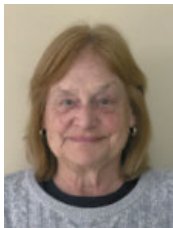


NEEDHAM COMPASS

THE NEWSLETTER FOR THE CENTER AT THE HEIGHTS

Volunteer Spotlight:

Sue Barber



The Center’s Boutique opened with our new building in the Heights 12 years ago. Since the opening, Sue has dedicated time each week to help run our Boutique through merchandising, selling, training volunteers, cleaning, organizing and so much more. We are so grateful for her many years of service in the Boutique, as sale proceeds fund programs at the Center. Sue has lived in Needham for 36 years and also volunteers for many town organizations in the area of environmental protection. As a former biology teacher and environmental biologist, this is her passion!

WHAT’S INSIDE

Community Updates.....	3
Information & Policies.....	5
Center Supports	6
Social Services.....	7
Fitness Classes.....	8
Drop-In Programs.....	11
Weekly Classes.....	11
Weekly Shopping Trips....	13
Special Events.....	14
Calendar of Programs.....	16
Letter From Friends.....	30
Friends Donation Form....	30
SHINE.....	Back Cover



Above: Author/Historian Anthony Sammarco visited the Center on St. Patrick’s Day to present to a full house on the History of the Irish in Boston. Sammarco is flanked by his lovely cousins Sylvia Pitocchelli (left) and Lenore McCarthy (right) who is also a Center volunteer.

Center at the Heights Hours		Closed
Mon/Wed/Fri	8:30am - 5:00pm	May 26 Memorial Day
Tues/Thurs	8:30am - 8:00pm	
Fitness Center	9:00am - 2:00pm (M-F)	June 19 Juneteenth
Continental Breakfast	8:30 - 10:30am (M-F)	
Springwell Lunch	12:00 - 1:00pm (M-F)	
Center Cupboard Café	1:00 - 4:00pm (M-F)	

PROVIDING HONESTY, INTEGRITY & EXPERIENCE
EXPERTISE IN WORKING WITH SENIORS



cell: 617.909.8716 | email: Maureen.McCann@raveis.com
web: MaureenMcCann.raveis.com
168 Garden Street | Needham | MA 02492

WILLIAM RAVEIS
REAL ESTATE • MORTGAGE • INSURANCE



EVERYTHING YOU NEED, NOTHING YOU DON'T.

Chestnut Hollow Senior Boutique Apartments.

- 1 or 2 Bedroom Private Apartments
 - Elevator Service
 - Large Closets
 - Light Housekeeping
 - Location, Location, Location
- Simply Perfect!**



Reserve Now
781-453-0294

Chestnut Hollow
141 CHESTNUT ST., NEEDHAM

ChestnutHollow.com



Three Generations Building in Needham



My father purchased a piece of land on Tower Hill in Needham from William Carter in the 1940s and built his first home where

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.



We are looking to purchase homes and will buy as is, with no inspection, and will offer market price cash offers, if we can help with your transition to simply or move from your current house, please contact us.

Paul Doisneau
Paul Doisneau,
Tower Hill Builders Inc.

Contact: Peter Doisneau
Tower Hill Builders, Inc.
781-422-9064

towerhillbuildersinc@gmail.com
www.towerhillbuilders.com

Louise Condon Realty, Inc.

Serving Needham & surrounding communities since 1985!

Our services include:

- Free Competitive Market Analysis (CMA)
- Experienced **buyer & seller** representation
- Extensive marketing expertise
- Notary services

399 Chestnut St.
Needham, MA 02492

781-449-6292
info@condonrealty.com

CondonRealty.com

WE'RE HIRING!

AD SALES EXECUTIVES

BE YOURSELF.
BRING YOUR PASSION.
WORK WITH PURPOSE.

- Paid training • Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community

Contact us at
careers@4lpi.com or
www.4lpi.com/careers

For all of your aging and caregiving questions...

Which private options or public programs are right for me?

Where can I get information about in-home help?

How do home-delivered meals work?

I am juggling so much with caregiving – is there help for me?

...the answer is **springwell**

We're a non-profit, community resource for all.
Call us for the answers to your questions.

(617) 926-4100 / Greater Boston (508) 573-7200 / MetroWest

www.springwell.com



Council on Aging Board

CHAIR

Colleen Schaller

VICE CHAIR

Penny Grossman

Ed Cosgrove	Sue Mullaney
Carol deLemos	Ted Prorok
Ann Dermarderosian	Lianne Relich
Dan Goldberg	Kate Robey
Helen Gregory	Kathy Whitney

SHINE

Michelle Gucciardi
Amy Gomes

COA STAFF

Director, Aging Services

LaTanya Steele, BSW, MPA

Asst. Director,

Programming & Transportation

Aicha Kelley

Asst. Director,

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

Transportation Coordinator

Stephan Grably

Van Drivers

Johann Buys	David Frawley
Dylan Copley	Shali Kumar
Steve D.	Dean Putnam

Kitchen Coordinator

Tom Watson

Custodian

Yustil Mejia
Eleno Garcia

Compass Newsletter Editor

Jennifer Garf

From the Director of Aging Services



Dear Friends,

Each year in May, we commemorate Older Americans Month to encourage and recognize the countless contributions that older adults make to our communities. The 2025 theme, "Flip the Script on Aging," focuses on transforming how society perceives, talks about, and approaches aging. It encourages individuals and communities to challenge stereotypes and dispel misconceptions. This year, join us in honoring older adults' contributions and exploring the many opportunities for staying active and engaged as we age.

Speaking of honoring the contributions of older adults, we hope you can join us on May 13 from 10am-12pm for "Needham Veterans Tell Their Stories." A collaboration between the COA, the Needham History Center and Museum and the Needham Cable Channel, this event invites 20 veterans to record their stories (in front of a live audience). These stories will be archived at the Needham History Center and Museum for posterity.

June brings the opportunity to support our LGBTQIA + community with Pride Month observances that highlight the struggles and celebrate the contributions of lesbian, gay, bisexual, and transgender individuals. Pride Month spotlights their voices, culture, achievements and activism through a series of organized activities, including film festivals, art exhibits, marches, concerts and more. Join us at the Center to celebrate Pride Month on June 12 at 5pm for "OUT to Dinner and a Movie". We will watch Stonewall Uprising and discuss the movie over dinner. If you are LGBTQ+ or an ally, please join us.

"The purpose of life is not to be happy. It is to be useful, to be honorable, to be compassionate, to have it make some difference that you have lived and lived well." — Ralph Waldo Emerson

With Appreciation,

LaTanya Steele

From left: Pam Shuman, Peter Baldessari, Renate Celms and Hu Caplan pose for a photo under the balloon arch at our Senior Prom. Residents of Traditions of Dedham joined Center participants to dance the day away in their prom attire, just like they did back in high school.





BRIARWOOD
REHABILITATION
& HEALTHCARE CENTER

781-449-4040
BriarwoodRehab.com
150 Lincoln Street, Needham

- Short Term Rehab / Daily Therapies
- Cardiopulmonary Care
- Orthopedic Rehabilitation
- Nurturing Long Term Care
- Certified Dementia Care

A PROUD MEMBER OF MARQUIS HEALTH SERVICES



LET'S GROW YOUR BUSINESS
Advertise in
our Newsletter!

CONTACT ME
Susanne Carpenter

scarpenter@lpicommunities.com
(800) 477-4574 x6348



SUNMED

Your CBD Store
Call 781-400-5614

Plant Based Wellness
for Pain, Anxiety, Sleep, Weight Loss and Relaxation



FREE SHIPPING
Shop Online!

YourCBDStoreNeedham.com
1096 Great Plain Ave., Needham

15% off
with this ad

**Your Future
is Here!
Come
claim it!**

Life at North Hill offers a promising future. Good friends,
good food – a very good life indeed. There is so much to look
forward to every single day when you live at North Hill.

Call and claim your future today!

781.433.6524

Secure your assets and your peace of mind
with a Life Care contract at North Hill.

North Hill

VIBRANT LIVING FOR PEOPLE AGE 65+

NorthHill.org

865 Central Avenue, Needham, MA

North Hill is a community that highly values diversity and inclusion. We welcome people
of every race, religion, color, national origin, sex, disability and familial status.

Eaton Funeral Homes
Over 200 Years of Dedicated Service

**As one of the nations oldest funeral homes we
have been helping families honor the ones
they love for over 200 years. With two
locations we cater to our communities and
those we surround with compassion and an
expertise like no other.**

Because there is a difference...

- Every life has a story to tell. Let us tell yours. -

1351 Highland Avenue

Needham

781-444-0201

465 Centre Street

Newton

617-244-2034



A Tradition of Caring Since 1818

For Over Seven Generations

www.eatonfuneralhomes.com

Laurence R. Eaton • David E. Eaton • Kevin J. Greene

(2021)



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpicommunities.com

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

06-5329

COA 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 or online through myactivecenter.com. For more information about online registration, email jgarf@needhamma.gov.

NEW

The COA has returned to series payments for classes (just like our policy before our Covid shutdown). Any class with a fee must be paid for up-front as a two-month series. We will not issue refunds for missed classes (as we still have to pay the instructor). In the event that an instructor or the COA cancels a class, the Center will issue you a credit toward a future class.

Class/program fees must be paid in cash or by 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. Please include the names of the classes along with your payment.

Scholarships for classes are available. Please reach out to Aicha Kelley, Jess Moss or Latanya Steele for more information.

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.

Touch Screen Sign In

Upon entering the Center, please proceed to the sign-in touch screen 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 data we use when applying for local, state and federal grants for programs and services.

Inclement Weather

In the event of inclement weather, we will attempt to inform you if the Center is closing via phone, email and on our website. 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.

Transportation

Transportation is offered to residents of Needham age 60+ 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 business 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, including Wingate and North Hill, or at the Center at the Heights and our shopping locations.

Center Parking

Please park in the lot to the rear/left of our building or in a marked space on the street.

CENTER SUPPORTS

Transportation for Our Programs

Our Council on Aging (COA) vans transport residents to and from the Center and to and from COA sponsored outings. If you'd like to participate in Center programming, our vans can pick you up at your home around 9am and return you to your home at 1pm or 3:30pm. We also provide transportation for shopping. See page 13 for more shopping trip details. For more information about transportation services for Needham's senior residents, call Stephan at 781-455-7555 x204.

Transportation News!

We have expanded our van service to include pick up and drop off for residents at both North Hill and Wingate. We look forward to seeing many new participants from these communities at the Center!

The COA has hired two new van drivers, enabling us to add additional trips and daily rides to our calendar of programs. Please join us in welcoming Shali Kumar and Wayne Ramlal to the Center's transportation team. Be sure to say hello when you see them out and about town.



Shali Kumar



Wayne Ramlal

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 weekdays between 8:30 - 10:30 am and a light snack in the afternoon between 1:00 - 4:00 pm.

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.

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 retired Needham lawyer who generously offers free notary services to our seniors.

New Veteran's Agent



Come into the Center to meet our new Veteran's Agent Dan O'Neill. Dan comes to the Center every Thursday from 9am - 4pm to meet with veterans and their families. He is your point of contact for learning about and applying for veteran benefits available through the town, state and Department of Veterans Affairs, including: tax abatements for property and motor vehicles, education benefits, VA pensions and state annuity; VA healthcare, burial and death benefits. To contact or to make an appointment to meet with Dan at the Center, call 781-489-7509.

