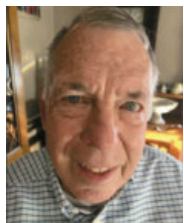


NEEDHAM COMPASS

THE NEWSLETTER FOR THE CENTER AT THE HEIGHTS

Volunteer Spotlight: Cliff Holbrook



Our friend and volunteer Cliff has been a fixture at the Center for more than 20 years! He began in 2004 as a member of the staff and became

a volunteer in his retirement. He currently teaches cribbage and helps out in our kitchen and Café, in addition to serving as a member of the Friends Board. Cliff was born and raised in Needham and worked as a postal carrier in Newton for 31 years. When Cliff is not at the Center, he enjoys his family, reading and dining out in Boston. Thanks, Cliff for all you do for the Center!

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EducateAI@Olin—a student research group at Olin College of Engineering — has been meeting with seniors at the Center to inform their research focusing on using artificial intelligence to help people who are visually impaired with employment. Above, some of the students are pictured with members of our Low-Vision Support Group. *Back row from left: Charlie, Ryan, Daniel and Ethan. Front row from left: Zara, Katherine, Dorothy, Ellie, JoAnne and Anne. Our furry friend in front is Josephine, Ethan's seeing-eye dog.*

Center Summer Hours

Mon/Wed	8:30am - 5:00pm
Fri	8:30am - 4:00pm
Tues/Thurs	8:30am - 8:00pm
Fitness Center	9:00am - 2:00pm (M-F)
	5:00pm - 8:00pm (TH)
Continental Breakfast	8:30 - 10:30am (M-F)
Springwell Lunch	12:00 - 1:00pm (M-F)

Closed

July 4th

Independence
Day



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akelley@needhamma.gov



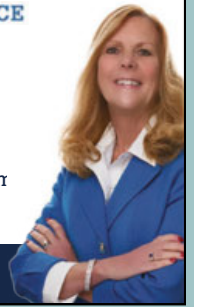
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From the Director of Aging Services



Dear Friends,

Happy Summer! July and August offer some of our favorite annual events (like the Friends Annual Ice Cream Social) and I'm thrilled to invite you to take part in the fun, the giving and the community spirit that makes this place so special. We encourage you to dive into the fun, try something new and make the most of the sunny season with us.

Our goal is to make this summer enjoyable and engaging for everyone. Whether you're looking to exercise, explore new hobbies, take a day trip to the coast or simply enjoy the company of friends, we have something special in store for you.

Now, I'd like to request your help with a few housekeeping items. We need all participants and visitors to please "swipe in" each day when you visit the Center. Also, please remember to cancel if you cannot attend an activity, even if the activity is free of charge. Our membership is growing exponentially, and we have waiting lists for some programs. This is also a courtesy to the presenters who have taken the time to prepare materials and supplies for classes.

As the sun begins to shine brighter and the days grow longer, we can't wait to spend this summer with you, filled with fun, laughter and new friendships!

"No act of kindness, no matter how small, is ever wasted."

-Aesop

With Appreciation,

LaTanya Steele



Volante Farms so generously donates plants and flowers to keep our deck looking beautiful in every season. They also lend their wonderful Dede Dussault to make it all happen. *Pictured from the left are planting volunteers Dede Dussault, Rita Haney, Lisha Goldberg, Vandana Bhatt and Center staff member Karen Marchilonis.*



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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.

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 upfront 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, in the new marked spaces in the MBTA lot (on the Hillside Avenue side) or 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.

Parking Update

Thanks to the MBTA for letting us use some of the parking spaces in their lot next to our building. The new spaces are along the Hillside Avenue side of the lot and are marked as "Center at the Heights Permit Parking." However, no parking permit is needed.

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. There is a suggested donation of \$2.50 per lunch.

Spanish Translator

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

Notary Services

In need of a notary? Call the Center or email Aicha at akelley@needhamma.gov to be connected with Laurie Udell, a retired Needham lawyer who generously offers free notary services to our seniors.

Veteran's Agent



Come into the Center to meet 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 Veteran's Affairs or to make an appointment to meet with Dan at the Center, call 781-489-7509.**



Our incredible Transportation Team delivers hot lunches to homebound Needham residents every weekday.

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, x205.

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**. 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 to complete this contract 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 as a two-month series), a state-of-the-art Fitness Center (\$25/month pay as you go) and 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. For information on how to access our online registration, email jgarf@needhamma.gov.

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

Jul 7, 14, 21, 28 and Aug 4, 11, 18, 25

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

Jul 7, 14, 21, 28 and Aug 4, 11, 18, 25

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

Jul 7, 14, 21, 28 and Aug 4, 11, 18, 25

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

Jul 7, 14, 21, 28 and Aug 4, 11, 18, 25

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

Fitness Center Hours

Mon - Fri 9 am - 2 pm

Thurs 5 - 8 pm



TUESDAYS

Outdoor Walking Crew



Tuesdays, 10:30 – 11:30 am

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

While the NWH /JCC Walk & Talk Health program takes a summer break, we will keep walking outdoors! Meet at the Center (or suggest other locations). Please dress for warm weather and bring water. Cost: Free

Train the Brain



Tuesdays, 11:00 am – 12:00 pm

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

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: \$45

FitBall Exercise Class



Tuesdays, 1:00 – 2:00 pm

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

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 uses an advanced fitness format and is recommended for the active older adult. Series cost: \$45

Arthritis Class



Tuesdays, 2:00 – 3:00 pm

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

Instructor: Stephen Cadigan

This seated class addresses range of motion, strength, flexibility, endurance, balance and coordination and is easy on the joints. Zoom participants will receive the Zoom link once they have registered and paid for the series. Series cost: \$45

Zumba Gold



Tuesdays, 4:30 – 5:30 pm

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

Instructor: Lulu Tsai

Meeting ID: 825 7084 7065 Passcode: Zumba

Zumba Gold is a low-intensity version of the standard Zumba class, focusing on easy-to-follow choreography and moves that are gentle on the body. Join this fun Zumba classes on Zoom! Cost: Free

Special Event!

Summer Games with our Trainers

Wednesday, July 23, 3:00 – 4:00 pm

See details about this fun event on page 20.



WEDNESDAYS

Tai Chi & Qigong In Person



Wednesdays, 9:00 – 10:00 am

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

Instructor: J. Scott Brumit

See description on page 8. Series cost: \$45

LaBlast Cardio Dance



Wednesdays, 10:15 – 11:15 am

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

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: \$30

Interval Training



Wednesdays, 1:00 – 2:00 pm

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

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: \$45

Move It, Shake It, Lift It!



Wednesdays, 2:00 – 2:45 pm

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

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: \$45

Subtle Yoga & Meditation



Wednesdays, 5:00 – 6:00 pm

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

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

FITNESS CLASSES

Registration is required for all classes

THURSDAYS

All classes after 12pm on July 3rd have been cancelled.

