JCC Greater Boston. In addition, a health specialist from NWH will attend bi-monthly to present important health topics and answer your questions while walking along with you. Registration in advance is required for entrance to the JCC. To register call 781-455-7555. Cost: Free

Train the Brain



Tuesdays, 11:00 am

Sep 3, 10, 17, 24 and Oct 1, 8, 15, 22, 29
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

Sep 3, 10, 17, 24 and Oct 1, 8, 15, 22, 29
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 all 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



FitBall, a new class at the Center taught by Lisa Cadigan, offers participants many fitness benefits.

Come in for one free trial class to see if it is right for you!

Arthritis Class



Tuesdays, 2:00 pm

Sep 3, 10, 17, 24 and Oct 1, 8, 15, 22, 29
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

Sep 3, 10, 17, 24 and Oct 1, 8, 15, 22, 29
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

Sep 4, 18, 25 and Oct 2, 9, 16, 23, 30 (no class 9/11)
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

FITNESS CLASSES

Registration is required for all classes

WEDNESDAYS (CONT.)

LaBlast Cardio Dance

Wednesdays, 10:15 am

Sep 4, 11, 18, 25 and Oct 2, 9, 16, 23, 30

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



LaBlast instructor Karen Karten recently received her Elite LaBlast Instructor Certificate. Come in to try LaBlast and see why so many people are enjoying this fun form of exercise!

Interval Training

Wednesdays, 1:00 pm

Sep 4, 11, 18, 25 and Oct 2, 9, 16, 23, 30

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

Sep 4, 11, 18, 25 and Oct 2, 9, 16, 23, 30

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,



Evening Yoga & Meditation

Wednesdays, 5:00 pm

Sep 4, 11, 18, 25 and Oct 2, 9, 16, 23, 30

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



THURSDAYS

Tai Chi & Qigong

Thursdays, 10:00 am

Sep 5, 12, 19, 26 and Oct 3, 10, 17, 24, 31

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



Drum Fit Cardio Drumming

Thursdays, 11:00 am

Sep 19, 26 and Oct 3, 10, 17, 24, 31 (no class 9/5, 9/12)

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

Sep 5, 12, 19, 26 and Oct 3, 10, 17, 24, 31

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.



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

Thursdays, 5:15-6:00 pm

Sep 5, 12, 19, 26 and Oct 3, 10, 17, 24, 31

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, 9:15 am

Oct 5, 12, 19, 26 (No class in September)

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

Oct 5, 12, 19, 26 (No class in September)

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



FRIDAYS

Seated Strength & Balance

Fridays, 10:30 am

Sep 6, 13, 20, 27 and Oct 4, 11, 18, 25

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

Sep 6, 13, 20, 27 and Oct 4, 11, 18, 25

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



Rita Vogel, a regular participant in many of our fitness classes, enjoys a core workout in our new FitBall class on Tuesdays at 1pm.

Fitness Center Hours

Monday - Friday | 9:00 am—2:00 pm

Thursday | 5:00 pm —8:00 pm

WEEKLY CLASSES

Registration is required for all classes

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)	12:30 PM – 1:00 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

Hand & Foot is a card game that's a variation of Canasta. The goal is to be the first player to get rid of all your cards by forming melds and playing in rounds.

If you'd like to learn how to play, contact our Hand & Foot whiz Micky Gerrity at beachbelle66@gmail.com or call our Front Desk. Micky will arrange a time to meet at the Center and teach you.

MONDAYS

Reiki with Charlene Smith



Mondays, 10:00 - 11:00 am

Sep 9, 16, 23, 30 and Oct 7, 21, 28 (no class 9/2 or 10/14)
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

Sep 9, 16, 23, 30 and Oct 7, 21, 28 (no class 9/2 or 10/14)
Meeting ID: 137 719 908 Password: d713980
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

Beg./Exp. Canasta Lessons & Games



Mondays, 12:30 - 3:00 pm

Sep 9, 16, 23, 30 and Oct 7, 21, 28 (no class 9/2 or 10/14)
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

Sep 9, 16, 23, 30 and Oct 7, 21, 28 (no class 9/2 or 10/14)
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

Sep 3, 10, 17, 24 and Oct 1, 8, 15, 22, 29



A nurse from Needham's Public Health Department is here weekly to make sure we are healthy. They can also check other vital signs like respiration, pulse and heart rate. Just drop in! Cost: Free

Mindful Living with Lisa

Tuesdays, 10:00 am

Sep 3, 10, 17, 24 and Oct 1, 8, 15, 22, 29

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

Sep 3, 10, 17, 24 and Oct 1, 8, 15, 22, 29

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



Beginner Mah Jong Lessons

Tuesdays, Oct 15 - Nov 19, 11:00 am - 1:00 pm

Join Carol Sklar for Mah Jong lessons. This class is a good fit if you have never played before or played so long ago that you don't remember the rules. This is a six-week class. Attendance at the first class is strongly suggested. You will need to purchase a 2024 Mah Jong card to be able to play. You can buy one at <https://www.nationalmahjongleague.org>.