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 Connections

The Community Connections program pairs volunteers with our older adults in Needham to provide companionship and light practical assistance with specific and pre-agreed to tasks such as light organizing, taking the trash out, computer help, changing a light bulb, etc. Help us connect neighbors with neighbors and support each other! If you are interested in signing up to be a volunteer, or to have a Community Connections volunteer come to you, please contact Jess Rice at jrice@needhamma.gov or 781-455-7555 x229.

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

Free Rides for Medical Appointments

We currently offer free rides to medical appointments within a 20-mile radius of Needham for Needham residents age 60+ through GoGo, Inc. —a rideshare service. Rides are available Monday - Friday, 8:00am - 6:00pm.

To schedule a ride, call our dedicated transportation line at **781-343-1258** and only 781-343-1258. Our operator will take your ride information Monday - Friday 9:30am - 4:00pm, exclusive of holidays. A ride agreement must be signed and returned to the transportation office before your first ride; please allow ample time before your first ride. When you call, please have your appointment's **full exact address** and full details available.

This service is sponsored through a grant from the Massachusetts Council on Aging Association. Rides will be available as long as funding allows.

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

FITNESS CLASSES

Registration is required for all classes

The Center offers in-person and Zoom fitness classes (\$5/class paid upfront as a two-month series). We have a state-of-the-art Fitness Center (\$25/month) available to anyone 60 or older and open M-F 9am-2pm. We also offer free wellness programs on a variety of topics. 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 in advance is required for all fitness classes. Instructors cancel for illness or emergencies, and we need to be able to notify you if this happens. Register by calling **781-455-7555** or login to myactivecenter.com

Fitness Class Fees

Fees for each 2-month series of classes must be paid when you register. There is no refund for missed classes, as we still have to pay the instructors. We will issue a credit to your account for any class cancelled by the instructor or the COA.

Fees can be paid 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 2:00-3:00 pm

Schedule 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 -10:00 am

May 5, 12, 19, ~~26~~ and Jun 2, 9, 16, 23, 30

Instructor: Sandi Levy

Sandi teaches this gentle yoga that includes breathing exercises, balances, stretching, strengthening work and relaxation. You will receive the Zoom link once you have registered and paid for the series. Series cost: \$40

Tai Chi & Qigong

Mondays, 10:00 - 11:00 am

May 5, 12, 19, 26 and Jun 2, 9, 16, 23, 30

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 strength, balance and flexibility, boost cognitive function, sleep better and more. Series cost: Free

Line Dancing with Paul

Mondays, 10:00 - 11:00 am

May 5, 12, 19, ~~26~~ and Jun 2, 9, 16, 23, 30

Line dancing is a great way to have fun while you improve fitness. Each dance is broken down and demonstrated. No partner or experience necessary! Series cost: \$40

Seated Strength & Balance via Zoom

Mondays, 10:30 - 11:30 am

May 5, 12, 19, ~~26~~ and Jun 2, 9, 16, 23, 30

Instructor: Pearl Pressman

This seated class accommodates various fitness levels and can be adapted to meet any needs. It includes a warm-up for the joints and muscles, followed by strength training for the major muscle groups using hand weights (or household objects) and body weight, and a few minutes of standing balance exercises for those who are able. The class concludes with gentle stretching to increase flexibility and reduce tension. We will email the Zoom link once you have registered and paid for the series. Series cost: \$40

Nutrition, Weight & Tone 101

Mondays, 2:30—3:30 pm

May 5, 12, 19, ~~26~~ and Jun 2, 9, 16, 23, 30

Instructor: Pearl Pressman

In this program Pearl offers mutual support for nutrition and weight tips. Different strokes for different folks, but we can brainstorm. Then she will use her expertise to do some gentle toning. You can take this class from home or in person. Zoom participants will receive the Zoom link once they have registered and paid for the series. Series cost: \$40

TUESDAYS

Walk & Talk Health

Tuesdays, 10:30 – 11:30 am

May 6, 13, 20, 27 and Jun 3, 10, 17, ~~24~~

Join this self-led walking group on the indoor track at the JCC Greater Boston in Newton. Improve your heart health while walking with other older adults. Register in advance for entrance to the JCC by calling 781-455-7555. Cost: Free

Train the Brain

Tuesdays, 11:00 am – 12:00 pm

May 6, 13, 20, 27 and Jun 3, 10, 17, 24

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! Series cost: \$40

FitBall Exercise Class

Tuesdays, 1:00 – 2:00 pm

May 6, 13, 20, 27 and Jun 3, 10, 17, 24

Instructor: Lisa Cadigan

This class combines exercise with a stability ball to develop control and strength in core muscles and increase abdominal and back strength. This class is designed for people of all fitness levels (including those with physical limitations). Series cost: \$40

Arthritis Class

Tuesdays, 2:00 – 3:00 pm

May 6, 13, 20, 27 and Jun 3, 10, 17, 24

Instructor: Stephen Cadigan

This is seated class addresses range of motion, strength, flexibility, endurance, balance and coordination. It does not encourage activities that might exacerbate arthritis symptoms and sore joints. Zoom participants will receive the Zoom link once they have registered and paid for the series. Series cost: \$40

Zumba, Flex & Balance

Tuesdays, 4:30 – 5:30 pm

May 6, 13, 20, 27 and Jun 3, 10, 17, 24

Instructor: Hong Zhuang

This class offers easy to follow, low-impact Zumba Gold dance routines that are gentle on the joints along with flexibility and balance exercises to improve mobility, reduce stiffness and lessen fall risk. Modifications are available. You will receive the Zoom link once you have registered and paid for the series. Series cost: \$40

NEW



Our Line Dancing class brought the holiday spirit for their class on St. Patty's Day. Join this fun group on Mondays!

WEDNESDAYS

Tai Chi & Qigong In Person

Wednesdays, 9:00 – 10:00 am

May 7, 14, 21, 28 and Jun 4, 11, 18, 25

Instructor: J. Scott Brumit

See description on page 8. Series cost: \$40

LaBlast Cardio Dance

Wednesdays, 10:15 – 11:15 am

May 7, 14, 21, 28 and Jun 4, 11, 18, 25

Instructor: Karen Karten

This class incorporates simple patterns from ball-room/social dances together with music from all genres and decades. Hand weights are incorporated for strength training. Zoom participants will receive links after they have registered and paid for the series. Series cost: \$40

Interval Training

Wednesdays, 1:00 – 2:00 pm

May 7, 14, 21, 28 and Jun 4, 11, 18, 25

Instructor: Lisa Cadigan

Hi-intensity interval training builds cardio fitness while improving strength and endurance. Designed for the active older adult, this class has an advanced fitness format. Zoom participants will receive links after they have registered and paid for the series. Series cost: \$40

Move It, Shake It, Lift It!

Wednesdays, 2:00 – 2:45 pm

May 7, 14, 21, 28 and Jun 4, 11, 18, 25

Instructor: Randi Sharek

This class uses fitness tools to perform cardio, strength and flexibility exercises. The tools (weights, bands, and fitness machines) enable a diverse and fun workout program. Series cost: \$40

FITNESS CLASSES

 = In Person  = Zoom

WEDNESDAYS (cont.)

Subtle Yoga & Meditation

Wednesdays, 5:00 – 6:00 pm

May 7, 14, 21, 28 and Jun 4, 11, 18, 25

Instructor: Nikhil Sole

Zoom Meeting ID: 914 5785 8070

Nikhil will guide you through subtle yoga and meditation to wind down the day. Cost: Free



THURSDAYS

Chair Yoga with Marianne

Thursdays, 10:00 – 11:00 am

May 1, 8, 15, 22, 29 and Jun 5, 12, 19, 26

Instructor: Marianne Zullas



Chair yoga offers breath work, movement and meditation and is good for people of all abilities. Join us to gain core strength, improve mobility and flexibility, reduce stress,

and gain mental clarity. Series cost: \$40



Tai Chi & Qigong

Thursdays, 10:00 – 11:00 am

May 1, 8, 15, 22, 29 and Jun 5, 12, 19, 26

Instructor: J. Scott Brumit

Zoom Meeting ID: 841 2153 1726 Passcode: 569547

See description on page 8. Cost: Free



Drum Fit Cardio Drumming

Thursdays, 11:00 am – 12:00 pm

May 1, 8, 15, 22, 29 and Jun 5, 12, 19, 26

Instructor: Stephen Cadigan

Increase your cardiovascular fitness and improve your balance and flexibility with Drum Fit! This class can be enjoyed by anyone regardless of fitness level. Participate standing or seated Series cost: \$40



Arthritis Class

Thursdays, 2:00 – 3:00 pm

May 1, 8, 15, 22, 29 and Jun 5, 12, 19, 26

Instructor: Stephen Cadigan

See description on page 9. Zoom participants will receive the Zoom link once they have registered and paid for the series. Series cost: \$40



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

Thursdays, 5:15-6:00 pm

May 1, 8, 15, 22, 29 and Jun 5, 12, 19, 26

Instructor: Lisa Cadigan

Stretching has many physical benefits and helps prevent injury. This class is designed for the active older adult with a challenging advanced fitness format. Includes both standing and floor stretching. Mats provided. Series cost: \$40



FRIDAYS

Seated Strength & Balance

Fridays, 10:30 – 11:30 am

May 2, 9, 16, 23, 30 and Jun 6, 13, 20, 27

Instructor: Pearl Pressman

See description on page 8.