Chair Yoga with Marianne

No classes in July and August. This class will resume in September.

Tai Chi & Qigong

Thursdays, 10:00 – 11:00 am

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

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

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

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: \$45



Arthritis Class

Thursdays, 2:00 – 3:00 pm

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

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

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

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

Zumba, Flex & Balance

Fridays, 10:00 – 11:00 am

Jul 4, 11, 18, 25 and Aug 1, 8, 15, 22, 29

Instructor: Hong Zhuang

Enjoy 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.

Series cost: \$40



Zumba® for Grandkids

Fridays, 11:00 am– 12:00 pm (July 11 and 18 only)

Instructor: Hong Zhuang

Join us for a music-filled Zumba® session where kids can dance, move, and burn off energy. Perfect for ages 6-12, this class is all about joy and movement. Cost: Free



Seated Strength & Balance

Fridays, 10:30 – 11:30 am

Jul 4, 11, 18, 25 and Aug 1, 8, 15, 22, 29

Instructor: Pearl Pressman

See description on page 8. Cost: \$40



Floor, Core & More

Fridays, 1:00 – 2:00 pm

Jul 4, 11, 18, 25 and Aug 1, 8, 15, 22, 29

Instructor: Lisa Cadigan

This class strengthens abs, glutes, lower back, hips and shoulders and uses hand weights and body weight to enhance flexibility, balance and strength. This class is for the active older adult. Zoom participants will receive the Zoom link once they have registered and paid for the series. Series cost: \$40



SATURDAYS

Tabata

No classes in July and August. This class will resume in September.

Arthritis Class

No Saturday Arthritis classes in July and August. This class will resume in September.

Left: Our DrumFit Cardio Drumming class is fun and a great workout for people of every fitness level. It can be done standing or seated, which makes it good for people who are rehabbing a knee or ankle due to injury or joint replacement. Come in on a Thursday morning to give it a try!

Center's Weekly Drop-In Groups & Games

Monday

Beginner Bridge	10:00 am – 12:00 pm
Beg/Intermediate Canasta	
Lessons and Games	12:30 pm – 3:00 pm
Hand & Foot Game	12:30 pm – 3:00 pm
Experienced Canasta	12:30 pm – 3:00 pm
Mahjong (Intermediate)	1:00 pm – 3:00 pm

Tuesday

Experienced Bridge	9:00 am – 12:00 pm
Rummikub	1:00 pm – 3:00 pm
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

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

Friday (except for holiday on July 4th)

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

MONDAYS

Kerrie Cusack's Monday Meditation

Mondays, 11:00 am – 12:00 pm

Jul 7, 14, 21, 28 and Aug 4, 11, 18, 25

Meeting ID: 137 719 908 Password: 713980

Get centered and relaxed with Kerrie. Cost: Free



Beg/Intermediate Canasta Lessons & Games

Mondays, 12:30 – 3:00 pm

Jul 7, 14, 21, 28 and Aug 4, 11, 18, 25

Join our friend and volunteer Barbara to learn classic Canasta. Cost: Free



Neil's & Ron's Historical Movie Discussion

Mondays, 1:00 – 2:00 pm

Jul 7, 14, 21, 28 and Aug 4, 11, 18, 25

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

Jul 7, 21, 28 (final meeting)

This support group shares concerns related to aging like cognition, hearing loss, living alone, navigating technology, caregiving, nutrition, etc. We will celebrate our last meeting with a pizza party. Cost: Free



Pool Lessons with Dave

Mondays, 6:00 – 7:00 pm



Jul 7, 14, 21, 28 and Aug 4, 11, 18, 25

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

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

A nurse from Needham's Public Health Department is here to check your blood pressure. She can also check other vital signs like respiration, pulse and heart rate. Just drop in! Cost: Free



WEEKLY & BI-WEEKLY CLASSES

Registration is required for all classes

TUESDAYS cont.

Mindful Living with Lisa

Tuesdays, 10:00 – 11:00 am

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

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: \$45



Current Events Discussion Group

Tuesdays, 10:30 – 11:30 am

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

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



Looking Back with Debbie

Tuesdays, 11:00 am – 12:00 pm (also see Thursdays)

Jul 15, 29 and August 12

Recall old memories using different strategies and cues to help you remember: smells, visuals, tastes, etc. Cost: Free



Vintage Voices

No Vintages Voices in July and August

We will take a break for the summer and resume in September.



Tech Help with Bruce

Tuesdays, 1:00 – 3:00 pm

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

Join 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

Jul 1, 8, 15, 22, 29 – Fox Trot (\$25)

Aug 5, 12, 19 – Bachata (\$15)

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 per series as indicated above.



Scene-by-Scene Script Reading Academy with Deb Block



Tuesdays, 3:00 pm – 4:30 pm

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

Script reading is fun, social, and also has health benefits! It helps with cognition and can enhance memory and problem-solving skills. Script reading can also help seniors express their emotions and reduce stress, contributing to overall mental health. Let's start with Guys & Dolls. Join us for some fun! Cost: Free

Pastel Drawing & Sketching at Home with Ben



Tuesdays, 4:00 – 5:00 pm

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

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. Participants will receive the Google Meet link once they have registered and paid for the series. Cost: \$45

Pool/Cards/Games at the Center



Tuesdays, 5:00 – 8:00 pm

Jul 1, 8, 15, 22, 29 and Aug 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

WEDNESDAYS

Bingo



Wednesdays, 10:30 – 11:30 am

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

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

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

Bring your own materials and join others in our Art Room to make your art in the company of others. Cost: Free

Cribbage Lessons & Games with Cliff

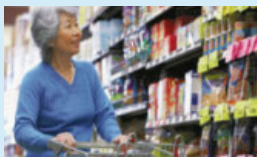


Wednesdays, 1:00 – 3:00 pm

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

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

Weekly Shopping Trips



Our vans make weekly trips to local shops. Needham residents can board the vans at the Center or be picked up/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)

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

Our driver will pick you up from your home around

1:30 pm and return you to your home at 2:45 pm. Total shopping time is 1 hour. Cost: \$2/trip

Market Basket (Every other Wednesday)

Jul 9, 23, Aug 6, 20

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)

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

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

THURSDAYS

Veterans' Agent Hours

Thursdays, 9:00 am – 4:00 pm

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

Dan O'Neill is here to help you obtain your benefits from the VA. To talk to or make an appointment with Dan at the Center, call 781-489-7509.



Great Plain Traders

Thursdays, 9:30 – 10:30 am

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

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



Knitting with Friends

Thursdays, 10:00 am – 12:30 pm

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

Bring your needle work to the Center to collaborate, inspire and socialize with others. Cost: Free



Bereavement Caring Circle

Thursday, 10:30 – 11:30 am (bi-weekly)

No meetings in Jul. Next meeting is Aug 21

Nikki from West River Hospice offers a bereavement group that follows an open spiritual path to process loss. Participants meet at the Episcopal Church, Needham.