Vintage Voices

Tuesdays, 1:00 pm

Sep 3, 10, 17, 24 and Oct 1, 8, 15, 22, 29

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 on the piano and the accordion. Cost: Free



Ballroom Dance with Betty

Tuesdays, 2:30 pm

Sept. 3, 10, 17, 24 - East Coast Swing

Oct. 1, 8, 15, 22, 29 - West Coast Swing

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. Cost: \$5/class



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

Tuesdays, 4:00 pm

Sep 3, 10, 17, 24 and Oct 1, 8, 15, 22, 29

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

Sep 3, 10, 17, 24 and Oct 1, 8, 15, 22, 29

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



Poker/Cards/Pool at the Center

Tuesdays, 5:00 - 8:00 pm

Sep 3, 10, 17, 24 and Oct 1, 8, 15, 22, 29

Bring a friend or come in on your own to enjoy pool, ping pong, poker or other card games. Cost: Free



Intermediate Bridge at Night

Tuesdays, 5:00-7:00 pm

Sep 3, 10, 17, 24 and Oct 1, 8, 15, 22, 29

We can't get enough bridge. Join us for some fun!



Movie Night at the Center

Tuesdays at 6:00 pm

Sep 10, 24 and Oct 8, 22

Come in to enjoy a movie on our big screen. Bring friends or come on your own. Cost: Free



We were so lucky to celebrate the 100th birthday of our wonderful friend Al Silverman with his family at the Center in June. May his memory be a blessing to all who knew him. (6/21/1924-7/10/2024).

WEEKLY CLASSES

Registration is required for all classes

Weekly Shopping Trips

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

Sudbury Farms

Every Wednesday
Sep 4, 11, 18, 25 and Oct 2, 9, 16, 23, 30
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
Sep 4, 18 and Oct 2, 16, 30
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
Sep 5, 12, 19, 26 and Oct 3, 10, 17, 24, 31
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

WEDNESDAYS

Bingo

Wednesdays, 10:30 am
Sep 4, 11, 18, 25 and Oct 2, 9, 16, 23, 30
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
Sep 4, 11, 18, 25 and Oct 2, 9, 16, 23, 30
Our Art Room is open during this time for artists to bring in their materials and work on their "piece of the day." Cost: Free



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Adventure Travel Club

Wednesdays, Sep 18 – Dec 18, 2:00 pm



Our Needham friend Kathy is going on a 4-month adventure to 10 countries and across 3 continents! We're going to go along virtually, read her blogs, watch her short videos, and be armchair travelers. Every other week a person in the group will research a port that Kathy is visiting and let the group know all about it! The Needham Public Library will help us find books and resources about the cities. If time zones permit, Kathy will check in with us by Zoom when in port. When she gets home, we will all get together for an in-person presentation about her adventure. Cost: Free.

Here is Kathy's trip itinerary:

Sep 18: Lisbon, Portugal
Sep 25: Casablanca, Morocco
Oct 9: Tema, Ghana
Oct 16: Takoradi, Ghana
Oct 23: Cape Town, South Africa
Nov 6: Port Louis, Mauritius
Nov 20: Cochin, India
Dec 4: Ho Chi Minh City, Vietnam
Dec 11: Hong Kong, Special Admin Region of China
Dec 18: Bangkok, Thailand

THURSDAYS

Veteran's Agent Hours

Thursdays, 9:00 am – 4:00 pm



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.

Great Plain Traders

Thursdays, 9:30 am



Sep 5, 12, 19, 26 and Oct 3, 10, 17, 24, 31
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



Sep 5, 12, 19, 26 and Oct 3, 10, 17, 24, 31
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 –11:00 am

Sep 5, 19, 26 and Oct 3, 10, 17, 24, 31

This Group meets in the Memorial Room at the Episcopal Church, 1132 Highland Avenue in 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



Bereavement Caring Circle

First and Third Thursdays, 11:15 am – 12:15 pm

Sep 5, 19 and Oct 3, 17

Nikki, a Chaplain at West River Hospice, offers a second bi-weekly grief group that meets at the Center at the Heights. This group also offers 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

Sep 5, 12, 19, 26 and Oct 3, 10, 17, 24, 31

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

Sep 5, 12, 19, 26 and Oct 3, 10, 17, 24, 31

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



We love to recognize birthdays at the Center! This celebration is for adored Center staff member Tom Watson (pictured far right)

FRIDAYS

Needham Creative Writing Crew

Fridays, 10:00 am

Sep 6, 20 and Oct 4, 18

Meeting ID: 862 5244 5587 Passcode: 889695

This group will teach you how to hone your writing skills. Help one another with writing techniques, share writing samples, and talk about your shared love of writing. Cost: Free



Bingo

Fridays, 10:30 –11:30 am

Sep 6, 13, 20, 27 and Oct 4, 11, 18, 25

See description on page 14.



Math for the Brain

Fridays, Sep 13, 20, 27, Oct 4, 11 at 11:00 am

This 5-week program led by Pat Dempsey will help your brain hit the "refresh button." Math you've learned before will be the basis for this course and topics that are now vague will be reviewed as required. Week 1: Stats. Week 2: Numbers. Week 3: Metrics, Geometry and Trigonometry. Week 4: Algebra, Quadratics, Formulae, Conic Sections. Week 5: potpourri to the finish! Cost: Free



Short Story Discussion Group

Fridays, 12:00 pm

Sep 6, 13, 20, 27 and Oct 4, 11, 18, 25

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

Sep 6, 20, 27 and Oct 4, 18, 25

Join us most Fridays for a movie on the big screen. Cost: Free



Demystify Technology with Techie to the Rescue

Fridays, 1:30 pm

Sep 6, 13, 20, 27 and Oct 4, 11, 18, 25

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

What all Seniors Need to Know to Keep Their Teeth for a Lifetime



Tuesday, September 3, 11:00 am

Have you noticed you're experiencing a dry mouth? Chewing or swallowing food now requires more effort? Are getting more cavities now than ever before? Aging can affect oral health in a variety of ways. Taking care of your teeth is one of the most important things you can do for your health and quality of life. Needham Dentist Megan Huyett will discuss oral health problems in seniors, some common misconceptions and care tips. Cost: Free

Chair Massage with Kris



Wednesday, September 4, 10:00 am - 12:00 pm

Join Massage Therapist Kristen Sloan for a 15-minute chair massage. Please wear comfortable clothing. You must make an appointment. Cost Free.