Floor, Core & More

Fridays, 1:00 – 2:00 pm

May 2, 9, 16, 23, 30 and Jun 6, 13, 20, 27

Instructor: Lisa Cadigan

This class strengthens abs, glutes, lower back, hips and shoulders and uses hand weights and body weight to enhance range of motion, flexibility, balance and strength. This class is for the active older adult and has an advanced fitness format. Zoom participants will receive the Zoom link once they have registered and paid for the series. Series cost: \$45



SATURDAYS

Tabata

Saturdays, 9:15 – 10:15 am

May 3, 10, 17, 24, 31 and Jun 7, 14, 21, 28

Instructor: Lisa Cadigan

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. This class is for the active older adult and has an advanced fitness format. You will receive the Zoom link once you have registered and paid for the series. Series cost: \$45



Arthritis Class

Saturdays, 10:15 – 11:15 am

May 3, 10, 17, 24, 31 and Jun 7, 14, 21, 28

Instructor: Stephen Cadigan

See description on page 9. You will receive the Zoom link once you have registered and paid for the series. Series cost: \$45



WEEKLY CLASSES

MONDAYS

Kerrie Cusack's Monday Meditation 
Mondays, 11:00 am – 12:00 pm
May 5, 12, 19, ~~26~~ and Jun 2, 9, 16, 23, 30
Meeting ID: 137 719 908 Password: 713980
Get centered and relaxed with Kerrie. Cost: Free

Beg./Exp. Canasta Lessons & Games 
Mondays, 12:30 – 3:00 pm
May 5, 12, 19, ~~26~~ and Jun 2, 9, 16, 23, 30
Join our friend and volunteer Barbara to learn classic Canasta. Cost: Free

Neil's & Ron's Historical Movie Discussion 
Mondays, 1:00 pm
May 5, 12, 19, ~~26~~ and Jun 2, 9, 16, 23, 30
Meeting ID: 850 1408 7723 Password: 881305
Watch a movie each week at your leisure. Then Zoom with host Neil Alper to look in depth at the movie, its plot, characters and more. Cost: Free

Caring Friends with Debbie 
Mondays, 3:00 – 4:00 pm
May 12, 19, and Jun 9, 16 (bi-weekly)
This support group shares concerns related to aging like cognition, hearing loss, living alone, navigating technology, caregiving, nutrition, etc. Cost: Free

Pool Lessons with Dave 
Mondays, 6:00 – 7:00pm
May 5, 12, 19, ~~26~~ and Jun 2, 9, 16, 23, 30



Center pool aficionado Dave Oberman will teach you how to play or hone your skills. Register in advance so he will know you are coming. Cost: Free

TUESDAYS

Blood Pressure Clinic 
Tuesdays, 9:00 – 11:00 am
May 6, 13, 20, 27 and Jun 3, 10, 17, 24
A nurse from Needham's Public Health Department is here to make sure we are healthy. She can also check other vital signs like respiration, pulse and heart rate. Just drop in! Cost: Free

Center's Weekly Drop-In Groups & Games

Monday (except for holiday on 5/26)

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
Canasta Lessons & Games	1:00 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
Intermed. Bridge @ Night	5:00 pm – 7:00 pm
Pool/Cards/Games	5:00 pm – 8:00 pm

Wednesday

Bingo	10:30 am – 11:30 am
Experienced Canasta	12:30 pm – 3:00 pm
Cribbage	1:00 pm – 3:00 pm

Thursday (except for holiday on 6/19)

Experienced Bridge	9:00 am – 12:00 pm
Knitting with Friends	10:00 am – 12:30 pm
Mahjong (Intermediate)	1:30 pm – 4:00 pm
Duplicate Bridge	12:30 pm – 3:30 pm
Rummikub	4:00 pm – 7:00 pm

Friday

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

WEEKLY & BI-WEEKLY CLASSES

Registration is required for all classes

TUESDAYS cont.

Mindful Living with Lisa

Tuesdays, 10:00 – 11:00 am

May 6, 13, 20, 27 and Jun 3, 10, 17, 24

Enjoy calming breathwork, meditations, mindful awareness practices, and tips to support your daily practice. Zoom participants will receive the Zoom link once they have registered and paid for the series.

Cost: \$40



Current Events Discussion Group

Tuesdays, 10:30 – 11:30 am

May 6, 13, 20, 27 and Jun 3, 10, 17, 24

Email host Gerry at gerrykoss@gmail.com to request an invitation to join Zoom. The moderator will provide an update of the past week's news followed by discussion. You bring up topics and all have the option to speak and/or listen. Cost: Free



Vintage Voices (Bi-Weekly)

Tuesdays, May 6, 20, June 3, 17, 1:00 – 2:00 pm.

Join us to sing some of our old-time favorite songs accompanied by our wonderful volunteer musicians Margie and Carlo! Cost: Free



Tech Help with Bruce

Tuesdays, 1:00 – 3:00 pm

May 6, 13, 20, 27 and Jun 3, 10, 17, 24

Join our friend Bruce from NCC's Tech & Tutors program for a 20-minute appointment to get help with your tech devices. Register in advance. Cost: Free



Ballroom Dance with Betty

Tuesdays, 2:30 – 3:30 pm

May 6, 13, 20, 27 — Tango

Jun 3, 10, 17, 24 — Hustle

Betty Hood has been teaching ballroom dance for over 20 years and she's a fantastic teacher! Couples and singles are welcome. Changing partners is optional. Cost: Pay \$20/dance (monthly)



Book & Tea Club: *Travels with Charlie* by Steinbeck

Tuesdays, 3:00 – 5:00 pm

May 6, 20 and Jun 3, 17

Join moderator Betsy Millane for a glass of iced tea while you discuss this great book, its characters, plot, themes and more! Cost: Free



Drawing & Sketching at Home with Ben

Time change!



Tuesdays, 4:00 – 5:00 pm

May 6, 13, 20, 27 and Jun 3, 10, 17, 24

Google Meet video call link:

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

Ben, a trained illustrator, will show you how to develop your skills. Approach drawing in an informed and relaxed way, while getting inspiration from light, shape, form, and nature. Cost: \$40

Cards/Pool at the Center

Tuesdays, 5:00 – 8:00 pm

May 6, 13, 20, 27 and Jun 3, 10, 17, 24

Drop in to see if others are here to play or bring friends. This is not an organized activity. Cost: Free



Intermediate Bridge at Night

Tuesdays, 5:00 – 7:00 pm

May 6, 13, 20, 27 and Jun 3, 10, 17, 24

Bring friends or join others to play. Cost: Free



WEDNESDAYS

Bingo

Wednesdays, 10:30 – 11:30 am

May 7, 14, 21, 28 and Jun 4, 11, 18, 25

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



Open Art Studio

Wednesdays, 11:30 am – 2:30 pm

May 7, 14, 21, 28 and Jun 4, 11, 18, 25

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



Cribbage Lessons & Games with Cliff

Wednesdays, 1:00 – 3:00 pm

May 7, 14, 21, 28 and Jun 4, 11, 18, 25



Join our friend Cliff to learn how to play cribbage or freshen up on your skills. You can also just come in to enjoy a few games! Cost:





Weekly Shopping Trips

Our vans make weekly trips to 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 at 781-455-7555 x204 a minimum of 24 hours in advance of each trip.

Sudbury Farms (Every Wednesday)

May 7, 14, 21, 28 and Jun 4, 11, 18, 25
Our 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/trip

Market Basket (Every other Wednesday)

Wed. May 14, 28, Jun 11 and Tues. Jun 24
Our 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/trip

Trader Joe's, Pharmacies & Banks (Every Thursday)

May 1, 8, 15, 22, 29 and Jun 5, 12, 19, 26
Our driver will pick you up at your home around 12:45pm. They will drive you to your destination and return you to your home. Cost: \$2/trip

Knitting with Friends

Thursdays, 10:00 am – 12:30 pm
May 1, 8, 15, 22, 29 and Jun 5, 12, 19, 26
Bring your needle work to the Center to collaborate, inspire and socialize with others. Cost: Free

Bereavement Caring Circle

Thursdays, 10:30 – 11:30 am
May 8, 22 and Jun 5, 19 (bi-weekly)
Nikki, a Chaplain at West River Hospice, offers this bereavement group that follows an open spiritual path to process the loss of loved ones. Cost: Free

Dual Recovery Anonymous (DRA)

Thursdays, 12:00 – 1:00 pm
May 1, 8, 15, 22, 29 and Jun 5, 12, 19, 26
DRA is a 12-step self-help program for people who experience both an addiction and a psychiatric challenge. This support community uses a harm reduction approach towards wellness. Adults recovering from any addiction and any mental health challenge are welcome to attend. Cost: Free

Tech Help with Stephano

Thursdays, 1:00 – 3:00 pm
May 1, 8, 15, 22, 29 and Jun 5, 12, 19, 26
Join our friend Stephano from NCC's Tech & Tutors program for a 20-minute appointment to get help with your devices. Register in advance. Cost: Free

Game Night in our Café

Thursdays, 4:00PM – 6:00 PM
May 1, 8, 15, 22, 29 and Jun 5, 12, 19, 26
Come to the Center to play Rummikub, canasta, mahjong, cribbage and more! Anything goes! Pizza will be provided. You **must** register. Cost: Free

Cards/Pool at the Center

Thursdays, 5:00 – 8:00 pm
May 1, 8, 15, 22, 29 and Jun 5, 12, 19, 26
Drop in to see if others are here to play or bring friends. This is not an organized activity. Cost: Free

Brain Games with Pearl Pressman

Thursdays, 6:00 – 7:00 pm
May 1, 8, 15, 22, 29 and Jun 5, 12, 19, 26
This class is a combination of activities designed to improve memory, reasoning, conceptualization, language and problem-solving. Losing mental capacity is not an inevitable part of aging. Take a break from crossword puzzles and give this a try. Cost: Free

THURSDAYS

Veterans' Agent Hours

Thursdays, 9:00 am – 4:00 pm
May 1, 8, 15, 22, 29 and Jun 5, 12, 19, 26
Veterans' Agent Dan O'Neill is here to help you obtain your benefits from the VA. To schedule a meeting, call 781-489-7509.

Great Plain Traders

Thursdays, 9:30 – 10:30 am
May 1, 8, 15, 22, 29 and Jun 5, 12, 19, 26
This group talks all things stock market related. New members are always welcome! Cost: Free

WEEKLY CLASSES

FRIDAYS

Needham Creative Writing Crew

Fridays, 10:00 – 11:00 am

May 2, 16 and Jun 6, 20

Meeting ID: 816 6729 8427 Passcode: 588833

Learn how to hone your writing skills and help each other by sharing techniques and writing samples.

Cost: Free



Bingo

Fridays, 10:30 – 11:30 am

May 2, 9, 16, 23, 30 and Jun 6, 13, 20, 27

See description on page 12.



Short Story Discussion Group

Fridays, 12:00 – 1:00 pm

May 2, 9, 16, 23, 30 and Jun 6, 13, 20, 27

Meeting ID: 894 4350 9457 Passcode: 623397

Join this interesting discussion group. Weekly stories will be posted in Aicha's Highlights email.

Cost: Free



Center Cinema

Fridays, 1:00 – 3:00 pm

May 2, 16, 23, 30 and Jun 6, 13, 20, 27

Enjoy a movie on the big screen. Cost: Free



Acrylic Painting & Drawing

Fridays, 1:00 – 3:00 pm

May 2, 9, 16, 23, 30 and Jun 6, 13, 20, 27

This class teaches the principles of academic painting and drawing, focusing on shapes, color, light, linear perspectives and spatial relationships. Instructor Ana Pogosyan Vladimirov is a graphic

designer and artist who will explore acrylic paints and explore other media with you. Series cost: \$50

Demystify Tech with Techie to the Rescue

Fridays, 1:30 – 2:30 pm

May 2, 9, 16, 23, 30 and Jun 6, 13, 20, 27

Meeting ID: 850 5749 7471

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



SPECIAL EVENTS

Vikings on the Charles, Rumford Double-Acting Baking Powder and more with Gloria Greis



Thursday, May 1, 1:00 – 2:00 pm

Needham History Center and Museum Executive Director Gloria Greis will be here with some seldom heard local history. At the west end of Boston's Commonwealth Ave. promenade, Leif Eriksson stands, endlessly surveying the Charlesgate traffic jams. When Leif was put there in 1887, he could actually see the Charles River, and beyond it, the New World. So how did he end up there? And what does Rumford Double-Acting Baking Powder have to do with all this? The story is more complicated than you'd think.