Looking Back with Debbie

Thursdays, Aug 7 (10:00 am), August 21 (9:30 am)

See description on page 12.



Dual Recovery Anonymous (DRA)

Thursdays, 12:00 – 1:00 pm

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



DRA is a 12-step self-help program for people with both an addiction and a psychiatric challenge. Adults recovering from any addiction and any mental health challenge are welcome. Cost: Free

Tech Help with Stephano

Thursdays, 1:00 – 3:00 pm

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

Join 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, 4:00 – 8:00 PM

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

Come to the Center to play Rummikub, canasta, mahjong, cribbage and more! Pizza will be provided. You **must** preregister. Cost: Free



Cards/Pool at the Center

Thursdays, 5:00 – 8:00 pm

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

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

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

This class is a combination of activities to improve memory, reasoning, conceptualization, language and problem-solving. Losing mental capacity is not an inevitable part of aging. Take a break from cross-word puzzles and give this a try. Cost: Free



All classes after 12pm on July 3rd have been cancelled.

WEEKLY CLASSES



Left: Pardis and Fred Springer enjoy catching up with friends at a recent Dinner Bell Community Dinner.



Right: Tedi Eaton and Colleen Schaller volunteer to dish up and serve meals to Community Dinner guests.

FRIDAYS

Needham Creative Writing Crew

Fridays, 10:00 – 11:00 am

Jul 18 and Aug 1, 15

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

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

See description on page 12.



Short Story Discussion Group

Fridays, 12:00 – 1:00 pm

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

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

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

Enjoy a movie on the big screen. Cost: Free



Acrylic Painting & Drawing

Fridays, 1:00 – 3:00 pm

This class will take a break in July and August and return in September.

Demystify Tech with Techie to the Rescue

Fridays, 1:30 – 2:30 pm

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

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

Indian Cooking with Shruti

Tuesday, July 1, 3:00 – 4:30 pm

Join Shruti Mehta to make mouthwatering, spice infused, vegetarian dishes from North, South, and West India. While you cook together, Shruti will discuss Indian food and customs. Then you'll enjoy a scrumptious meal! Cost: A \$5 ingredients fee is payable to the instructor.



Patriotic Music with Margie & Carlo

Wednesday, July 2, 1:00 – 2:00 pm

Come celebrate Independence Day with a rousing patriotic sing along. Join Margie Brodsky and Carlo Cocuzzo around the piano and accordion, and remember to wear your red, white and blue.



Moody Mondays

Monday, July 7, 11:00 am – 12:00 pm

Join us to watch some nostalgic comedies to kick start the week with laughter. The Mary Tyler Moore Show, Johnny Carson, I Love Lucy, Laugh In or anything you request! Cost: Free



Patriotic Piano Concert with Michael Leidig

Monday, July 7, 1:00 – 2:00 pm

Michael Leidig, a Boston-based jazz/classical pianist, will perform patriotic selections from his recently released CD: Beautiful America. Learn more at thenutritionmusician.com. Cost: Free

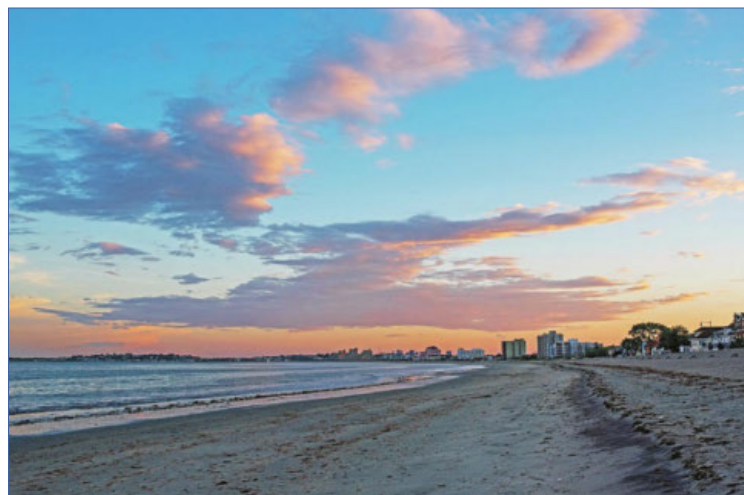


Trip to Revere Beach & Kelly's Roast Beef

Tuesday, July 8 (Van boards at 8:45) Rain date July 10

TRIP

Enjoy a day at the beach! Stick your toes in the sand and breathe the fresh sea air. Then head to Kelly's Roast Beef for lunch (you pay for your own lunch). Cost for van: \$10



Drop In with Debbie



Tuesday, July 8, 9:30 – 10:30 am

Enjoy coffee together and discuss what's on your mind - programs at the Center, current events, etc. Cost: Free

MetroWest Legal Clinic Via Phone



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

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

Exploring Sky Islands with Joy



Tuesday, July 8, 1:00 – 2:00 pm

Meeting ID: 845 4880 0292 Passcode: JOY

The Sky Islands of Arizona are among the most diverse ecosystems in the world and contain the highest biodiversity in the US. See images of some of these rarely seen creatures and learn about current challenges to these ecosystems - from climate change to invasive species and more. Cost: Free

Hearing Aid Clinic with Paul



Wednesday, July 9, 10:00 – 11:00 am

Paul Dole of Flynn Hearing Aids will be here to clean and check your existing hearing aids, do some light wax removal, make small repairs, check and replace your batteries, and answer any questions you have on hearing loss and hearing aids. Cost: Free

Conversations with a Cardiologist



Wednesday, July 9, 11:30 am – 12:30 pm

Come to our Café for a chat with retired cardiologist Dr. Jamil (Jim) 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, July 9, 12:00 – 1:00 pm

Get together with others at the Center to catch up, chat and eat! Lunch will be provided - you bring the conversation! This program is led by Speech/Language Pathologist Debra Maibor. Register by 7/7 to receive a lunch. Cost: Free

Crafts with Kelley the Cop



Wednesday, July 9, 3:00 – 5:00 pm

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

Low-Vision Support Group



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

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

Brunch & Learn: Dating for Seniors



Thursday, July 10, 11:00 am – 12:00 pm



You're never too old to date! In this program, Healthcare Advocate Lynn Croft will debunk common misconceptions about senior dating and offer practical tips to help you get yourself "out there."