Car Talk with Copley Motor Cars Owner Stu Carpenter



Wednesday, September 4, 1:00 pm

He's back! Join Stu for another talk and vintage car show at the Center. Learn more about how he got started in the biz and how he sources, sells and delivers his cars worldwide. He will also share with us some fun stories from the many car shows he's attended worldwide and his work with celebrity clients. Come to meet Stu and bring your vintage car to show. Refreshments will be served. Cost: Free



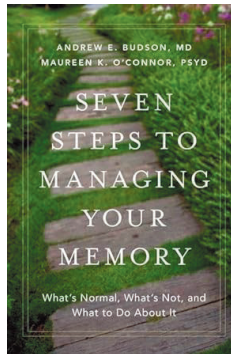
Stu Carpenter is pictured above with a 1973 Ferrari Daytona Coupe he sourced for a client.

Author Talk with Andrew Budson: *Seven Steps to Managing Your Memory*



Wednesday, September 4, 6:00 pm

Based on his award-winning book, *Seven Steps to Managing Your Memory*, Dr. Andrew Budson will explain how individuals can



distinguish changes in memory due to Alzheimer's versus normal aging; what medications, diets, and exercise regimes can help, and the best habits, strategies, and memory aids to use, in seven simple steps. There will be a book signing after the presentation. Dr. Budson is Chief of Cognitive Behavioral Neurology at the

Veterans Affairs Boston Healthcare System.

Cost: Free

Author Talk: Unveiling the *Doctor-Approved Cannabis Handbook*



Thursday, September 5, 11:00 am

As a proud native of Needham, Dr. Benjamin Caplan is thrilled to share his latest work, *The Doctor-Approved Cannabis Handbook*, with his hometown community. Explore the essentials of cannabis for seniors, covering its medical potential and debunking common misconceptions. Throughout the discussion, Dr. Caplan will highlight how cannabis can offer relief for chronic pain, anxiety, sleep disturbances, and neurodegenerative diseases, among other conditions. Cost: Free

Blood Pressure Clinic with Patriarch Healthcare



Thursday, September 5, 1:00 pm

After lunch, join our friends from Patriarch for a blood pressure check to take care of your health! Cost: Free

Center at the Heights Annual Open House



Thursday, September 5, 2:00 - 4:00 pm

Come to our Open House to meet our instructors and learn about all the great programming we offer here at the Center. You can also meet many of our wonderful community partners who offer services for seniors and take home some fun free items they will be giving away. Cost: Free

Tour of the Boston Public Garden

Thursday, September 5, 2:00 pm (Meet at Center)

Trip! Hop on our van for a trip to Boston Public Garden. During this official tour, admire the rich and unusual plants, the lagoon, the monuments and fountains, and the Swan Boats created and operated for over 100 years by the Paget family. Cost: \$5

Drop In with Debbie

Friday, September 6, 9:30 am

Let's have coffee in the café together and discuss what's on your mind, upcoming programs at the Center, current events, etc. Cost: Free

Real ID and More with AAA

Monday, September 9, 11:00 am

A REAL ID or a valid passport will be required to fly within the US starting May 7, 2025. This workshop offered by AAA will help you decide if a REAL ID is right for you and how to obtain one. They will also explain the new federal and state requirements for renewing a Driver's License or ID card. Cost: Free

Indian Cooking with Shruti

Monday, September 9, 3:00 pm

Center favorite Shruti Mehta is back to teach and to share her delicious Indian cooking with a new recipe for everyone to try! Cost: Free



Caregiver Support Group

Monday, September 9, 4:00 pm

To Join Zoom Meeting Email Jess to Receive Zoom Invite: jrice@needhamma.gov
Caregiving can be a lonely and isolating experience. This group helps to connect individuals with others facing similar challenges to offer support, share new perspectives and tools. Cost: Free

Metrowest Legal Clinic VIA Phone

Tuesday, September 10, 10/10:30/11/11:30 am

Email Aicha to schedule the appointment

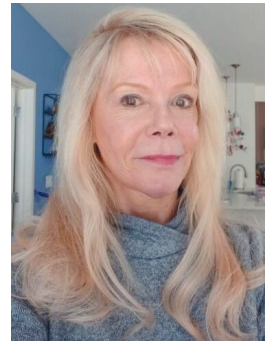
Metrowest Legal Services provides free legal aid to seniors on housing, public benefits and social security matters; durable power of attorney, health care proxy and simple probate matters; Medicaid, nursing home issues, limited domestic relations; consumer and bankruptcy. They are such a great resource!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

Self-Care Series:

Stats, Facts & Myths About Aging

Tuesday, September 10, 11:00 am

Aging is inevitable, but our attitude toward it is not. Old age is shrouded in myths and misconceptions. In fact, much of what we think we know about aging is simply speculation. In this presentation Healthcare Advocate Lynn Croft reviews the most common myths of aging and how we can debunk them in our own lives. Cost: Free