Cost: Free

Shredding Event Courtesy of DA Morrissey



Monday, May 5 from 10 am – 1:00 pm

DA Morrissey's office is once again hosting a shredding truck at the Center! We invite the public to bring your documents to shred. Cost: Free



Cinco de Mayo Breakfast with North Hill



Monday, May 5, 9:45- 10:45 am

Hola! Our friends at North Hill are spoiling us with a delicious Mexican-inspired hot breakfast! We will also learn more about the significance of this holiday. Cost: Free

Jack Cadigan III, MD: Heart Health



Monday, May 5, 1:00 – 2:00 pm

Dr. Jack Cadigan is a renowned Boston Cardiologist and he's our own Stephen Cadigan's brother. Come see the resemblance and hear Dr. Cadigan speak on current trends and cutting-edge developments in cardiac healthcare. There will be time for Q&A at the end. Cost: Free

Drop In with Debbie



Monday, May 5, 9:30 – 10:30 am

Gather in the Café for coffee to discuss what's on your mind, upcoming programs at the Center, current events, etc. Cost: Free

SPECIAL EVENTS

1963: The Year that Changed America

Tuesday, May 6, 11:00 am – 12:00 pm

Our amateur historian Mike Beard will review the events and cultural changes that happened in 1963 and led to the turmoil of the 1950s and the country we live in today. Cost: Free



Piano Concert with Richard Amir: Music from Favorite Films

Tuesday, May 6, 1:00 – 2:00 pm

Richard will be back to play iconic songs from the movies. The tunes cover a span of more than 80 years and feature award winning composers who took their musical brilliance to Hollywood. Cost: Free.



Intergenerational Drum Circle

Wednesday, May 7, 2:30 – 3:30 pm

Join in this drum circle to enjoy rhythm games and percussion activities that foster social connection between drum circle participants. By joining together in the expression of music, members of all generations can expect a fun, supportive, and artistic experience. No previous music skills are necessary. Cost: Free



Chair Massage with Kris

Wednesday, May 7, 10:00 am – 12:00 pm

Join Kris for a 15-minute chair massage. Please wear comfortable clothing. You must make a reservation through the Front Desk. Cost Free.



Coffee with Needham Community Council

Wednesday, May 7, 9:45 – 10:30 am

Come hear about all the NCC has to offer! Learn about their medical equipment loan program, transportation services, and food pantry. Hear about the Council Thrift Shop and the English language and technology instruction programs they offer. Sandra Robinson, Executive Director of the NCC will answer questions and tell you more about this incredible resource available in our community! Cost: Free



Stories Along the Way with Henry Quinlan

Wednesday, May 7, 1:00 – 2:00 pm

As a publisher and government attaché, Henry has heard many fascinating stories in his long life. Included are stories about the youngest man ever to win the Medal of Honor; the Captain of the First Miracle on Ice at the Olympics; the elementary school principal where 21 first graders were murdered in Dunblane, Scotland and the US spy coup that never happened. Henry also shares anecdotes about President Bush, President Gorbachev, Anderson Cooper, the Russian Mafia Mother Theresa, Liev Schreiber and others. Cost: Free



Low-Vision Support Group

Thursday, May 8, 10:30 am – 12 pm

Are you experiencing reduced vision and wonder how to cope with the change? Do you have tips and suggestions to share with others whose vision has diminished? Come to this monthly support group run by the Massachusetts Association for the Blind and Visually Impaired for adults 55 and over with low vision or blindness. Cost: Free



Scam Bingo with DA Morrissey's Office

Thursday, May 8, 10:30 am

Older adults are particularly vulnerable falling prey to scams that have a devastating impact on their financial wellbeing. To combat this, the DA's team has developed a fun way to help us recognize and avoid scams – Fraud Bingo! As each bingo square is called, it is followed with definitions, tips, and resources. Winners will receive prizes! Register now. Space is limited. Cost: Free



Self-Care Series:

Cognitive Health & Wellness

Thursday, May 8, 11:00 am – 12:00 pm

Cognitive health is the ability to clearly think, learn, and remember. Genetic, environmental, and lifestyle factors are all thought to influence cognition and health. Aging also has an impact on our cognitive functions such as problems with attention, memory recall, planning, reasoning and problem solving. Join Healthcare Advocate Lynn Croft to learn new ways to boost your cognitive fitness!



Express Yourself

Thursday, May 8, June 12, 11:00 am – 12:00 pm

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



Spring Dance Party

Thursday, May 8, 1:00 – 2:00 pm

We've got many among us who love to dance and enjoy good music. Join us to dance and celebrate spring! Cost: Free



Red Sox Alumni Visit

Friday, May 9, 1:00 – 2:00 pm

Come to the Center to meet an alumni Red Sox player and enjoy a conversation between the player and a local celebrity emcee. You can listen as they discuss the alum's time playing on the team and share stories and anecdotes from his life and career. Cost: Free



MAY 2025 PROGRAMS

(AT A GLANCE)

Mon	Tue	Wed	Thu	Fri
May Classes/Programs Occurring Every Week			Zoom Only Classes Shown in Blue	
9-2 Fitness Center 9 Yoga w/ Sandi 10 Beginner Bridge 10 Tai Chi 10 Line Dancing 10:30 Seated Strength/ Balance 11 Meditation w/ Kerrie 12:30 Canasta Lessons & Games 12:30 Hand & Foot 1 Historical Movie 1 Mahjong 2:30 Nutrition, Weight & Tone 6 Pool Lessons	9-2 Fitness Center 9-11 Blood Pressure Clinic 9 Experienced Bridge 10 Mindful Living 10:30 Walk/Talk Health at JCC Newton 10:30 Current Events 11 Train the Brain FitBall 1 Rummikub 1-3 Tech Help/Bruce 2 Arthritis 2:30 Ballroom Dance 3-5 Book & Tea Club 4 Drawing w/ Ben 4:30 Zumba Gold 5-7 Intermed Bridge 5-8 Pool/Cards/Games	9-2 Fitness Center 9 Tai Chi & Qigong 10:15 LaBlast Cardio Dance 10:30 Bingo 11:30 Open Art Studio 12:30 Exp Canasta 1 Interval Training 1-3 Cribbage Lesson/ Game 1:30 Shopping Trips 2 Move It, Shake It 5 Subtle Yoga & Meditation	9-2 Fitness Center 9-4 Veteran's Agent Hrs 9-12 Exp Bridge 9:30 Great Plain Traders 10 Chair Yoga 10 Knitting w/ Friends 10 Tai Chi 11 Drum Fit 12 Dual Recovery 12:45 Shopping Trips 12:30 Dup Bridge 1-3 Mahjong 1-3 Tech Help/Steph 2-3 Arthritis 2-4 Rummikub 4-6 Game Night Cafe 5-8 Pool/Cards/Games 5:15 Stretchology	9-2 Fitness Center 10-12 Beg Bridge 10 Creative Writing 10:30 Bingo 12 Short Story Discussion Group 1 Acrylic Painting/ Drawing 1 Floor, Core, More 1-4 Mahjong 1-4 Rummikub 1:30 Techie to the Rescue Sat 9:15 Tabata 10:15 Arthritis
May Special Events				
			1 1 G Greis & Vikings on the Charles	2 1 Center Cinema
5 10-1 Shredding Truck 9:45 Cinco de Mayo Breakfast 1 Cardiologist J Cadigan	6 9:30 Drop In w/ Debbie 11 1963 w/ M. Beard 1 Vintage Voices 1 R Amir Piano Concert 6 Fireside Book Club	7 9:45 Coffee with NCC 10-12 Chair Massage 1 Stories w/ H Quinlan 2:30 Drum Circle	8 10:30 Low Vision Group 10:30 Scam Bingo 10:30 Bereavement Circle 11 Express Yourself 11 Cognitive Health 1 Spring Dance Party	9 1 Red Sox Alumni Visit
12 11 Cultural Connection 12 Estate Planning/Tax Law 1 Meryl Streep w/ D Block 1:30 Series on Mindfulness 2:30 Knitting Lessons 3 Caring Friends 4 Caregiver Support Gp	13 10 Metrowest Legal Clinic 10 Veterans Tell Their Stories Karaoke w/ Joe 1 New England Conservatory Concert Life Transition Binder 1 Photo, DVD Restoration	14 10 Hearing Aid Clinic 12 Lunch Chat w/ Debbie 1 How to Document Family 1 History w/ M. Brophy 3 Health Forum w/ S Cadian 3:30 Crafts w/ a Cop	15 1 Art Appreciation 1 Visit w/ Judge M Vhay 6 Open Mic Night	16 9:30 Breakfast w/ Rep J Tarsky 9:45 Care at Home & Covering the Cost 1 Center Cinema 1 Grandparents' Bragging Rights
19 1 History of Popular Dances w/ J Clark 3 Caring Friends	20 11 Virtual Tour of Covent Garden 11:30 Conversation w/ a Cardiologist 1 Vintage Voices	21 1 British Invasion Sing Along w/ A Cohen	22 10:30 Bereavement Circle 10:30 Trivia & Tunes 1 Magical Costa Rica w/ Joy 3 Cooking w/ BID	23 9-2 Red Cross Blood Drive
26 Memorial Day CLOSED	27 10 Mem. Day Breakfast 12:30 M West Piano Concert	28 1 TSA K9 Dog Training Demo	29 11 Aging on Purpose Natoli Swing Band 1	30 1 Center Cinema