Discover how to safely navigate online dating and explore ideas for crafting an irresistible personal profile. Lynn will also share first-date suggestions to spark inspiration and make your outings unforgettable. Join us for this session filled with advice, encouragement, and plenty of great tips to jump-start your dating journey. Register by 7/7 to receive brunch. Cost: Free

Low-Vision Lunch: Social Time



Thursday, July 10, 12:00 – 1:00 pm

Gather for lunch with others who have low vision to socialize and enjoy one another's company. If interested, you can also attend the Low-Vision Support Group prior to lunch (see above). Please register by the Monday before so we can order enough food for all. Cost: Free

Piano Concert with Richard Amir: Music from our Favorite Films



Thursday, July 10, 1:00 – 2:00 pm

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

Center Birthday Club by Copley Motorcars



Friday, July 11, 12:30 – 12:45 pm

Join us in the Café to celebrate July birthdays together. Thanks to Copley Motorcars for sponsoring this monthly program!

JULY 2025 PROGRAMS

(AT A GLANCE)

Mon	Tue	Wed	Thu	Fri
July Classes/Programs Occurring Every Week				
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 Beg/Intermed Canasta Lessons & Games 12:30 Experienced Canasta 12:30 Hand & Foot 1 Historical Movie 1 Mahjong (Intermed) 3 Caring Friends 6 Pool Lessons	9-2 Fitness Center 9-11 Blood Pressure Clinic 9 Experienced Bridge 10 Mindful Living 10:30 Wow Walking Group 10:30 Current Events 11 Looking Back 11 Train the Brain 1 FitBall 1 Rummikub 1-3 Tech Help/Bruce 2 Arthritis 2:30 Ballroom Dance 3:00 Script Reading Academy 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 Lessons/ Games 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 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 2-3 Arthritis 2-4 Rummikub 4-6 Game Night Café 5-8 Pool/Cards/Games 5:15 Stretchology 6 Brain Games	9-2 Fitness Center 10-12 Beg Bridge 10 Zumba Flex 10 Creative Writing 10:30 Seated Strength/ Balance 10:30 Bingo 12 Short Story Discussion Group 1 Floor, Core, More 1-4 Exp Mahjong 1-4 Rumikub 1:30 Techie to the Rescue
July Bi-Weekly & Special Events				
	1 3 Indian Cooking w/ Shruti	2 1 Patriotic Music	3 All classes/programs after 12pm cancelled	4 Closed
7 11 Moody Mondays 1 Patriotic Piano Concert	8 8:45 Revere Beach Trip 9:30 Drop In w/ Debbie 10 MetroWest Legal Clinic 1 Sky Islands w Joy	9 1 Hearing Aid Clinic 11:30 Conversation w/ a Cardiologist 12 Lunch Chat 3 Crafts w/ Kelley Cop	10 10:30 Low-Vision Support 11 Brunch & Learn Dating for Seniors 12 Low-Vision Lunch 1 Piano w/ R Amir	11 9-12 Yard Sale 12:30 July Birthdays 1 Center Cinema
14 10 Barre Balance Class 1 Some Like it Hot w/ D. Block 4 Caregiver Support Gp	15 1 Karaoke 11 Looking Back	16 9:45 Jail House Talk 10-12 Chair Massage 1 Summer Dance Party 2:45 Low-Vision Trip/ Concert 3 Rainbow Social Hour	17 9:30 Breakfast at Briarwood 11 Express Yourself 12 MetroWest Media- tion 6 Open Mic Night	18 9:45 Cohasset Historical Society Trip 11 French Film Making 1 Center Cinema
21 9:45 Author Talk- A. Richards 1 Revere Beach w/ A. Sammarco	22 11 Relax & Rejuvenate 1 Blue Suede King w/ B. Reidy	23 9:45 Elliott PT- Back Pain 1 Music of Route 66 3 Cooking w/ Jessica 4 Summer Games w/ Trainers	24 10:30 Trivia & Tunes 11 Creativity & Staying Healthy & Engaged 1 Patriotic Songs w/ F. King 3 Cooking w/ BID	25 9-2 Red Cross Blood Drive 9:45 MBTA Safe Travel 9:45 Briarwood Coffee 10:15 Veterans Field Trip 12-2 Chair Massage 1 Center Cinema
28 1 Buffalo Soldiers	29 9:30 Fuller Craft Museum 11 Looking Back 1 Author L. Perskie Rodriguez	30 9:30 Cultural Connection 9:45 Coffee w/ NPD Cops 1 America Answers British Invasion 3 Cooking w/ Amy	31 10 Music w/ Aicha 1 Marine Life in New England	

Mon	Tue	Wed	Thu	Fri
August Classes/Programs Occurring Every Week				
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 Beg/Intermed Canasta Lessons & Games 12:30 Experienced Canasta 12:30 Hand & Foot 1 Historical Movie 1 Mahjong (Intermed) 6 Pool Lessons	9-2 Fitness Center 9-11 Blood Pressure Clinic 9 Experienced Bridge 10 Mindful Living 10:30 Wow Walking Group 10:30 Current Events 11 Train the Brain FitBall 1 Rummikub 1-3 Tech Help/Bruce 2 Arthritis 2:30 Ballroom Dance 3:00 Script Reading Academy 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 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 2-3 Arthritis 2-4 Rummikub 4-6 Game Night Cafe 5-8 Pool/Cards/Games 5:15 Stretchology 6 Brain Games	9-2 Fitness Center 10-12 Beg Bridge 10 Zumba Flex 10 Creative Writing 10:30 Seated Strength/Balance 10:30 Bingo 12 Short Story Discussion Group 1 Floor, Core, More 1-4 Exp Mahjong 1-4 Rummikub 1:30 Techie to the Rescue
August Bi-Weekly & Special Events				
				1 12:30 August Birthdays 1 History of Mahjong
4 9:45 Jail House Talk 11 Moody Mondays 12 Lunch & Movie Date	5 3 South Pacific Asian Cooking	6 9:30 Drop In w/ Debbie 10-12 Chair Massage 1 Gratitude, Humor & Kindness	7 10 Looking Back 11 Self-Care: Make Most of Next Years 1 Vocalist M. Guanci	8 9:45 The Cannabis Dr. 1 Center Cinema
11 10 Barre Balance 11 BBB 101 1 Guys & Dolls Backstory 4 Caregiver Support Gp.	12 10-12 MetroWest Legal Clinic 11 Looking Back 1 Karaoke	13 10 Hearing Aid Clinic 11:30 Convo w/ Cardiologist 12 Lunch Chat 12:15 Gore Place Trip 3 Crafts w/ Kelley Cop	14 9:00 Cultural Connection 10 Music Appreciation w/ Aicha 10:30 Low-Vision Support 12 Low-Vision Lunch 1 Ice Cream Social	15 9:30 Coffee w/ State Rep J. Tarsky 11 Relaxing Earth 1 Center Cinema
18	19 11 Express Yourself	20 9:45 Coffee w/ Briarwood 1 Concert- Just the two of Us 3 Cooking w/ Jessica 3 Rainbow Social Hour	21 9:30 Breakfast at Briarwood 9:30 Looking Back 10:30 Trivia & Tunes 12 MetroWest Mediation 1 Sing Along M. Stiller 6 Open Mic Night	22 9-2 Red Cross Blood Drive 9:45 Elliott PT: Staying Active 12:30 Ice Cream w/ North Hill
25 1 Launching Liberty w/ D. Most	26	27 9:45 Organizing Made Easy	28	29 9:45 Twin Rivers Casino 12 Lunch & Wellness Documentary 12-2 Chair Massage 1 Center Cinema

SPECIAL EVENTS

Registration is required for all programs

Center Yard Sale!