Aging Doesn't Have to be Scary as Long as You Have a Plan

Tuesday, September 10, 12:00 pm

Oasis Senior Advisor Bill Cleary will be here to discuss how working with a senior advisor to address your long-term care needs can help you and your family. You will also learn the importance of working with an elder care attorney and a financial planner and when to get a realtor involved in the process. Oasis Senior Advisors help people find the right care or community. They schedule tours and guide you through the entire transition. Cost: Free

Lunch Chat with Debbie

Tuesday, September 10, 12:00 pm

Join Speech and Language Pathologist Debbie Maior for Lunch Chat. You'll have lunch provided by the Center, lots of conversation, and fun, social interaction. Cost: Free

SPECIAL EVENTS

Registration is required for all programs

Hearing Aid Clinic with Paul



Wednesday, September 11, 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

Happiness for Seniors:



What It Is and How to Attain It

Wednesday, September 11, 1:00 pm

Join Henry Quinlan to learn the steps you need to take to build a contented and happy life. We start with looking at why Harvard and Yale instituted a course on 'Happiness'. Learn why these young people who have reached the top of the academic ladder have to be taught to be happy. He will also outline a path that seniors can take to build a life that has meaning and is rewarding. Cost: Free



Ice Cream Social Hosted by Wingate



Wednesday, September 11, 2:00 pm

Our friends from Wingate will be here to treat us to a delicious ice cream party! Come and get your favorite flavor with yummy toppings! Register in advance. Cost: Free

Health Forum with Stephen Cadigan: Osteoporosis

Wednesday, September 11, 3:00 pm

Meeting ID: 846 9467 8507 Passcode: 820350

Osteoporosis is a condition where the body's ability to grow bone tissue cannot offset the natural process of bone degeneration. This causes the bones to become brittle. Osteoporosis causes breaks and other problems, especially in the spine. 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, September 11, 3:30 pm

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

Simon Pearce Glassblowing, King Arthur Flour & Fall Foliage in Queechee Gorge, VT



Thursday, September 12, 2024 (Time TBD)

Trip!

Head North to Queechee Gorge, then on to the Simon Pearce headquarters for a meal at the Mill Restaurant. Enjoy a guided tour of the factory and watch artisans blow glass. Then travel to the King Arthur Flour factory to shop and enjoy their beautiful campus. Cost: \$189pp includes transportation, plated lunch, meal tax, meal tip. This trip is offered by Best of Times Travel.

Express Yourself



Thursday, September 12, 10:00 am

Join our group for easy, fun, verbal activities and expressive games.

Karaoke & Sing Along with Joe: The 60s



Thursday, September 12, 10:00 am

New!

Need to get moving in the morning? Joe Silvi will have us dancing in our seats as we sing some great songs from the past. This program will be laid back and supportive. We will sing some songs as a whole group, partial groups, as well as individually. It's also okay to just listen to the music while you have coffee and breakfast! Cost: Free.

Low-Vision Support Group



Thursday, September 12, 10:30 am

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

Estate Planning & Tax Law Updates



Thursday, September 12, 11:00 am

Do you have a Will, Durable Power of Attorney, Health Care Proxy or HIPAA Authorization in place? Attorney Shani Rea Collymore will be here to teach you how to avoid a crisis for your family. Don't delay getting your most crucial estate planning documents in place. Registration required. Cost: Free

Coffee Talk with Elliott Physical Therapy: Chronic Pain & How PT Can Help



Thursday, September 12, 11:00 am

For National Pain Awareness Month in September,

the team at Elliott Physical Therapy will be here to discuss chronic pain/conditions and beneficial treatments to help alleviate symptoms. Join us to learn and enjoy bagels and coffee. Cost: Free

A Story About the Discovery of Penicillin, A Fire, A Football Game, World War II and the Rise and Fall of Antibiotics



Thursday, September 12, 1:00 pm

Dr. Stephen Brecher, former Director of Microbiology at the Boston VA Medical Center and Associate Professor of Pathology and Laboratory Medicine at Boston University School of Medicine, will tell us this interesting story beginning in 1928 with the initial discovery of penicillin in England and its production in the United States in time for WWII and D-Day. The 1942 Boston College/Holy Cross football game and the Cocoanut Grove fire on the same day were involved in the story. Penicillin was a "miracle" drug and saved many lives. We have gone from the golden days of antibiotics to the reality that many no longer work. Steve will make you laugh while also telling you your days are numbered! Cost: free

Red Cross Blood Drive



Friday, September 13, 7:00 am – 12:00 pm

To register visit <https://www.redcrossblood.org/give.html/drive-results?zipSponsor=NeedhamCBD>.

Friends Annual Strawberry Shortcake Social & Annual Meeting



Friday, September 13, 1:00 pm



Come learn about The Friends of The Center at The Heights and the role they play in supporting Center initiatives such as the Boutique, programs, and the Compass newsletter. Register in advance

to make sure we have enough shortcake for all. Cost: Free

Coffee with Town Manager Kate Fitzpatrick



Monday, September 16, 10:00 am

Join us in the Café for coffee and conversation with Needham Town Manager Kate Fitzpatrick. Kate is happy to take your questions, hear your ideas and enjoy conversation with you. Cost: Free

Cultural Connection



Monday, September 16, 11:30 am

Share your stories, photos, music, etc., about your culture and traditions. Please bring a potluck dish from your traditions and culture to share. Questions? Contact Debbie at 781-492-9117 or dmaiborslp@gmail.com. Cost: Free

24 Little-Known Secrets for a Peaceful, Happy Life at Any Age



Monday, September 16, 1:00 pm

Author and Life Coach Karen Leeds will be here to discuss her three books focused on helping people live more peaceful, happy and successful lives. All three books, *Life's Magic Carousel: How to Grab the Brass Ring Before the Music Stops*, *Get Out of Your Own Way* and *Speak So People Hear You*, are short, easy to read and lighthearted. Karen will give a brief talk and then take questions. Cost: Free

A Series on Mindfulness with Neil Motenko: A Review & Dealing with Pre-Election Anxiety



Monday, September 16, 1:30 pm

To register for this Zoom program email akelley@needhamma.gov.