Mon	Tue	Wed	Thu	Fri
June Classes/Programs Occurring Every Week			Zoom Only Programs Shown in Blue	
9-2 Fitness Center 9 Yoga w/ Sandi 10 Beginner Bridge 10 Tai Chi 10 Line Dancing 10:30 Seated Strength/ Balance 11 Meditation w/ Kerrie 12:30 Canasta Lessons & Games 1 Historical Movie 1 Mahjong 2:30 Nutrition, Weight & Tone 6 Pool Lessons	9-2 Fitness Center 9-11 Blood Pressure Clinic 9 Experienced Bridge 10 Mindful Living 10:30 Walk/Talk Health at JCC Newton 10:30 Current Events 11 Train the Brain FitBall 1 Rummikub 1-3 Tech Help/Bruce 2 Arthritis 2:30 Ballroom Dance 3-5 Book & Tea Club 4 Drawing w/ Ben 4:30 Zumba Gold 5-7 Intermed Bridge 5-8 Pool/Cards/Games	9-2 Fitness Center 9 Tai Chi & Qigong 10:15 LaBlast Cardio Dance 10:30 Bingo 11:30 Exp Canasta 11:30 Open Art Studio 1 Interval Training 1-3 Cribbage Lesson/ Game 1:30 Shopping Trips 2 Move It, Shake It 5 Subtle Yoga & Meditation	9-2 Fitness Center 9-4 Veteran's Agent Hrs 9-12 Exp Bridge 9:30 Great Plain Traders 10 Chair Yoga 10 Knitting w/ Friends 10 Tai Chi 11 Drum Fit 12 Dual Recovery 12:30 Dup Bridge 12:45 Shopping Trips 1-3 Mahjong 1-3 Tech Help/Stephano 2-3 Arthritis 2-4 Rummikub 4-6 Game Night Cafe 5-8 Pool/Cards/Games 5:15 Stretchology	9-2 Fitness Center 10-12 Beg Bridge 10 Creative Writing 10:30 Bingo 12 Short Story Discussion Group 1 Acrylic Painting/ Drawing 1 Floor, Core, More 1-4 Mahjong 1-4 Rummikub 1:30 Techie to the Rescue Sat 9:15 Tabata 10:15 Arthritis
June Special Events				
2 11 Aging Care Planning 1:30 Series on Mindful- ness 1 Author S Kerman	3 11 Author Talk w/ G Hile 1 Vintage Voices	4 9:45 Coffee w/ CaptionCall 2 Ukulele Lessons 2:30 Drum Circle	5 10:30 Bereavement Circle 11 Falls: How to Reduce our Risk 6:30 Author T Reinstein	6 9:30 Drop In w/ Debbie 1 Center Cinema
9 11 Long Term Care: Protecting Your Home 11 Cultural Connection 1 Greenland w/ B Pell 3 Caring Friends 4 Caregiver Support Gp	10 10 MetroWest Legal Clinic 1 Enhance Mood w/ Posi- tive Psychology Tools 1 Karaoke w/ Joe	11 9:30 Consumer Affairs: ID Theft & Fraud 10 Chair Massage 10 Hearing Aid Clinic 11:30 Conversation w/ a Cardiologist 12 Lunch Chat w/ Debbie 3 Health Forum w/ S Cadigan 3:30 Crafts w/ a Cop	12 10:30 Low Vision Group 11 Express Yourself 11 Foot/Ankle Pain w/ Elliott PT 1 Dance Party 1 Art Appreciation 6 OUT to Dinner & Movie for Pride	13 9-2 Red Cross Blood Drive 9:45 Needham Office Economic Dev 1 Grandparents' Bragging Rights
16 1 TV Dads w/ D Block 3 Caring Friends	17 9 Boch Center Tour 11 How to Spot Scams/ Fraud w/ BBB 1 Vintage Voices	18 8:45 Boston Courthouse Tour 9:45 Caption Call 1 The Great Boston Fire w/ A Sammarco	19 Juneteenth CLOSED	20 9:30 Breakfast w/ Rep J Tarsky 10:15 Castle Island 1 Center Cinema
23 11 Healthy Diet to Man- age Chronic Disease	24 1 The Relaxing Earth	25 10:15 Jackson Homestead/ Durant House 1 Doc Pomus w/ F King	26 10:30 Trivia & Tunes 1 Sing Along M Stiller 6 Open-Mic Night	27 1 Center Cinema
30 12 Emergency Weather Preparedness	31			

SPECIAL EVENTS

Registration is required for all programs

Cultural Connection

Monday, May 12, 11:00 am – 12:00 pm

Let's get together to learn about each other's backgrounds and cultures. Bring photos, food, music, etc., that exemplify your traditions and culture. This program is hosted by Debbie Maibor, Speech/Language Pathologist. If you are bringing food, please email Aicha @ Akelley@needhamma.gov. Cost: Free



Estate Planning & Tax Law Updates

Monday May 12, 11:00 am – 12:00 pm

Do you have a Will, Durable Power of Attorney, Health Care Proxy or HIPAA Authorization in place? Do you know what those documents are? Attorney Shani Rea Collymore will be here to teach you how to avoid a crisis for your family by getting your most crucial estate planning documents in place. Cost: Free



The Many Faces of Meryl Streep with Deb

Monday May 12, 1:00 – 2:00 pm



Meryl Streep was nominated for 21 Academy Awards for best and supporting actress and won for her roles in *Sophie's Choice* and *Kramer vs. Kramer*. Why did she decide to become an actress? How does she choose the films she acts in? What is her artistic process? Join us to find out! Cost: Free



A Series on Mindfulness with Neil Motenko

Monday, May 12, 1:30 – 2:30 pm

To register for Zoom meeting email akelley@needhamma.gov.

A Series on Mindfulness with Neil Motenko covers the basics and many benefits of mindfulness, which offers abundant, practical wisdom on how we can wisely handle the challenges and stressors of daily life. That includes emphasis on how we can maintain a sense of equanimity in our lives and in a turbulent world. Sessions include discussion and guided practice. This program is offered jointly with the Wellesley COA. Cost: Free



Caregiver Support Group

Monday, May 12, 4:00 – 5:00 pm

To Join Zoom Meeting Email jrice@needhamma.gov This group offers members the opportunity to share experiences, information and encouragement. Caregiving can be a lonely and isolating journey, but this group helps to connect you with others facing similar challenges. Take time for yourself; caregivers need support too. Cost: Free



Needham Veterans Tell Their Stories

Tuesday, May 13, 10:00 am – 12:00 pm

The Needham Cable Channel and the Needham History Center and Museum are coming to the Center to record Needham Veterans' stories. The video clips will later be archived for posterity at the Needham History Center and Museum. We have available video times for the first 20 veterans that register for this program. This free event is open to anyone who would like to watch the recordings and hear the stories live and in person. Coffee will be provided. Cost: Free



Metrowest Legal Services Consultations

Tuesday, May 13, 10:00/10:30/11:00/11:30 am

Email Aicha to schedule your phone appointment. MetroWest Legal Services provides free legal aid to seniors on housing, public benefits and social security matters; durable power of attorney, healthcare proxy and simple probate matters; Medicaid, nursing home issues, limited domestic relations; consumer and bankruptcy.



Photo & DVD Restoration by Mark Swirsky

Tuesday, May 13, 1:00 – 3:00 pm

Mark Swirsky, professional photographer and preservationist, converts movie film reels, videotapes, photos and slides to digital format and can also restore your damaged photos. Schedule your free 15-minute consultation with Mark. Bring your items for conversion/restoration, and he will give you an estimate.



Karaoke & Sing Along with Joe

Tuesday, May 13, 1:00 – 2:00 pm

Join Karaoke host Joe Silvi for this fun opportunity to sing along to songs with the assistance of lyrics that are displayed on a large screen. You can sing alone, in a group or just sit and enjoy. Cost: Free



New England Conservatory Concert

Tuesday, May 13, 1:00 – 2:00 pm

Come to the Center for this performance by two incredibly talented student musicians - Lenka Molcanyiova on recorder/saxophone and Tomer Rozen on piano. Cost: Free



Life Transition Binder Presentation

Tuesday, May 13, 1:00 – 2:00 pm

Join Sandra Batra, as she explains how you can create a Life Transition Binder, a resource that pulls together



all your important life details into one place, including: personal data, property, financial, retirement and insurance details, medical, and service provider information. If something were to happen to you, this is the resource your loved ones would turn to so they can help support you.

Hearing Aid Clinic with Paul

Wednesday, May 14, 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

Conversations with a Cardiologist

Wednesday, May 14, 11:30 am – 12:00 pm

Come to our Café for a chat with retired cardiologist Dr. Jamil Kirdar. Bring your cardiac-related questions for him to answer. Dr. Kirdar trained at Harvard in medicine and cardiology and retired in 2019 from the VA in W. Roxbury. Cost: Free

Lunch Chat with Debbie

Wednesday, May 14, 12:00 – 1:00 pm

Get together with others at the Center to catch up, chat and eat! Lunch will be provided. This program is led by Debra Maibor, M.S., CCC-SLP, Speech/Language Pathologist. For more information email dmaiboslp@gmail.com. Cost: Free

How To Document Your Family History with Mike Brophy

Wednesday, May 14, 1:00 – 2:00

Interviewing family members can be fun and rewarding. Find out more more about this great opportunity to spend time with older family members while learning new things about them and your place in history. Its not always easy, but stories can be preserved for future generations. Cost: Free

Health Forum with Stephen Cadigan: The Core

Wednesday, May 14, 3:00 – 4:00 pm

Join our health and fitness expert Stephen Cadigan to learn about the core and its importance for your physical health. The core is composed of the central group of muscles, which is the body's physical power plant. Many of these muscles are very large and long and run deep in your body. Strong core muscles protect

the spine and are essential for good balance. Cost: Free

Crafts with Kelley the Cop

Wednesday, May 14, 3:30 – 5:00 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

Art Appreciation with Michele: Monet

Thursday, May 15, 11:00 am – 12:00 pm

Join research librarian and art educator Michele Mar-ram to explore the life and career of Claude Monet. Monet was a pioneer in the French impressionist movement who was well-known for his many landscapes which were painted “en plein air” (outdoors directly from nature). We will have an opportunity to produce our own garden scenes following the presentation. Cost: Free



A Visit with Judge Michael Vhay

Thursday, May 15, 1:00 – 2:00 pm

Take advantage of this unique opportunity to learn about the work of the judiciary directly from a judge who addresses a variety of matters presented to the courts every day. Our speaker will be Justice Michael Vhay of the Massachusetts Land Court. The Land Court is one of seven departments of the Massachusetts Trial Court and is responsible for cases involving land, land use, and how land is treated when its owners have disagreements or fail to pay its taxes. Cost: Free

Open Mic Night

Thursday, May 15, 6 – 8:30 pm

Come to Plugged-In Band's Pathways to Music Open Mic session for all ages, all abilities and all musical skills. Enjoy the performers, pizza, puzzles, crafts and conversation. Cost: Free

Breakfast with State Rep. Josh Tarsky

Friday, May 16, 9:30 – 10:30 am

Join our 13th District State Representative Josh Tarsky for breakfast and learn more about what's going on at the State House and in Needham. In addition to being our representative, Tarsky is also a JAG attorney, former teacher, principal, and US Army Special Forces soldier. Cost: Free

SPECIAL EVENTS

 = In Person  = Zoom

Coffee Talk with Home Care AFC: Caring at Home and Covering the Cost



Friday, May 16, 9:45 – 10:30 am

Do you care for someone at home or are you being cared for by someone? Join us for an informational session to learn how caregivers can receive up to \$18,000 per year and get resources and professional guidance. Home Care AFC is a local, family-owned business with a compassionate care team that works collaboratively to ensure personalized and expert care. Cost: Free

Grandparents' Bragging Rights



Friday, May 16, 1:00 – 2:00 pm

Our children and grandchildren are amazing! Here's your opportunity to showcase their talents, skills, and accomplishments. Bring in your memories, photos, newspaper articles, stories, etc., to exhibit your well-deserved "bragging rights! Cost: Free

History of Popular Dances with John Clark



Monday, May 19, 1:00 – 2:00 pm

John's latest program covers popular dances from 1900-1960, including the Grizzly Bear, Foxtrot, Charleston, Lindy Hop, Rhumba, Tango, Mambo, Jitterbug, Cha Cha, Bossa Nova and many more. Not surprisingly the program will feature the origin of the dances, songs associated with them and historic footage of skillful dancers performing the steps.

A Virtual Tour of Covent Garden, London



Tuesday, May 20, 11:00 am – 12:00 pm

In honor of Eliza Doolittle Day, join us for a virtual tour of Covent Garden. In My Fair Lady, "Covenant Garden" is actually meant to be "Covent Garden," a prominent London market where Eliza Doolittle, is first encountered by Professor Higgins, signifying her beginning as a flower street seller. The story emphasizes the market aspect of Covent Garden where she sold her wares. Cost: Free

The Doobie Brothers Tribute Show



Wednesday, May 21 – Day trip- Time TBD

Best of Times Travel—Lake Pearl, Wrentham

TRIP

They have endured the test of time performing for more than 50 years. You know the hits: Listen to the Music, Jesus Is Just All Right, Rockin', Takin' It to the Streets, The Doctor, and many more. Cost: \$136pp includes transportation, plated lunch, meal tax & gratuity and show ticket. Payment and signature due upon registration.