Friday, July 11, 9:00 am – 12:00 pm

Bring your wares to sell at the Center! You price your items, sell them, and keep all proceeds. Buyers are invited to stroll through and make purchases! Kelley the Cop will be here with yummy treats for everyone. Sellers **must** preregister for a table. Cost: Free



Barre Balance

Monday, July 14, 10:00 – 11:00 am

Barre Balance is a high-energy fitness experience designed to enhance balance, build strength, and boost stamina. Utilizing the Barre system for support, this class offers the stability you need while challenging your body in a safe and effective way. Taught by Certified Barre Balance Instructor and Trainer Jazz CVitan from Avita of Needham, it's perfect for anyone looking to improve their balance and overall fitness. Cost: Free



Funniest Comedy of All Time: *Some Like It Hot*

Monday, July 14, 1:00 – 2:00 pm

This program, led by Theatre Director and Film Educator Debra Block, looks at behind-the-scenes stories of the stars of *Some Like It Hot* – a movie that defied the oppressive Hollywood Hayes Code by challenging gender norms. Join us to discuss this great film written and directed by Billy Wilder and starring Tony Curtis, Marilyn Monroe and Jack Lemmon. Cost: Free



Caregiver Support Group

Monday, July 14, 4:00 – 5:00 pm

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



Karaoke & Sing Along with Joe

Tuesday, July 15, 1:00 – 2:00 pm

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



Jail House Talk with the Sheriff's Office

Wednesday, July 16, 9:45 – 10:30 am

Grab a coffee and join Norfolk County correctional officers to learn what daily life is like at Norfolk County Prison. Cost: Free



Chair Massage with Kris

Wednesday, July 16, 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. If you'd like to book and pay for a longer chair massage, Kris will stay later to accommodate you. Email her to set up an appointment at krisloan057@gmail.com.



Summer Dance Party

Wednesday, July 16, 1:00 – 2:00 pm

No lazy days of summer here. We want to boogie!



Low-Vision Trip: Yaryna Tsymbal Concert

Wednesday, July 16 (Van boards at 2:45 pm/ re-turns at approx. 5:45 pm)

TRIP

We invite those with low vision to join us for a trip to Berklee College of Music for a feast for your ears! Yaryna Tsymbal blends Ukrainian musical heritage with jazz, pop, and R&B in a set of original works and reimagined pieces. Cost: \$10



Rainbow Social Hour *on the Deck!*

Wednesday, July 16, 3:00-4:00 pm

Rainbow Social Hour is an LGBTQ+ social group that welcomes all who identify as part of the LGBTQ+ community. Weather permitting, enjoy refreshments and a cold drink on our beautiful roof deck. Cost: Free



Hot Breakfast at Briarwood

Thursday, July 17, 9:30 – 10:30 am

Meet at Briarwood for a lovely hot breakfast. You must pre-register by calling the Center. Cost: Free



Express Yourself

Thursday, July 17, 11:00 am – 12:00 pm

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



Metrowest Mediation Services (MMS):

Office Hours

Thursday, July 17, 12:00 – 1:00 pm

Mediation can be a flexible way to find a resolution to a dispute without involving an arbitrator or judge, which can be costly and less individualized. Come meet with a rep from MMS to learn how they can help you resolve a dispute through mediation. Cost: Free



Open Mic Night

Thursday, July 17, 6:00 – 8:30 pm

Come to Plugged-In Band's Open Mic Night for all ages, abilities and musical skills. Perform yourself or just enjoy the performances of others. There will be pizza, puzzles, crafts and conversation. Cost: Free



Trip to Cohasset Historical Society: Textile Exhibit 'Summer Afternoons on the Lawn 1900- 1920's'

Friday, July 18, (van boards at 9:30 am)



TRIP

The Costume and Textile Collection at the Cohasset Historical Society covers a range of women's, men's, and children's clothing and accessories, exquisite wedding dresses, quilts and embroideries from the 1830s to 2000. We will stop at French Memories Bakery where you can purchase lunch (or bring your own from home). Exhibit admission donated by Jan Simblis, a member of our



Center who is happy to share the history of her unique hometown, Cohasset. Cost: \$10 for the van.

Coffee with State Rep Josh Tarsky

Friday, July 18, 9:30 – 10:30

Join Rep. Tarsky for coffee as he answers questions and updates us on things happening in the district & State House. Cost: Free



Let's Learn Together: French Film Making

Friday, July 18, 11:00 am – 12:00 pm

It's French-American Heritage Month. So, let's learn about the art of French Film Making! "Let's Learn Together" is now a monthly program. Look for more in upcoming months! Cost: Free



Author Talk: Archie Richards - *Shrink Government, It's Too Big!*

Monday, July 21, 11:00 am – 12:00 pm

Archie Richards will discuss his book. Additional topics include: the best way to resolve the nation's debt, why catastrophic global warming is controversial and numerous prominent government policies that help the rich and hurt the poor. Cost: Free



Revere Beach Wonderland with Anthony Sammarco

Monday, July 21, 1:00 – 2:00 pm



Revere Beach is the oldest public bathing beach in the US. In 1895 the Massachusetts legislature ordered the taking of nearly three miles of private seacoast land on what is now Revere Beach Reservation. It became a destination of amusements with

a carnival-themed environment with popular rides. These amusements plus the arcades where one could win a prize were popular, as was the beach and restaurants along its shore. Cost: Free



Relax & Rejuvenate Hour

Tuesday, July 22, 11:00 am – 12:00 pm

Join Certified Mind/Body Coach Julie Bailit for a guided meditation and learn how this practice can support your healing. You will leave the session feeling relaxed and equipped with simple ways to use meditation to reduce anxiety before surgery and in everyday life. After the meditation, enjoy an array of teas and goodies. Cost: Free



The Blue Suede King: The Songs of Elvis

Tuesday, July 22, 1:00 – 2:00 pm

In this show, Bill Reidy performs the hit songs and rock-a-billy tunes of the young Elvis Presley from the mid-1950s to the early 1960s, when Elvis was the King of Rock 'n' Roll. Cost: Free