Neil resumes this series with a review of mindfulness fundamentals and an opportunity to practice together. The September and October sessions will serve as a refresher for those who have attended previous programs and an orientation for newcomers to the series. As always, a review of the fundamentals reminds us of the many benefits of mindfulness. For example, in dealing better with difficult thoughts and emotions, stress and anxiety, and change in our ever-changing lives and world. We will specifically cover and provide tools to deal with anxiety or other emotions relating to the upcoming election. The sessions will be interactive, include guided practices, and cover how to integrate practice into our lives. Each session in the series stands on its own. Newcomers to Neil's series are welcome at any time. Presented jointly with the Wellesley COA. Cost: Free

Lunch & Learn: Emergency Preparedness



Tuesday, September 17, 12:00 pm

September is National Preparedness Month. Join our friends from Health and Human Services and the Fire Department as they teach us how to be best prepared for extreme weather and emergencies. Cost: Free

SPECIAL EVENTS

 = In Person  = Zoom

Medicare 101 with Our SHINE Geniuses

Tuesday, September 17, 5:00 pm

Join us for a Medicare 101 educational meeting hosted by MetroWest SHINE. This program is an overview of Medicare for people turning 65 or those just signing up for Medicare. We will be discussing Medicare enrollment as well as information about the parts of Medicare and coverage options. The meeting will include time for Q&A. The MetroWest SHINE (Serving the Health Insurance Needs of Everyone on Medicare) program provides free, unbiased health insurance counseling for Medicare beneficiaries of all ages and their caregivers. Cost: Free

Happy 2 Gather Peace Love Music

Wednesday, September 18, (Time TBD)

Trip!

A 60's Flashback is a show (in Wrentham) not to be missed. The biggest hits from Simon & Garfunkel, The Mamas and the Papas, The Turtles, Roy Orbison, Dave Clark 5, and many more! Cost: \$129 pp. includes: transportation, plated luncheon, tax and gratuity, and show ticket. Departure and arrival TBD. This trip is offered by Best of Times Travel.

How Italian Families Are Portrayed in Film

Wednesday, September 18, 1:00 pm

Of more than 1,000 Hollywood films featuring Italian American characters made between 1928 and 2000, nearly 75% portray Italian American males as gangsters, street wise and tough. On the other hand, Italian women are either bombshells, or overbearing mothers who cook, clean, and organize the home. Join Deb Block for a look at clips from a variety of older films and compare them to more recent favorable portrayals of Italian families. There will also be music! Cost: Free

Art Appreciation with Michele: Wayne Thiebaud

Thursday, September 19, 1:30 pm

Join Michele Marram for a look at an artist whose work will make your mouth water. Wayne Thiebaud was an American painter and printmaker who depicted a variety of subjects and is best known for his whimsical desserts. When the presentation ends you'll get to make some fun two-dimensional desserts of your own. Cost: Free



Coffee with Best of Times Travel

Monday, September 23, 10:00 am

Want to go on a fabulous trip? Join our friend, Kim from Best of Times Travel to see what trips are available and where we may go! Cost: Free

Jump Start Your Healthy Life: Nutrition

Monday, September 23, 11:00 am

Mass General Brigham Newton Wellesley Hospital is proud to present "Jumpstart Your Healthy Lifestyle with Proven Strategies for Wellness". In this three-part series that will continue on October 28 and November 18, medical experts will provide tips for incorporating heart healthy nutrition, relaxation strategies to mitigate the stress of everyday life and provide stretching and strength training guidelines to reduce aches and pains. During this first session NWH Community Wellness Coordinator, Jane Barr, MPH, LDN, will lead an interactive session on nutrition, sharing guidelines for a heart healthy diet including strategies for smart snacking and making heart smart swaps. Cost: Free

Life Transition Binder Presentation

Monday, September 23, 11:00 am

Are all your important details organized in one place so your family can easily access it if you are incapacitated? Join Sandra Batra, as she explains how she can work with you to create a customized binder that incorporates all your life details, including: personal data, property, financial, retirement and insurance details, medical, and service provider information. Take control and act now so your loved ones have the information they need in the event of an emergency. Cost: Free

Photo Restoration & Film/Video Conversion

Tuesday, September 24 10:00 am- 12:00 pm

Mark Swirsky is a professional photographer and expert in preserving all of your special moments and memories. He converts 8mm & 16mm movie film reels, videotapes of all formats, and photos and slides to a digital format - either DVD or USB thumb drive. He also specializes in photo restoration. Register for a 15-minute consultation and bring your old photos, home movies and DVDs to the Center Cost will vary depending on the individual job. Estimates will be given when you meet with Mark. Cost of consultation: Free

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SPECIAL EVENTS

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Cooking with Jessica

Tuesday, September 24, 3:00 pm

Join Jess in our kitchen as she walks us through delicious seasonal recipes. Cost: Free



