

NEEDHAM COMPASS

Programs Added Since Printing

Ukulele Lessons for All!

Mondays, March 3, 17, 31 April 7 from 11am – 12 pm

Want to try an instrument that is fun and easy to play? Join Julie Stepanek as she shows the fundamentals of ukulele playing. No experience necessary. Ukuleles provided or bring your own. Must register and pay for series of 4 classes. Cost: \$20

Indian Cooking with Shruti

Wednesday, March 5, 3 – 4:30 pm

Join Shruti Mehta, one of our favorite cooking instructors, to make and sample another delicious Indian recipe. Cost: Free

Fun and Games and Pizza

Thursday, March 6, 5:00 – 7:00 pm

Join Needham middle schoolers at the Center to play board games, cards, chess, Rummikub or pool. Refreshments and pizza will be served! Cost: Free

Metrowest Legal Clinic via Phone

Tuesdays, March 11 and April 8, 10/10:30/11/11:30 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

Trip to the First Church of Christian Scientist, Boston

Friday, March 21, 9:30 am (van boards)

Located in the heart of Boston, The Mother Church is the centerpiece of the Christian Science Plaza—one of Boston's largest privately-owned spaces accessible to the public. Join us for this interesting tour. Cost: \$10 includes van ride and tour tickets.

Watercolor Greeting Card Making with Kathy

Monday, March 24, 9:30 – 10:30am

Kathy guides you as you create beautiful cards to give or mail to loved ones. No experience necessary. Cost: Free

Coffee Talk with Best of Times Travel

Wednesday, March 26, 11:30 am

Join our friend, Kim from Best of Times Travel to see what trips are available and where we may go!

Trivia & Tunes

Thursdays, March 27 and April 24, 10:00 am

Join professional music trivia host Vin Pisacreta for this exciting game that tests your music knowledge with the aid of musical clues. It's an hour of fun, nostalgia and exercise for your brain! Cost: Free

Cooking for Nutrition with BID Needham: Food Connects Us

Thursday, March 27 at 3:00 – 4:00 pm

Food connects us to our cultures, our families and our friends. Sharing a meal is a chance to learn about its preparation, who made it and where the ingredients were sourced. Health, memories, traditions, and access can all impact our relationship with food. While these factors influence the foods we eat, the foods we eat also affect our health. Join us to explore this topic and make a delicious smoothie bowl! Cost: Free

Trip to Sam Adams Brewery

Tuesday, April 8, 11:00 am

Join us on National Beer Day to have a tour of the Sam Adams Brewery! Jim Koch, a descendant of Cincinnati brewers, discovered his great-grandfather's 19th century beer recipe in his parents' attic. In 1984, Koch brewed the first batch of Samuel Adams Boston Lager in his kitchen in Cambridge. The Tour will have us learning about the brewing process and our Research and Development program for Samuel Adams innovation. Tour our brewhouse and taste with us. Some walk-in availability. Cost: \$5

60's Dance Party

Thursday, April 10, 1:00 – 2:00 pm

Let's boogie to those 60's tunes—*Do the Locomotion*, *Dancing in the Street*, *Wooly Bully*, *Da Do Ron Ron* and many more! Refreshments and surprises! Cost: Free

Roof Deck Garden Kick Off

Tune into Aicha's Highlights for a date. We will watch the forecast for a good weather day.

Let's prep our roof deck planters for Spring. We will meet with Dede from Volante Farms to get our deck garden marching orders. Who will water? Who will weed? Who will sit and enjoy the beautiful flora? Cost: Free

April Vacation Week Crafts for Grandparents & Kids

Tuesday, April 15, 12:00-2:00

Join Kelley the Cop for a special April School Vacation week craft. Grandparents bring your grandchildren to the center for an afternoon of fun! Pizza and ice cream will



300 Hillside Avenue
Needham, MA 02494



781-455-7555



akelley@needhamma.gov



www.needhamma.gov/coa

be served. Registration is required and limited to grand-parents and grandchildren, please. Cost: There is a \$5.00 per family fee to cover the cost of materials and pizza.

Cancelled Programs

Bollywood Dance Class

Mondays, 11am

Music With Melissa

Tuesdays, 6:15pm

Changes to Programs Since Printing

Chair Grooves: A Dance Class for Everybody

Changed from Fridays from 11-12pm to
Wednesdays from 2-3pm

Trader Joes, CVS, Walgreens Shopping Trips

Changed from Thursdays at 10am to Thursdays at 1pm
(pick up at your home or the Center)