Coffee talk with Elliott PT: Understanding and Easing Everyday Back Pain

Wednesday, July 23, 9:45 – 10:30 am

An Elliott PT Licensed Physical Therapist will explain what causes back pain, how to move safely, and simple ways to reduce stiffness and discomfort. We'll explore gentle stretches, posture tips, and what to do (and not do) when your back flares up. Includes handouts, demos, and time for your questions! Cost: Free



SPECIAL EVENTS

 = In Person  = Zoom

The Music of Route 66 with Ruth Rappaport & Joe Pete Wetherbee



Wednesday, July 23, 1:00 – 2:00 pm

Take a musical trip with us along historic Route 66 as we sing songs along the motor route. Cost: Free

Cooking with Jessica



Wednesday, July 23, 3:00 – 4:30 pm

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

Summer Games with our Trainers



Wednesday, July 23, 3:00 – 4:00 pm

Enjoy summer at the Center playing the warm weather games of your youth. Improve your agility and balance, while engaging in lively competition among friends. Beachball volleyball, bean bag toss and more, designed to safely enhance your agility, core strength, flexibility, range of motion and balance. You will also enjoy an interactive presentation that will sharpen your cognitive acuity! Cost: Free

Trivia & Tunes

Thursday, July 24, 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. It's an hour of fun, nostalgia and exercise for your brain! Cost: Free

The Role of Creativity in Keeping Senior Years Healthy & Engaged

Thursday, July 24, 11:00 am – 12:00 pm

Our lives can be improved by using creativity to find better ways to improve our health, relationships and enjoyment in life. Join Henry Quinlan to learn: everyone can be creative; what is creativity and how to access it; how to use AI to improve your creativity. Cost: Free

Top 5 Patriotic Songs for the 4th with Frank King

Thursday, July 24, 1:00 – 2:00 pm

In this musical lecture, Frank King reveals the secrets and interesting stories behind our most beloved patriotic songs, including The Star-Spangled Banner, America the Beautiful, God Bless America, and This Land is Your Land, and more. Cost: Free

Cooking for Nutrition with BID Needham

Thursday, July 24, 3:00 – 4:00 pm

Join us in the kitchen for some healthy and yummy cooking recipes and tips from our friends from BID Needham. We love this warm and knowledgeable team of dieticians and dietetic interns! Cost: Free

Red Cross Blood Drive

Friday, July 25, 9:00 am – 2:00 pm

To register go online to [https://](https://www.redcrossblood.org/give.html/drive-results)

www.redcrossblood.org/give.html/drive-results



MBTA Safe Travel

Friday, July 25, 9:45 – 10:30 am

The MBTA Mobility Center will be here to teach us how to use the MBTA accessibly and comfortably. Topics to be covered include: accessibility, navigating the T and trip planning, safety, how to ask for help while in transit, reduced-fare programs (Blind Access Pass, TAP, Senior, Pass, Income Eligible Reduced Fare), 1:1 customized training, paratransit eligibility, and the MBTA's new contactless fare payment options. Cost: Free

Coffee Talk with Briarwood Rehab & Healthcare

Friday, July 25, 9:45—10:30 am

Our friends from Briarwood will be here to spoil us with treats. Join us! Cost: Free

Heros Hit the Road – Veteran's-Only Field Trips

Friday, July 25, (van boards at 10:15 am)

For the first ever Heros Hit the Road, we will visit the Lexington Depot and the Buckman Tavern Museum in Lexington. We will stop at the Craft Food Hall for lunch. Please bring money to buy your own or bring a bag lunch from home. Cost: \$15 for the van and museum.

Chair Massage with Kris

Friday, July 25, 12:00 – 2:00 pm

Join Kris for a 15-minute chair massage. Please wear comfortable clothing. You must make a reservation through the Front Desk. Cost Free. If you'd like to book and pay for a longer chair massage, Kris will stay later to accommodate you. Email her to set up an appointment at krissloan057@gmail.com.

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SPECIAL EVENTS

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Voice of Veterans: Buffalo Soldiers

Monday, July 28, 1:00 – 2:30 pm

Buffalo Soldiers Day, observed annually on July 28th, commemorates the formation of the first regular Army regiments comprised of African American soldiers in 1866. These regiments, known as the "Buffalo Soldiers," played a crucial role in westward expansion and other conflicts, and their contributions are recognized on this day. Join us to watch a program about the history of the soldiers. Cost: Free

Trip to the Fuller Craft Museum

Tuesday, July 29 (van boards at 9:30 am)

Join us on a trip to Fuller Craft Museum to discover the world of contemporary crafts! Bring a bag lunch from home to eat together in the Museum Lounge. There is no food for purchase. Cost: \$10

Author Talk & Book Signing: Lisa Perskie Rodriguez

Tuesday, July 29, 1:00 – 2:00 pm

Author Lisa Perskie Rodriguez will talk about her book *Arising*, a young adult fantasy novel that appeals to readers of all ages. Set in a mythical world, its heroine must arise to lead a cause uniting divided clans and save her people from persecution. It serves as a metaphysical allegory reflecting the current social climate, where brothers and neighbors stand on the brink of conflict due to long-standing prejudices and opposing ideologies. Cost: Free



Author Lisa Perskie Rodriguez (right) has lived a life deeply intertwined with the North and South American continents.

Come to her talk to learn more!



Coffee with Needham Cops

Wednesday, July 30, 9:45 – 10:30 am

Come to the Café to visit with our men, women and dog in blue from the Needham Police Department. As always, they will bring treats! Cost: Free

Cultural Connection

Wednesday, July 30, 9:30 – 10:30 am

Let's get together to learn about each other's backgrounds and cultures through photos, food, music, etc. This program is hosted by Speech & Language Pathologist Debbie Maibor. If you are bringing food,

please email Aicha at Akelley@needhamma.gov.

America's Answer to the British Invasion

Wednesday, July 30, 1:00 – 2:00 pm

Alan Cohen is back with his popular sing along program. This month features songs by The Four Seasons, Jay and the Americans, The Beach Boys, The Four Tops, The Lovin' Spoonful, The Rascals, Little Anthony and the Imperials, Smokey Robinson, The Supremes, and many more. Cost: Free

Cooking with Amy: Buttermilk Scones

Wednesday, July 30, 3:00 – 4:00 pm

Join Amy in the kitchen to make some yummy scones from scratch! Once we tasted her carrot soup – we begged her to come back to share her cooking talents with us! Cost: Free

Music Appreciation with Aicha: Learn the Back Stories

Thursday, July 31, 10:00 – 11:00 am

Have you ever wondered about the origins of your favorite song? Join Aicha as we listen to country, rock and roll, folk, Motown and more! Cost: Free

Marine Life of New England with Robert Michelson—Sponsored by Avita

Thursday, July 31, 1:00 – 2:00 pm

Join nature photographer and presenter, Robert Michelson, for an in-depth look at the wide diversity and beautifully colored marine creatures that inhabit New England's waters. Learn about the delicate ocean food chain following microscopic phytoplankton up to the 50 foot long federally endangered northern right and acrobatic humpback whales. Cost: Free

Center Birthday Club Sponsored by Copley Motorcars

Friday, August 1, 12:30 – 1:00 pm (1st Friday of month)

Join us in the Café to celebrate August birthdays together. Thanks to Copley Motorcars for sponsoring this monthly program!