Coffee Talk with Our Life Transition Genius

Thursday, September 26, 9:00 am

Join us in the Cafe for refreshments and refreshing advice! Sandra Batra will be there to explain why you should create a life transition binder for your loved ones. Cost: Free



Patriots Hall of Fame

Thursday, September 26, 9:45 am (Meet at Center)

Trip! The Patriots Hall of Fame is an innovative and interactive museum experience for all ages that uniquely honors the greatest Patriots of all time while also preserving Patriots history. When you exit the museum, grab a snack or lunch, or bring your own and enjoy sitting outside at Patriot Place! Cost: \$7 ticket, \$5 van ride = \$12 per person



Financial Crimes Averted

Thursday, September 26, 11:00 am

Needham Town Constable Richard Graham (also director of a Fortune 500 company where he helps large banks and companies prevent financial crime) will discuss the basics on: protecting your identity, signs of a scam, checking bank statements, reporting threats to police, and the common scams that occur. Cost: Free



Disco Dance & Sing Along Party

Thursday, September 26, 1:00 pm

Join us for a disco dance and sing along party featuring all your favorite disco hits from the 70s and



80s! Come to dance or just to enjoy the great music. Cost: Free

Coffee Talk with Blue Cross Blue Shield

Tuesday, October 1, 10:00 – 11:30 am

Charles Williams, a member of the Blue Cross Field Outreach Team, will answer individual questions about Blue Cross Medicare, Dental and Geo Blue plans. Call the Center to schedule your 15-minute appointment to speak with Charles and get your questions answered. Cost: Free



New Hampshire's Turkey Train

Wednesday, October 2 (Time TBD)

Trip! Travel to central New Hampshire and Lake Winnepesaukee on board our deluxe motorcoach for a day of fun and the wonderful sights of Fall foliage. We arrive in Meredith, NH on the shores of Lake Winnepesaukee for the Turkey Train. All aboard the dining car to enjoy our turkey luncheon provided by Hart's Turkey farm. We will make a mystery stop that is sure to "sweeten your day". This trip is offered by Best of Times Travel. Cost: \$159 pp.



Dinah Shore with Frank King

Wednesday, October 2, 1:00 pm

Frank's lecture will focus on the life and songs of the great Dinah Shore, as well as the highlights of her interesting personal life: growing up in the only Jewish family in her small home town in Tennessee; winning an early battle with polio; her two marriages and many romances—most famously with Burt Reynolds, 20 years her junior. Mr. King holds an MA in Broadcasting from BU, a BA from Princeton, formerly hosted music programs on WBUR radio and was a News Producer at WCVB TV-5. Cost: Free



Tour of the Boch Center

Thursday, October 3, 9:30 am (Meet at Center)

Trip! Join us for a behind-the-scenes peek at one of Boston's most prominent landmarks—the former Wang Center. Learn about the theatre's architectural highlights and unique history. Cost \$10 for van ride.



Coffee with the COA Board

Thursday, October 3, 10:00 am

Join our friends on the COA Board as they walk us through all they do. As always, there is time for Q&A. Special refreshments served! Cost: Free





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SPECIAL EVENTS

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Big Band Swing with John Clark



Thursday, October 3, 1:00 pm

The first two Big Band programs featured the four most popular Swing Era bandleaders. This third talk spotlights the "best of the rest." Harry James left Benny Goodman to start his own orchestra with Frank Sinatra on the vocals with All or Nothing at All just prior to joining the Tommy Dorsey band.

Woody Herman and Stan Kenton were two orchestras with a progressive sound and future jazz stars among their musicians. We will also talk about Kay Kyser's Kollege of Musical Knowledge quiz show on the radio, Sammy Kaye, Vaughn Monroe, Guy Lombardo and much more! Cost: Free

Drop In with Debbie



Monday, October 7, 9:30 am

See description on page 17.

Piano Sing Along with Mel Stiller



Monday, October 7, 1:00 pm

Always a hit, Mel is back on the piano leading us in a sing along. He will bring songbooks so you can join in! Cost: Free

MetroWest Legal Clinic VIA Phone



Tuesday, October 8, 10/10:30/11/11:30 am

See description on page 17.

Self-Care Series: Funeral Starts with "Fun"



Tuesday, October 8, 11:00 am

This topic is often difficult for people to address. However, Healthcare Advocate Lynn Croft keeps it light. She will help you feel empowered in your funeral planning! Learn the importance of planning your funeral in advance and the types of funerals (eco-friendly, cremation, burial, and both). Review how to budget and make sure your after-death wishes come true. Do you want to write your own obituary? Then come to learn! You will walk away with a funeral guide check list and the knowledge to assist you in your funeral planning. Cost: Free

Hearing Aid Clinic with Paul



Wednesday, October 9, 10:00 – 11:00 am

See description on page 18.

Chair Massage with Kris



Wednesday, October 9, 10:00 am - 12:00 pm

See description on page 16.

Learn How to Avoid Scams Before You Fall Victim



Wednesday, October 9, 11:00 am

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 Chat with Debbie



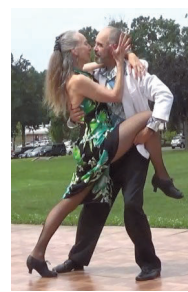
Wednesday, October 9, 12:00 pm

See description on page 17.