"British Invasion" Sing Along with Alan Cohen



Wednesday, May 21, 1:00 – 2:00 pm

The British Invasion of the mid 60s is the theme for Alan's latest sing along. He will feature songs by The Rolling Stones, Peter and Gordon, The Animals, Dusty Springfield, Gerry and the Pacemakers, Petula Clark, Dave Clark 5 and more! Cost: Free

Trivia & Tunes



Thursday, May 22, 10:30 – 11:30 am

Join professional music trivia host Vin Pisacreta for this exciting game that tests your music knowledge with the aid of musical clues. Cost: Free

Magical Costa Rica with Joy



Thursday, May 22, 1:00 – 2:00 pm

Meeting ID: 884 0501 4576 Passcode: JOY

For such a tiny country, Costa Rica has amazing biodiversity. Bird life in the rainforest varies from tiny hummingbirds to numerous parrots. Frogs are found here too, hidden among the trees - both above and below. Join us to explore! Cost: Free

Cooking for Nutrition with BID Needham



Thursday, May 22, 3:00 – 4:00 pm

Join the nutrition team from BID Needham for another class in our kitchen where you'll learn new things about healthful food shopping, cooking, and eating. Cost: Free

Red Cross Blood Drive



Friday, May 23, 9:00 am – 2:00 pm

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

Memorial Day Breakfast with Wingate



Tuesday, May 27, 10:00 – 11:30 am



Gather with us in our Café to remember the brave men and women who sacrificed their lives in service of our country. Enjoy a hot breakfast and a special Memorial Day presentation compliments of Wingate. Cost: Free

Mark West Piano Concert



Tuesday, May 27, 12:30 – 1:30 pm

Come to the Center to hear accomplished pianist Mark West tickle the ivories and play some beautiful music! Cost: Free

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

Assisted Living Specializing in Memory Care

Stop the search and learn about the benefits of assisted living
specializing in memory care!

To learn about the benefits of a dedicated memory
care community call: **781.444.2266**



Avita of Needham - 880 Greendale Ave in Needham, MA | AvitaofNeedham.com



OUR SERVICES

- Baths
- Showers
- Full Remodels




SENIOR CITIZEN
Discounts

**CALL TODAY TO FIND OUT
HOW WE CAN HELP**

781-514-5900

**Get your free Quote &
Consultation NOW**

**Visit our
showrooms
at these
locations:**

**WOBURN
SHREWSBURY
PEMBROKE**

www.bathplanetofboston.com

EVEN MORE TO LOVE!

We've expanded! Enjoy upgraded
amenities, more apartments, and now
offering Reflections Memory Care.



Independent, Assisted & Memory Care Living

615 Heath St., Chestnut Hill
617-244-6400 | residenceboylstonplace.com



**Compassionate home
care in Needham
since 2004.**



Explore our award-winning services at
VisitingAngels.com/Newton

- Assistance with daily needs such as shopping, personal care, med reminders, meal prep and more
- Respite for family caregivers
- Post-hospital and post-rehab assistance

Call 617-795-2727 for a free in-home consultation.

Owned by Newton Residents, Karen Woodrow & Larry Michel



**Skilled Nursing Facility
Short Term
Long Term Care
Respite**

277 ELLIOT STREET, NEWTON UPPER FALLS

82 beds, tastefully decorated, fully furnished rooms, two spacious and elegant dining areas, outdoor handicap accessible walking paths with birdbaths and sitting benches, outdoor patios for dining or relaxing, meticulously landscaped property complete with a resident garden.

The Pettee House

An Affordable Alternate to Assisted Living

19 beds attached to the Stone Rehabilitation and Senior Living.

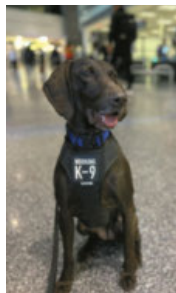
www.stonerehabandseniorliving.com

*For inquiries or to schedule a tour, contact the
Director of Admissions, Lisa Belle at 617-527-0023 x227*



SPECIAL EVENTS

 = In Person  = Zoom



TSA Explosives & K9 Dog Training Demo

Wednesday, May 28, 1:00 – 2:00 pm

A TSA K9 handler will come to the Center to discuss the United States K9 Program. The handler will discuss how TSA uses the K9s and will show training videos and do a live demonstration with a K9. Q&A will follow. Cost: Free



Natoli Swing Band Concert

Thursday, May 29, 1:00 – 2:00 pm

This swing jazz trio with guitar, vocals, violin and bass guitar will bring us swing music from the “big band” era of the 20’s, 30’s, and 40’s. You’ll recognize the songs and are encouraged to dance and sing along. Cost: Free



Aging Care Planning

Monday, June 2, 11:00 am – 12:00 pm

Right at Home Boston provides trusted in-home care for seniors and adults with disabilities. They will be here to spread some light on how to plan for your care as you age or help you plan for others you love. Cost: Free



Author Talk: *World According to Scott* by Scott Kerman

Monday, June 2, 1:00 – 2:00 pm

Come to hear stand-up comedian Scott Kerman talk about his much-anticipated third-annual collection of humorous essays from his popular column, “World According to Scott”, featured weekly in the Eagle Tribune newspaper. Cost: Free. Books will be available for sale.



A Series on Mindfulness with Neil Motenko

Monday, June 2, 1:30 – 2:30 pm

To register for Zoom meeting email akelley@needhamma.gov. See description on page 18.



Gene Hile - Simple Inevitable Wealth

Tuesday, June 3, 11:00 am – 12:00 pm

Gene began his Wall Street career in New York City and worked in wealth management, retirement planning, behavioral investment advising and marketing initial public stock offerings (IPOs) for many New England-based companies. His clients included a US Supreme Court justice, presidential cabinet member, first families of New England and Fortune 500 executives. He now resides in the Boston area and mentors students at a variety of



colleges and universities. Free copies of his book will be provided. Cost: Free

Coffee Talk with CaptionCall

Wednesday, June 4, 9:45 – 10:30 am

CaptionCall is a free service that provides captions for phone calls for people with hearing loss. CaptionCall uses a captioned telephone with a built-in screen that displays captions in real time. The captions show what the other person is saying and allow people with hearing loss to participate in phone calls, handle affairs, and call for help. Join us to learn more! Cost: Free



Ukulele Lessons For All!

Wednesday, June 4, 2:00 – 3:00 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. Cost: Free



Intergenerational Drum Circle

Wednesday, June 4, 2:30 – 3:30 pm

See description on page 15.



Self-Care Series: Falls & How to Reduce Risks

Thursday, June 5, 11:00 am – 12:00 pm

More than 1 in 4 Americans 65+ fall each year. In this talk by Healthcare Advocate Lynn Croft, learn why falls are more common and more serious as we age and how to reduce the risk of falling in your home thru “fall proofing” your environment. Lynn will also show you exercises you can do daily that will lower your risks for serious injury should you fall. Cost: Free



Author Talk: *Ted Reinstein’s Travels Through the Heart and Soul of New England: Stories of Struggle, Resilience, and Triumph*

Thursday, June 5, 6:30 – 8:00 pm

Channel 5’s Ted Reinstein will be here with a new book *Travels Through the Heart and Soul of New England: Stories of Struggle, Resilience, and Triumph*. It’s a grand tour through all six New England states, with every stop a visit with the most extraordinary people he has met in his more than twenty-five years of travel and reporting. Their stories are fascinating, inspiring, and sometimes, just plain funny. Signed copies will be available for purchase. Cost: Free



Drop In with Debbie

Friday, June 6, 9:30 – 10:30 am

See description on page 14.



ADT-Monitored Home Security

Get 24-Hour Protection
From a Name You Can Trust

- Burglary
- Fire Safety
- Flood Detection
- Carbon Monoxide



Authorized
Provider

SafeStreets

833-287-3502

WINGATE RESIDENCES AT NEEDHAM

ASSISTED LIVING • MEMORY CARE



WHY WAIT? THE GOOD LIFE
IS CLOSER THAN YOU THINK.

wingateliving.com | 781.455.9080

ARE YOU REACHING
THE MEMBERS IN YOUR
COMMUNITY?

To advertise here
visit [lpicommunities.com](http://lpicommunities.com/adcreator)
/adcreator



Riverbend of South Natick

Exceptional Short-Term Rehab & Nursing

34 South Lincoln Street, South Natick, MA

(508) 653-8330

www.rehabassociates.com/riverbend



We have a Medicare plan
with your name on it

UnitedHealthcare® offers Medicare plans for
a variety of health and budget needs

At UnitedHealthcare, we have Medicare Advantage plans for many
kinds of people, including people who also qualify for Medicaid.
Plan benefits and features may include:

- Provider and Specialist Coverage
- Hospital Coverage
- \$0 copay for preventive care
- Annual wellness visit reminders
- \$0 copay for virtual visits



Call today to find the plan that's right for you

Call UnitedHealthcare today.
1-844-236-3281, TTY 711
8 a.m. - 8 p.m. local time, 7 days a week
ShopUHC.com

AARP Medicare Advantage
UnitedHealthcare

Plans are issued through UnitedHealthcare Insurance Company or one of its affiliated companies. For Medicare Advantage Plans: A Medicare Advantage organization with a Medicare contract. For Dual/Special Needs Plans: A Medicare Advantage organization with a Medicare contract and a contract with the State Medicaid Program. Enrollment in the plan depends on the plan's contract renewal with Medicare. Virtual visits may require video-enabled smartphone or other device. Not for use in emergencies. Not all network providers offer virtual care. Benefits, features and/or devices vary by plan/area. Limitations, exclusions and/or network restrictions may apply. ©2023 UnitedHealthcare Services, Inc. All Rights Reserved. Y0066_230808_0207_M

26P88595

Create memories that will
last a *lifetime*.



elliott

PHYSICAL THERAPY

Hanover	781.347.3107
Hingham	781.875.1913
Dorchester	617.506.7210
Easton	508.559.5108
Milton	617.696.8141
North Attleboro	508.316.0559
Mansfield	508.639.5550
Needham	781.675.2526
South Boston	781.896.7005

www.elliottphysicaltherapy.com
FAMILY OWNED AND OPERATED



SPECIAL EVENTS

 = In Person  = Zoom

Long Term Care Planning & Protecting Your Home



Monday, June 9, 11:00 am – 12:00 pm

Overwhelmed with figuring out how you'll pay for long-term care? Not sure where to start? Worried what will happen to your home? Estate Planning and Elder Law Attorney Shani Collymore will show you how to protect your home from the cost of 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

Cultural Connection



Monday, June 9, 11:00 am – 12:00 pm

See description on page 18.

Greenland - A Journey into the Land of Ice with Barry Pell



Monday, June 9, 1:00 – 2:00 pm

Greenland is the world's largest island and least densely populated place on earth. In this program Pell showcases his stunning photos and discusses the island's history, culture, and the effects of global warming on many aspects of life in this beautiful place. Cost: Free

Caregiver Support Group



Monday, June 9, 4:00 – 5:00 pm

See description on page 18.

Metrowest Legal Clinic Phone Consultations



Tuesday, June 10, 10:00/10:30/11:00/11:30 am

See description on page 18.