The History of Mahjong

Friday, August 1, 1:00 – 2:30 pm

It's National Mahjong Day. Let's watch a movie on our big screen about the origins and history of mahjong. Then stay and enjoy a game in our Café! Cost: Free

Moody Mondays

Monday, August 4, 11:00 am – 12:00 pm

See description on page 14.

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SPECIAL EVENTS

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Lunch & Movie Date for Friendship Day

Monday, August 4, 12:00 – 1:00 pm

Do you have a friend that you haven't seen in awhile? Ask that friend to join you for lunch at the Center. Or just come and make new friends. We will have conversation starters and other happenings! After lunch we will watch a movie about friendship. Register you and your friend by 7/30 to receive a lunch. Cost: Free

Let's Learn Together:

South Pacific Asian Cooking

Tuesday, August 5, 3:00 – 4:00 pm

It's South Pacific Asian Heritage Month! Join us in the kitchen to make some delicious dishes from South Pacific Asian cuisine.

Drop In with Debbie

Wednesday, August 6, 9:30 – 10:30 am

See description on page 14.

Chair Massage with Kris

Wednesday, August 6, 10:00 am – 12:00 pm

See description on page 18.

Optimize 3 Keys to a More Fulfilled Life: Gratitude, Humor and Kindness

Wednesday, August 6, 1:00 – 2:00 pm

Are you seeking greater meaning in life? Would you like to enhance your relationships? Do you want to experience more joy? Join Dr. Miriam Rosalyn Diamond to explore easy steps toward enriching each day through gratitude, humor, and kindness. Cost: Free

Self-Care Series: How to Make the Most of Your Next Years

Thursday, August 7, 11:00 am – 12:00 pm

As we grow older, it's easy to settle into routines and accept the passage of time, but it's never too late to embrace change and improve your life! Healthcare Advocate Lynn Croft will highlight key areas to focus on for a fulfilling future, including health, financial security, social connections, and finding purpose. Cost: Free

Concert with Vocalist Maria Guanci

Thursday, August 7, 1:00 – 2:00 pm

Join us for a concert with Maria who is an experienced vocalist, who studied Theatre Art at The University of Massachusetts at Boston. She currently sings lead vocals in local cover bands, writes, records and performs acoustic sets. Cost: Free

Coffee Talk with Dr Caplan – The Cannabis Doc

Friday, August 8, 9:45 – 10:30 am

Dr Caplan returns to debunk the myths about Medical Cannabis. Questions? Drop them in the box in the Café before the talk. He'll take live ones, too! Cost: Free

Barre Balance Fitness Class

Monday, August 11, 10:00 – 11:00 am

See description on page 18.

Better Business Bureau 101 Presentation

Monday, August 11, 11:00 am – 12:00 pm

Join us for a discussion with Thea, a Community Relations Specialist with the Better Business Bureau, on what the BBB is doing to educate consumers and businesses. Cost: Free

The Back Story of *Guys and Dolls*

Monday, August 11, 1:00 – 2:00 pm



Guys and Dolls is a story of gamblers and showgirls, with a blend of humor, romance, and classic musical numbers. Join Theater Director and Film Educator Deb Block for a look at the story and behind the scenes of this Tony Award winning musical. Cost: Free

Caregiver Support Group

Monday, August 11, 4:00 – 5:00 pm

See description on page 18

Metrowest Legal Clinic VIA Phone

Tuesday, August 12, 10:00, 10:30, 11:00 or 11:30 am

See description on page 19.

Karaoke & Sing Along with Joe

Tuesday, August 12, 1:00 – 2:00 pm

See description on page 18.

Hearing Aid Clinic with Paul

Wednesday, August 13, 10:00 – 11:00 am

See description on page 15.



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SPECIAL EVENTS

Registration is required for all programs

Conversations with Jim the Cardiologist
Wednesday, August 13, 11:30 am - 12:30 pm
See description on page 15.



Lunch Chat with Debbie
Wednesday, August 13, 12:00 - 1:00 pm
See description on page 15.



Trip to Gore Place in Waltham
Wednesday, August 13 (van boards at 12:15 pm)
NEW Gore Place is a 50-acre country estate in Waltham steeped in history with a mission to tell the story of early 19th century American life. Bring a bag lunch to enjoy in the estate's Carriage House. Wear comfortable shoes for standing and walking. Cost: \$20 (for entry ticket and van). If you want to drive yourself, contact Aicha for a discounted rate.



Crafts with Kelley the Cop
Wednesday, August 13, 3:00 - 5:00 pm
See description on page 15.



Cultural Connection
Thursday, August 14, 9:00 - 10:00 am
See description on page 18.



**Music Appreciation with Aicha:
Learn the Back Stories**
Thursday, August 14, 10:00 - 11:00 am
See description on page 22.



Low-Vision Support Group
Thursday, August 14, 10:30 am - 12:00 pm
See description on page 15.



Lunch for Those with Low Vision: Social Time
Thursday, August 14, 12:00-1:00 pm
See description on page 15.



Friends Ice Cream Social & Dance Party
Thursday, August 14, 1:00 - 2:00 pm
It's everyone's favorite time of the year—The Friends of the Center at the Heights' Annual Ice Cream Social! This year the Friends are turning up the volume with a dance party and a big ice cream surprise! Cost: Free



Coffee with State Representative Josh Tarsky
Friday, August 15, 9:30 - 10:30 am
See description on page 19.



Relaxing Earth Music & Meditation
Friday, August 15, 11:00 am - 12:00 pm
Relaxing Earth is a multimedia performance incorporating guitar music and beautiful images of natural landscapes moving across the screen. Medical studies have shown that relaxing music can reduce blood pressure and heart rate. Join us for some calm and relaxation on National Relaxation Day. Cost: Free



Express Yourself
Tuesday, August 19, 11:00 am - 12:00 pm
Join our group for easy, fun, verbal activities and expressive games. Cost: Free



Coffee Talk with Briarwood Rehab & Healthcare
Wednesday, August 20, 9:45 - 10:30 am
See description on page 20.



Just the Two of Us Summer Concert
Wednesday, August 20, 1:00- 2:00 pm
Join this duo as they perform as a one-man band and a vocalist/flutist. They will work the crowd with their performance and classic tunes! Italo just celebrated 58 years in America. As he says, "When words fail, music speaks!" Cost: Free



Cooking with Jessica
Wednesday, August 20, 3:00 - 4:30 pm
See description on page 20.