Dancing Joy with Dance Caliente



Wednesday, October 9, 1:00 pm



Dance Caliente is back! Eileen Herman-Haase and Raul Nieves will perform 4 Ballroom/Latin dances interspersed with lessons for the audience. Cost: Free. *This performance is supported in part by a grant from the Needham Council for the Arts (a local agency), which is supported by the Massachusetts Cultural Council (a state agency).*

Health Forum with Stephen Cadigan: Pain

Wednesday, October 9, 3:00 pm

Meeting ID: 846 9467 8507 Passcode: 820350
Chronic pain is particularly common and problematic in older adults where it is associated with significant suffering, social isolation and disability. Pharmaceutical treatment of chronic pain in older adults is usually only partially effective and is often limited by side effects. Come to this talk to learn the most common causes of chronic pain what you can do to help avoid or lessen the fallout. Cost: Free



Crafts with Kelley the Cop



Wednesday, October 9, 3:30 pm

See description on page 18.

Karaoke & Sing Along with Joe: The 50s



Thursday, October 10, 10:00 am

See description on page 18. Enjoy songs from the 50s as well as Halloween-themed music like *Monster Mash*.

Low-Vision Support Group



Thursday, October 10, 10:30 am

See description on page 18.

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SPECIAL EVENTS

Registration is required for all programs

Coffee Talk with Elliott Physical Therapy: Stay Strong & Active Through the Years



Thursday, October 10, 11:00 am

October is National PT Month! The purpose of PT is to help people reach their goals and get back to leading strong, active and independent lives. Elliott's physical therapists will be here to show you some great ways to maintain that strength and independence! Cost: Free

Long-Term Care Planning



Thursday, October 10, 11:00 am

Overwhelmed with figuring out how you'll pay for long-term care? Estate Planning and Elder Law Attorney Shani Collymore will show you how to protect your home from the cost of a nursing home and other long-term care expenses. We'll discuss planning techniques as well as eligibility for MassHealth/Medicaid benefits to help pay for nursing home expenses. Cost: Free

Pianist Richard Amir Plays Broadway



Thursday, October 10, 1:00 pm

Broadway musicals have thrilled Americans for years. Amir will play hits from some of his favorite writers and lyricists to include George Cohen, Irving Berlin, George Gershwin, Cole Porter, Stephen Sondheim and more. Cost: Free

Red Cross Blood Drive



Friday, October 11, 9:00 am – 2:00 pm

See description on page 19.

Lucille Ball with Deb Block



Monday, October 14, 1:00 pm

Join us on National Lucille Ball Day for a look at the life of one of Hollywood's greatest icons. An American comedian, actress, model, studio executive and producer, Lucy broke barriers for women in the entertainment business. We look at Lucy's life on and off the screen, before and after Desi, and share some of her funniest TV sitcom moments. Cost: Free

Express Yourself



Tuesday, October 15, 11:00 am

See description on page 18.

Coffee with Cops



Wednesday, October 16, 9:30 am

Join us in the Café for another fun visit with Needham's awesome police officers! Cost: Free

Rob Natoli Swing Band Concert



Wednesday, October 16, 1:00 pm

Join us for one of our favorites. Put your dancing shoes on! Cost: Free

20 Things You Should Do Before You Move or List Your House



Wednesday, October 16, 1:00 pm

Join Needham Realtors Jane and Jonathan Migdol to learn the essential steps to take before moving or listing your house. From decluttering to understanding the current market trends, they will provide practical tips and valuable advice to help you prepare your home for sale and equip you to make informed decisions. Cost: Free

Plainridge Park Casino



Thursday, October 17, 10:00 am meet at Center and
Trip! return around 2:30 pm

Hop on the van and head over to Plainville to try your hand with lady luck! Register in advance. Cost: \$5

Halloween Traditions in Boston with Anthony Sammarco—Sponsored by Briarwood



Thursday, October 17, 1:00 pm

Anthony is back to teach us the little-known history of Halloween traditions in the Boston area. Learn more about the Salem Witchcraft Trials and the decorating of Beacon Hill as a veritable neighborhood of whimsy. Local costumes, parties and treats are also discussed. *This program is sponsored by Briarwood Rehab & Healthcare Center.* Cost: Free

Art Appreciation with Michele: Visions of Eden



Thursday, October 17, 2:00 pm

Join Michele Marram to explore some of the many portrayals of The Garden of Eden as seen through the eyes of various artists. We'll look at interpretations through a myriad of time periods, regions, and mediums. You'll have a chance to create your own version of paradise at the end of the program. Cost: Free

Cultural Connection



Friday, October 18, 11:30 am

See description on page 19.

Life Transition Binder Presentation



Monday, October 21, 11:00 am

See description on page 20.



SPECIAL EVENTS

Mark West Piano Concert

Monday, October 21, 1:00 pm

Join Musician and Pianist Mark West for another beautiful concert at the Center. Cost: Free



A Series on Mindfulness with Neil Motenko

Monday, October 21, 1:30 pm

See description on page 19.



Caregiver Support Group

Monday, October 21, 4:00 pm

See description on page 17.



Cooking with Jessica

Tuesday, October 22, 3:00 pm

See description on page 22.