Enhance Your Mood and Well-Being with More Positive Psychology Tools (4th Edition)



Tuesday, June 10, 11:00 am – 12:00 pm

Would you like to experience calm, resilience, and self-confidence? Dr. Miriam Rosalyn Diamond's newest Positive Psychology workshop engages in exercises using awareness, kindness, relaxation, and happy memories. (You don't have to attend the previous classes to attend this one.) Cost: Free

Karaoke and Sing Along with Joe



Tuesday, June 10, 1:00 – 2:00 pm

See description on page 18.

Coffee Talk with the Office of Consumer Affairs: Identity Theft & Fraud Prevention



Wednesday, June 11, 9:45 – 10:30 am

Our friend, Robin is coming back to talk about being

safe! Learn how to protect yourself from identity theft and fraud. Pre-registration is required. Cost: Free

Chair Massage with Kris



Wednesday, June 11, 10:00 am – 12:00 pm

See the description on page 15.

Hearing Aid Clinic



Wednesday, June 11, 10:00 – 11:00 am

See description on page 19.

Conversations with Jim the Cardiologist



Wednesday, June 11, 11:30 am – 12:00 pm

See description on page 19.

Lunch Chat with Debbie



Wednesday, June 11, 12:00 – 1:00 pm

See description on page 19.

Health Forum with Stephen Cadigan: Balance & Fall Prevention



Wednesday, June 11, 3:00 – 4:00 pm

Meeting ID: 846 9467 8507 Passcode: 820350

Falls are the biggest threat to the independence, health, and happiness of older adults. Speaker and Center Trainer Stephen Cadigan will teach you techniques and exercises to stave off this devastating hazard which can strike anytime without warning. Cost: Free

Crafts with Kelley the Cop



Wednesday, June 11, 3:30 – 5:00 pm

See description on page 19.

Low-Vision Support Group



Thursday, June 12, 10:30 am – 12:00 pm

See description on page 15.

Express Yourself



Thursday, June 12, 11:00 am – 12:00 pm

See description on page 15.

Lunch & Learn: Foot & Ankle Pain & Dysfunction with Elliott PT



Thursday, June 12, 12:00 – 1:00 pm

Elliott PT's Doctor of Physical Therapy, Seneca Spargo, will be here to tell you about common diagnoses, how to help manage your symptoms and make recommendations on when it's appropriate for a PT evaluation to get you enjoying your days pain-free. Cost: Free

MASONRY



Steps/Stoops Rebuilt or Repaired

Chimney Rebuilt or Repaired

House Foundation Leaks Repaired

Walk Ways Installed or Repaired

Chimney Inspection - Drainage, Waterproofing

Masonry Repairs - Retaining Walls

Driveways & Patios Installed

617-955-5164

toughbuildmasonryandconstruction.com

toughbuildjohn@gmail.com

FREE ESTIMATE AND ADVICE

George F. Doherty & Sons Funeral Homes

"Family Owned & Operated"

444-0687 | www.gfdoherty.com

1305 Highland Avenue | Needham, MA

EDWARD J. DOHERTY • GEORGE F. DOHERTY, JR. • EDWARD J. DOHERTY, JR. • JOHN P. DOHERTY

Off Street Parking • Serving All Religions
Burial Trusts • Pre-need Planning • Cremation Services

— OUR LOCATIONS —

Wellesley | 781-235-4100 | 477 Washington • Dedham | 781-326-0500 | 456 High St.

West Roxbury | 617-325-2000 | 2000 Centre St.

TRAIN with SHAIN IN HOME PERSONAL TRAINING FOR SENIORS

Gait, Balance/Fall Prevention
& Strength Training

(508) 231-6378

www.trainwithshain.net

FULLY INSURED

WE BUY COMIC BOOKS & OTHER COLLECTIBLES



603-568-6848

Jonathan Migdol

Realtor, Associate Broker, JD,
Certified Probate Real Estate Specialist
Notary Public

MIGDOL MOORE TEAM
MEMBER: 45+ YEARS OF LOCAL
REAL ESTATE EXPERTISE

Smooth Transitions for Seniors: Experienced, Patient and Real Estate Savvy

Gibson Sotheby's International Realty

781-234-8102

936 Great Plain Ave, Needham, MA | jonathanm@gibsonsir.com
www.gibsonsothebysrealty.com/realestate/agent/jonathan-jd/s



WINGATE WAY EAST

INDEPENDENT LIVING

INTRODUCING BOUTIQUE-STYLE LUXURY LIVING.

One Wingate Way East will soon be a sophisticated boutique-style community at the crossroads of Newton, Weston and Wellesley. It's designed exclusively for those seeking an independent lifestyle and offers bespoke amenities and services. Book your private consultation today and learn more about our entry fee model community now under way.



ON-SITE LEASING GALLERY AND MODEL UNIT NOW OPEN

781-328-6699 | OneWingateWayEast.com

589 Highland Avenue, Needham, MA



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpicommunities.com

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

06-5329

SPECIAL EVENTS

Registration is required for all programs

Rose Month Dance Party

Thursday, June 12, 1:00 – 2:00 PM

June is Rose Month. Come dance to rose-themed tunes from the past, including *Roses are Red My Love*, *I Never Promised You a Rose Garden*, and more. Wear something the color of your favorite roses and join us!. Cost: Free



Art Appreciation with Michele: Vasarely

Thursday, June 12, 1:00 – 2:00 pm

Victor Vasarely was a Hungarian artist who is considered the father of the Op Art movement. He explored painting and sculpture in which he created illusions of 3D in two dimensions and kinetic art that did not move. Join Michele Marram as we look at a variety of his artworks and then create some optical illusions of our own. Cost: Free



to Dinner & a Movie for Pride Month

Thursday, June 12, 5:00 – 7:30 pm

We are bringing back our intergenerational Out to Dinner event! If you are LGBTQ+ or an ally, join us to watch the movie *Stonewall Uprising* and then discuss it over a delicious meal! Make new friends with other affirming neighbors of all ages. Cost: Free



Red Cross Blood Drive

Friday, June 13, 9:00 am – 2:00 pm

To register to donate at this drive go to <https://www.redcrossblood.org/give.html/drive-results?zipSponsor=NeedhamCBD>



Coffee with Needham Economic Development

Friday, June 13, 9:45 – 10:30 am

Join us in the Café for a visit from Needham's Economic Development Department. Let's see what they are planning for our town! Cost: Free



Grandparents' Bragging Rights

Friday, June 13, 1:00 – 2:00 pm

Our grandchildren are amazing! Here's your opportunity to showcase their talents and accomplishments! Bring in your memories, photos, newspaper articles, stories, etc., to exhibit your well-deserved "bragging rights! Cost: Free



Television Dads: Now and Then with Deb Block

Monday, June 16, 1:00 – 2:00 pm

Remember *Father Knows Best*, *My Three Sons*, *Leave It to Beaver*? How were fathers portrayed in the 50's and



60's? How have they been characterized since then? We will discuss how TV dads have changed along with social norms. In honor of Father's Day, join us for this interesting presentation about tv dads we all remember! Cost: Free

Behind the Scenes Tour of the Boch Center

Tuesday, June 17 (Van boards at 9:00 am)

TRIP

Join us for a behind-the-scenes peek at one of Boston's most prominent landmarks.

Learn about the theatre's architectural highlights and unique history-from its hotel roots and glamorous days as a movie "cathedral", to today's role as an impressive venue for performances and events. Cost \$25 for van ride and tour ticket.



How to Spot Scams & Fraud with the BBB

Tuesday, June 17, 11:00 am – 12:00 pm

Worried about getting taken in by the latest scam? Concerned about the possibility that your ID could be stolen, and you suddenly find yourself saddled with surprise debt? Join us for a discussion with the Better Business Bureau, on current scams and learn how they educate consumers to prevent victimization by scammers. Cost: Free



Fleetwood Mac Tribute Show

Tuesday, June 17 (Time TBA)

Best of Times Travel—Lake Pearl, Wrentham, MA

Their album "Rumours" produced four U.S.

Top 10 singles and remained at number one on the Billboard 200 for 31 weeks. Remember these hits: Go Your Own Way, Don't Stop, Gypsy, Landslide, and so many more. Cost: \$136pp includes bus, plated lunch, meal tax/gratuity and show ticket. Payment and signature due upon registration. Call for more information.



Coffee Talk with CaptionCall

Wednesday, June 18, 9:45 – 10:30 am

See description on page 22.



John Adams Courthouse Tour, Boston

Wednesday, June 18 (Van boards 8:45 am)

We are headed to The John Adams Courthouse in Boston to see the Seven Justice Courtroom where the SJC hear oral arguments and the historic Holmes Courtroom where Chief Justice Oliver Wendell Holmes once presided. While there, you can tour two educational exhibits: "John Adams: Architect of American Government" (this exhibit focuses on the drafting of the influential Massachusetts Constitu-





SPECIAL EVENTS

tion) and “Sacco and Vanzetti: Justice on Trial” (this exhibit focuses on the history and legacy of this infamous case from the 1920s). We have also been approved to meet with a Justice of the Supreme Judicial Court or Appeals Court and this extra special piece of the tour! Cost: \$10

Inferno! The Great Boston Fire of 1872 with Anthony Sammarco

Wednesday, June 18, 1:00 – 2:00 pm

Join Anthony for a presentation about Inferno: The Great Boston Fire of 1872 that was written to commemorate the 150th anniversary of a devastating fire that destroyed 65 acres of land in Boston, destroyed 776 buildings downtown, caused more than \$73 million in damage (or \$1.6 billion in 2022 dollars) and killed 20 people. Cost: Free



Castle Island & Sully's

Friday, June 20 (Van boards at 10:15 am)

Jump in our van and travel to Castle Island to celebrate Beach Week! Enjoy a walk around the fort, along the walkway or the beach. Then gather together for lunch at Sullivan's Castle Island. (You pay for your own lunch). Cost: \$7 for van

TRIP



Breakfast with Rep. Josh Tarsky

Friday, June 20, 9:30 – 10:30 am

See description on page 19.



A Healthy Diet to Manage Chronic Disease

Monday, June 23 at 11:00 am – 12:00 pm

Diet plays a crucial role in managing chronic diseases by influencing key factors such as inflammation, blood sugar levels, weight, and overall health. Proper nutrition can help prevent or alleviate the symptoms of conditions like diabetes, heart disease, obesity, and hypertension. The seminar will focus on making healthy choices and provide tools to help prevent disease progression and improve quality of life for those with chronic conditions. This program is presented by Jane Barr, MPH, LDN of MGB of MGB Newton Wellesley Hospital's Community Collaborative Heart Health and Wellness Council. Cost: Free



The Relaxing Earth: Music for the Soul

Tuesday, June 24, 1:00 – 2:00 pm

The Relaxing Earth is a multimedia performance incorporating relaxing guitar music and beautiful images of natural landscapes moving across our big screen. Over 100 worldwide medical studies have shown that relaxing music can reduce blood pressure



and heart rate. Join us for some calm and relaxation. Cost: Free

Jackson Homestead & Museum and Durant – Kenrick House

TRIP



Wednesday, June 25, (Van boards at 10:15 am)

Join us for a trip to the Jackson Homestead & Museum and the Durant-Kendrick House next door. The Homestead and Museum displays rotating and permanent exhibits about the history of Newton, MA, and the Underground Railroad. The Durant-Kenrick House, a 1734 farmhouse, restored and renovated in 2013, offers stories about colonial life, the Revolutionary War, slavery, abolitionism, the birth of American horticulture, and the historic preservation movement. Cost: \$5

The Inspiring Story of Unknown Composer Doc Pomus

Wednesday, June 25, 1:00 – 2:00 pm

In this music lecture, Frank King tells the heartbreaking story of Doc Pomus (Jerome Felder) who fought crippling adversity to become one of our most prolific and celebrated songwriters. Also included: the story behind 3 big hits from 1953; one of the most infamous moments in the history of American broadcasting, featuring Arthur Godfrey and Julius LaRosa; a lovely “September Song” medley; and the beautiful “lost” ballad from “Peter Pan”. Frank King, formerly hosted music programs on WBUR radio, was a News Producer at WCVB TV, Channel 5, and an Assistant Professor at B.U. Cost: Free



Trivia & Tunes

Thursday, June 26, 10:30 – 11:30 am

See description on page 20.