Rainbow Social Hour on the Deck
Wednesday, August 20, 3:00 - 4:00 pm
See description on page 18.



Hot Breakfast at Briarwood
Thursday, August 21, 9:30 - 10:30 am
See description on page 19.



Trivia & Tunes
Thursday, August 21, 10:30 -11:30 am
See description on page 20.



Metrowest Mediation Services Office Hours
Thursday, August 21, 12:00 - 1:00 pm
See description on page 19.



Piano Sing Along with Mel Stiller
Thursday, August 21, 1:00- 2:00 pm
Join Mel and friends for a rousing sing along! Lyrics





provided. Cost: Free

Open Mic Night

Thursday, August 21, 6:00 – 8:30 pm

See description on page 19.



Red Cross Blood Drive

Friday, August 22, 9:00 am – 2:00 pm

Description on page 20.



Coffee talk with Elliott PT: Move More, Hurt Less - Simple Ways to Stay Active as We Age

Friday, August 22, 9:45 – 10:30 am

Join us for a chat with a licensed Physical Therapist who will share easy, practical ways to stay active, reduce joint pain, and improve balance, all from the comfort of your home. Cost: Free



Ice Cream Social with North Hill

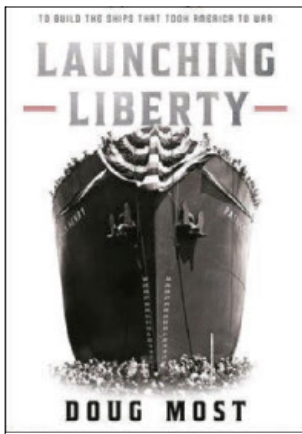
Friday, August 22, 12:30 – 1:30 pm

Join our friends from North Hill for an end of summer ice cream treat! Cost: Free



Author Talk: *Launching Liberty* with Doug Most

Monday, August 25, 1:00 – 2:00 pm



Needham Heights resident Doug Most will introduce and discuss his new non-fiction, World War II book, *Launching Liberty: The Epic Race to Build the Ships that Took America to War*. The Liberty ships are an untold piece of WWII history. Signed copies of the book will be available for purchase. Cost: Free

Start Small, Live Big: Organizing Made Easy

Wednesday, August 27, 9:45 – 10:45 am

Professional Organizer Jennifer Gershon will share easy ways to get organized for a move, downsizing or just to make everyday life a little easier. She will show you how to get started (without feeling overwhelmed), how to decide what to keep and what to do with the rest, and simple systems to stay organized over time. Cost: Free



Trip to Twin River Casino

Friday, August 29, (van boards at 9:45 am)

Join us for a trip to Rhode Island to try our hand with

TRIP



SPECIAL EVENTS

Lady Luck! If you aren't a gambler, there is still shopping, eating and people watching! Cost: \$25

Chair Massage

Friday, August 29, 12:00-2:00 pm

See description on page 18.

Lunch & a Documentary for National Wellness Month

Friday, August 29, 12:30 – 2:30 pm

Join us for a healthy lunch and to watch one of the following documentaries: *Alive Inside*, *Awake: The Life of Yogananda*, or *Forks over Knives*. Information on all three are in our Café with ballots to vote. Cost: Free

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Tom Jones Tribute Show

August 20 - Lake Pearl - Wrentham, MA

The John Denver Tribute Starring Ted Vigil

September 17 - Danversport Yacht Club Danvers, MA

Olivia Newton-John Tribute Show

October 22 - Venus De Milo Swansea, MA

Queen Band Tribute show

November 13 – Davensport Yacht Club, Danvers, MA

Christmas with Tony Bennett & Barbara Streisand with Special Guest Lady Gaga – Holiday Tribute

December 2 - Lake Pearl, Wrentham, MA

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William & Kathleen Leahy in appreciation of the amazing staff & volunteers
Penelope Reilly in appreciation of the AARP tax preparation
Robert & Marilyn Robertson in appreciation of the AARP tax preparation
Carol & Sherman Spritz in honor of Caren Carpenter’s birthday
Evelyn Wall in appreciation of the staff, volunteers & great programs

Our community partner North Hill generously sponsored and hosted a Cinco de Mayo breakfast at the Center. Nearly 50 people enjoyed eggs, potatoes, guacamole, Salsa chips and delicious churros made by North Hill’s pastry chefs!



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

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FRIENDS OF THE CENTER AT THE HEIGHTS

Letter from the Presidents

Dear Center Participants & Donors,

The Friends invite you to our annual Ice Cream Social on August 14th at 1pm. This event is always a hit and will be even more exciting this year with the addition of a dance party! Mark your calendars for this delightful afternoon! Stop by the Boutique when you are at the Center. There are always good buys, and your purchases help to support the Friends and events like the Ice Cream Social.

We are now into summer - a time of optimism, joy, warmth, outdoor activities, long days, and fresh fruits and vegetables. On July 4th, 1776, the Continental Congress approved the final wording of the Declaration of Independence. We celebrate Independence Day on July 4th with parades, fireworks, band concerts and picnics. French-fry Day is the 11th. Bastille Day is the 14th. National Hot Dog Day is the 16th. National Ice Cream Day is the 20th. July's full moon occurs on the 20th and is called the Buck Moon—as male deer regrow

their antlers during this time. July Zodiac signs are Cancer and Leo. Ruby is the birthstone and the flowers are larkspur and water lily.

August is the last month of summer. Special days include Watermelon Day on the 3rd; Chocolate Chip Cookie Day on the 4th; International Cat Day on the 8th; World Senior Citizen Day on the 21st; and National Dog Day on the 26th. The Sturgeon Moon is the full moon on the 9th. This freshwater fish was abundant in the Great Lakes in late summer. August birth stones are peridot and onyx. The flowers are poppy and gladiolus. The Zodiac signs are Leo and Virgo.

Friends thank you for your annual membership fee of \$25. Your membership fee goes towards funding the Compass newsletter, Café supplies, and special programs.

— 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:

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

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Are you currently enrolled in a Drug Plan or Medicare Advantage Plan that no longer meets your needs?

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While we are outside the Open Enrollment Period, the good news is that you may be eligible for a Special Enrollment period through the Prescription Advantage program. To be eligible for Prescription Advantage, an individual can make no more than \$6,521 per month, and a couple can make no more than \$8,813 per month.

SHINE NEWS

You are eligible for Prescription Advantage if

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Remember, SHINE counselors are available year-round to assist with all of your Medicare needs including screening for public assistance, reviewing claims, and much more. Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health insurance programs. To schedule a SHINE appointment, call 781-455-7555.

For other SHINE related matters, call 1-800-243-4636. Once you get the SHINE voicemail, leave your name, number and town. A volunteer will call you back, as soon as possible.