Author Talk with Lynn Bloom: A Recipe for Thanksgiving

Wednesday, October 23, 1:00 pm

Everyone in America, except perhaps a new arrival, understands Thanksgiving as part of their heritage - their life experience. We have all partaken of its secret life, everyone is an expert, and I'll be asking you to weigh in on the secrets. Bloom will be offering her book, Recipe (\$15 personally autographed). Cost: Free



2025 Medicare Open Enrollment Options with SHINE

Thursday, October 24, 11:00 am

Join representatives from MetroWest SHINE for an unbiased overview of what's new in Medicare for 2025 and about the importance of reviewing your Medicare coverage each Fall during Medicare Open Enrollment. Each January, Medicare health insurance premiums change, health care and drug coverage changes, providers contract with different plans, and new benefits are introduced. Remember that Medicare Open Enrollment runs October 15 - December 7, and individual appointments are available with SHINE counselors by contacting your senior center. Cost: free



Beyond Kilimanjaro: From Sunbirds to Elephants with Joy

Thursday, October 24, 1:00 pm

While many visitors travel to Tanzania to climb Mount Kilimanjaro, nearby one can also see Mount Meru. The elevation of Arusha National Park creates a varied habitat and cooler climate leading to a



huge diversity of wildlife including primates, elephants, giraffes, flowers that attract butterflies and tiny nectar drinking sunbirds. There is so much to be seen beyond Kilimanjaro. Cost: Free

Scary Movie with Root Beer and Orange Soda Floats

Friday, October 25, 12:30 pm (Movie at 1:00 pm)

Halloween season is upon us! Come watch a scary movie and enjoy an ice cream float. Sponsored by the Friends of the Center at the Heights. Cost: Free



Jump Start Your Healthy Life: Relaxation

Monday, October 28, 11:00 am

Mass General Brigham Newton Wellesley Hospital presents this second in a three-part series of programs with Proven Strategies for Wellness. In this program, Reiki Master Beth Keane, will lead a conversation about stress and its impact on your health (some stress is good). She will share tools and simple techniques for you to use to mitigate stress, enjoy relaxation and gain a healthier mind and body. Cost: Free



Shakespeare for World Literature Day

Tuesday, October 29, 11:00 am

Author, Theater Director, and Fight Choreographer Edward "Ted" Eaton will be here to help us celebrate World Literature Day. Eaton has directed and worked on a number of Shakespeare's plays and studied many of them extensively while getting his PhD in Theater History and Literature. Cost: Free



Newton Swing Band Concert

Tuesday, October 29, 1:00 pm

This up to 10-piece plus instrumentalists swing band with 3 dedicated vocalists has been in the local music scene for decades. When they perform for us here at the Center, we always have a packed house. Join us! Cost: Free



Piano Sing Along with Mel Stiller

Wednesday, October 30, 1:00 pm

See description on page 24.



Sing Along with Alan Cohen: The 50s & 60s

Thursday, October 31, 1:00 pm

Alan Cohen will be here featuring standards from the 50s and 60s. Songs will include *I Left My Heart in San Francisco*, *My Way*, *Can't Take My Eyes Off of You*, *Moon River*, *The Rose* and many more. Cost: Free



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Marcia Fonseca in appreciation of the Center social workers
William & Kathleen Leahy in honor of Jamie Turbayne
Michael Segal in appreciation of Pearl Pressman and her Zoom exercise classes



Everyone enjoyed a wonderful BBQ dinner in July sponsored by The Residences at Boylston Place. What was supposed to be "Dinner on the Deck" was moved indoors due to sweltering heat, but fun was still had by all!

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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 all had a chance to attend our ice cream social in August--a delicious way to enjoy the "dog days of summer". The Friends are hosting two special events you will find in this newsletter: the Annual Strawberry Shortcake Social & Annual Meeting (9/13) and an Ice Cream Float Party (10/25) to celebrate Halloween. We invite you to come to the Center to take part in the many interesting programs that are being offered. Look through this edition of the Compass and register to participate.

September brings the end of summer. We celebrate Labor Day and the last hurrah of summer on the 2nd. Special days include: Salami Day on the 7th, Grandparents Day on the 8th, Remembrance Day on the 11th, POW/MIA Recognition Day on the 20th, Batman Day on the 21st, National Daughter's Day on the 25th, and Coffee Day on the 29th. September is also Self-Care awareness month. A time to remind us that taking care of ourselves is first and foremost. The full moon is the Harvest moon on the 17th. The birthstone for September is Sapphire. The flower is Morning Glory or Aster. The zodiac signs are Virgo followed by Libra.

October brings colorful leaves which begin to fall leaving us with the task of raking them. Apples are now picked and made into pie, cobbler, cider and so many treats. Pumpkins are displayed outdoors with bales of hay and scare crows. Rosh Hashana begins on the 3rd and Yom Kippur on the 12th. We celebrate Columbus Day on the 14th and Halloween on the 31st. The October birthstone is opal, and the flower is Cosmos. The Full Moon (Hunter's moon) will be on October 17th. The Zodiac signs are Libra followed by Scorpio.

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

Carol, Anne, & Beverly

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SHINE NEWS

Medicare Open Enrollment is Coming SHINE Can Help!

**Call soon (beginning 9/3)
to schedule an appoint-
ment for any time from
October 15 through
December 7.**



It's that time of year again! If you are enrolled in a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO/ PPO), [you should be mailed an information packet from your plan by the end of September](#). It is important to understand and save this information because it explains the changes in your plan for 2025. Premiums, deductibles, co-pays, and the drugs covered by your plan can change significantly! Come to the Center to meet with a SHINE counselor to go over any changes and make sure you're in the right plan for you!

Trained SHINE (Serving the Health Insurance Needs of Everyone...on Medicare) volunteers offer free, confidential and unbiased counseling on Medicare options. 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, town, and number. A volunteer will call you back, as soon as possible.