Piano Sing Along with Mel Stiller

Thursday, June 26, 1:00 – 2:00 pm

Mel has been playing piano and leading sing-alongs for 35 years. Join us to sing and have some fun! Cost: Free



Open Mic Night

Thursday, June 26, 6:00 – 8:30 pm

See description on page 19.



Lunch & Learn: Summer Weather Emergency Preparedness

Monday, June 30, 12:00 – 1:00 pm

To end National Safety Month and get ready for the summer weather, join our friends from the Emergency Preparedness Team to learn how to be safe. Cost: Free



DONATIONS

Evelyn Adlerstein
Michelle Ardini
Isabel Avedikian
Marilyn & Bob Brooks
Cathy & Leverett Byrd
Mary Corcoran
Ann Dermarderosian
Robert Dunning
Ann Fitts

Jodie Gleason
Helene Kress
Marie Lawrence
Sandra Lynch
Judy MacDonald
Ann MacFate
Alan Margolies
John Mills
Jerald Owen

Claire Pelletier
Thaddeus Prorok
Carol & Stanley Richmond
Paula Riegel
Joan Roman
John Russo
Ted Schvimer

IN MEMORIUM

In memory of Bev Carpenter:

Caren & Stuart Carpenter
Georgina & Peter Friedenberg

Jen & Lee Garf
Kenneth Goldman

Nikki & Sammy McCay
Lois Raskind

In loving memory of Betty Aponte:

Anne Brain
Barbara Ryan

Claire Blum in memory of Daniel Blum
Claire Blum in memory of Myron Feigenberg
E. Brooks & Jeanie Goddard in memory of Betty Eaton
Ann Dermarderosian in memory of Sally Dempsey
Carol Ditmore in memory of Dr. David Ditmore, her loving husband
Ann MacFate in memory of Irene MacFate
Milton Rosenthal in memory of his amazing wife, Willa Rosenthal

IN APPRECIATION & HONOR OF

Pat & Floyd Alwon in appreciation of tax preparation & Gene Arcand
Sue Barber in appreciation of the Center and staff
Leslie Pearlstein in appreciation of Sandi Levy's yoga classes
Pia & Ennio Arduino in appreciation of tax preparation
Elaine Belkin in appreciation of tax preparation
Sue Biasizzo in appreciation of tax preparation & Gene Arcand
William Concannon in appreciation of tax preparation
Mary Corcoran in appreciation for tax preparation & Gene Arcand
Carol Fales in appreciation of tax preparation
Theresa Garlitz in appreciation of tax preparation
Marilyn Harris in appreciation of tax preparation & Gene Arcand
Margaret Pobywajlo in appreciation of tax preparation
Lois Raskind in honor of Bobby Papetti's special birthday
Josephine Roman in appreciation and thanks for tax preparation
Karen Valente in appreciation of tax preparation



More than 70 people cheered the Sox on to victory at our Red Sox Opening Day Bash! They enjoyed ballpark treats like hotdogs, peanuts and Crackerjacks while watching the game on our big screen.



Are you empathetic? Are you a good listener?



Our Volunteer Ombudsman Program Needs You!

Ombudsman volunteers act as advocates at long-term care facilities and assisted living residences. They work to ensure that residents' rights are being protected. Volunteers help residents with problems that they are unable to resolve alone and make sure that complaints and concerns are heard. Do you want to make a real difference and improve lives? Call today and ask to speak to our Volunteer Manager to learn more.



(617) 926-4100 / Greater Boston (508) 573-7200 / MetroWest
www.springwell.com

Experiencing balance, brain, and/or bladder problems?



Balance: Problems walking, or shuffling feet



Brain: Trouble with thinking or memory loss



Bladder: Difficulty with control and urgency

It could be a treatable condition called normal pressure hydrocephalus.



If you or a loved one experience these symptoms and are 60 years of age or older, you may be eligible for the STRIDE clinical trial.



Scan the QR code or visit STRIDEclinicalTrial.com to learn more about STRIDE and see if you prequalify

Copyright © 2025 CereVasc, Inc., All Rights Reserved.
 MKT-0003, Rev. A

Stride
 CLINICAL TRIAL



PREMIER REMOVAL SERVICE 617-893-9824

Steven Conroy - Owner
www.lugaway.com | info@lugaway.com

Home Cleanouts
 Garage Cleanouts
 Office Cleanouts
 Storage Unit Cleanouts
 Estate Cleanouts
 Furniture • Appliances
 Televisions • Yard Waste
 Construction Debris
 Demolition



COMPASSIONATE CARE FOR HEALTHY AGING AT HOME

617-999-7971
 508-641-0678 RN

Riverside Center
 275 Grove St., Suite 2-400, Newton, MA 02466
elliottseniorcare@gmail.com
www.elliottseniorcare.com



WE BUY & SELL

Coins • Coin Collections
 Precious Metals • Sterling Flatware
 Gold Jewelry • Pocket Watches

TOP PRICES PAID
Call 508-753-9695

TABER RARE COINS
www.tabercoins.net

HEARING LOSS? WE CAN HELP!



Schedule Today: 781.235-8110
www.flynnassociates.net

Senior Living Residences
 Vibrant Community
 Elegant Dining
 On-Site Medical Care
 Fitness Programs
 Home Care

All we are for your best life.

Long-Term Care
 Family Support
 And More >



Scan to explore.



Hebrew SeniorLife

HARVARD MEDICAL SCHOOL
 AFFILIATE

(781) 897-7579 | AllWeAreForYou.org

Orchard Cove | NewBridge on the Charles



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpicommunities.com

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

06-5329

FRIENDS OF THE CENTER AT THE HEIGHTS

Letter from the Presidents

Dear Center Participants & Donors,

Welcome to May 2025. It is a month of self-care: Arthritis Awareness Month, Better Sleep Month, Mental Health Awareness month, National Walking Month, Women’s Health Care Month and Older Americans Month. It is also Asian American and Pacific Islander Heritage Month and Military Appreciation Month. We celebrate May Day on the 1st, Cinco de Mayo on the 5th, Mother’s Day on the 11th, Armed Forces Day on the 17th, and Memorial Day on the 26th.

May is named for Maia, the Greek goddess of nature and growing plants, and it is the month to plant your window boxes and gardens. The Zodiac signs are Taurus and Gemini. The flower is lily of the valley and the birthstone is the emerald. Watch for the Flower Moon on May 12th.

June 2025 brings us summer which begins on the 20th; also known as the Summer Solstice and the longest day of the year. Schools are out and people take their vacations. June is awareness month for Pride and National Safety. Special observances are National Flag Day on the 14th, Father’s Day on the 15th, and Juneteenth on the 19th. On June 11th you will notice the Strawberry Moon. Speaking of strawberries—remember to enjoy some strawberry shortcake! The June birthstones are pearl and moonstone and the flowers are rose and honeysuckle. The Zodiac signs are Gemini and Cancer.

As you enjoy the warm sun and beautiful flowers, please remember your annual membership fee of \$25. Friends’ thanks you! We look forward to seeing you at the Center.

— Carol, Anne & Beverly

FRIENDS OF THE CENTER AT THE HEIGHTS, INC.

Donation Form

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

I/We would like to donate to the Friends of the Center at the Heights:

☐ \$25 Non-resident Newsletter	☐ \$75	☐ Other Amount \$ _____
☐ \$25	☐ \$100	☐ Memorial Gift
☐ \$50	☐ \$150	☐ Annual Membership

Name: _____

Address: _____

Zip: _____ Phone: _____

Birth Date: _____ Email: _____

Donation In Memory of: _____

Family Name & Address (for acknowledgement) _____

FRIENDS BOARD OF TRUSTEES

CO-CHAIRS

Carol Ditmore
Beverly Pavasaris

TREASURER

Anne Brain

SECRETARY

Beverly Pavasaris

BOARD MEMBERS

Isabelle Avedikian
Rita DellaRocca
Clifton Holbrook
Lee Ann Keeler
Bill Leahy
Barbara Ryan

EX-OFFICIOS

LaTanya Steele
Aicha Kelley



Advanced Podiatry of Needham

1410 Highland Avenue, Suite 204, Needham, MA

781-444-4044

Dr. Michael Mitry, DPM, DABPM

Conveniently located in Needham Center across from the Town Hall.

Plenty of free parking in rear of building.

*From routine foot care to treatments for surgery,
Dr. Michael Mitry specializes in all aspects of foot care
for the entire family.*

General Foot Care

Arthritis • Achilles Tendon

Ankle Pain • Athletes Foot

Bunions • Corns, Callouses

Diabetic Foot Care • Flat Feet

Fungus Toenails

Hammertoes • Heel Pain

Ingrown Toenails

Foot Injuries • Neuromas

Custom Orthotics • Plantar Fasciitis

Warts • Wounds • Laser Treatments



NEW PATIENTS WELCOME

Office Hours: Monday through Friday 8:00 -5:00

Offering same day appointments

Most Insurances Accepted

For Appointments Call: 781-444-4044

www.advancedpodiatryneedham.com

**MICHAEL MITRY
DPM, DABPM**

Podiatrist & Surgeon,
Board Certified Podiatrist





FRIENDS OF THE CENTER AT THE HEIGHTS

300 Hillside Avenue
Needham, MA 02494

NONPROFIT ORG
U.S. POSTAGE PAID
Boston, MA
Permit
#54486

Medicare Savings Program

Are You Eligible?

Have you heard about the Medicare Savings Program? If eligible, you can get great benefits that will pay for your Part A, B, and D premiums, as well as any late enrollment fees. It will also cap your medication costs making your drugs more affordable. At the highest level, it will protect you from getting billed for Medicare copays and deductibles. The savings are endless!

The great news is MSP can work with your existing Medicare plan since it is not insurance! If you like your current Medicare plan, you don't have to change it. Plus the application is only 1 page...what are you waiting for?

Remember SHINE counselors are available year-round to assist with all of your Medicare needs including screening for public assistance, going over claims, and much more. 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, number and town. A volunteer will call you back, as soon as possible.

SHINE NEWS

You are eligible if:

You are	Your income is below
Single	\$2,935 per month
Married	\$3,966 per month

