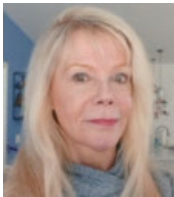


NEEDHAM COMPASS

THE NEWSLETTER FOR THE CENTER AT THE HEIGHTS

Volunteer Spotlight:

Lynn Croft



Professional Health Care Advocate Lynn Croft is passionate about improving the lives of seniors. So passionate, in fact, that she has generously donated her time each month for many years to teach classes on important health-care topics at our Center. Her wildly popular “Self Care Series” has included programs about how to plan your own funeral, dating for seniors, advocating for your own healthcare, escaping the winter blues, and many more. Lynn does all this because she cares deeply and wants to “help seniors learn to thrive, not just survive.” Register for one of Lynn’s programs at the Center. You’ll be glad you did!

Veterans-Only Field Trips Hit the Road!



From left: Needham’s Veterans Services Officer Dan O’Neill, Glenn Mulno, Ethel Wong, Anna Jones, Tom Keating, Bob Quinn and Ted Prorock.

WHAT’S INSIDE

- Community Updates.....3
- Information & Policies.....5
- Center Supports6
- 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

Center Assistant Director of Programming and Transportation Aicha Kelley is always looking for new ways to honor veterans and provide them with opportunities to come together in community. This fall, Aicha launched “Heroes Hit the Road: Veterans Only Field Trips” a new bi-monthly offering at the Center.

These trips take veterans to local places with wartime history. In September they visited the American Heritage Museum in Hudson, MA. This month, veterans will travel to the Lexington Depot and the Buckman Tavern Museum in Lexington, MA. To learn more about the November field trip, turn to page 15 in this newsletter. You’ll also find programs at the Center in November celebrating our Veterans. Please register for them and join us!

Center Hours

Mon, Wed, Fri	8:30am–5:00pm
Tues, Thurs	8:30am–8:00pm
Sat (11/1 & 12/6)	9:00am–1:00pm
Fitness Center	9:00am–2:00pm (M-F) 5:00pm–7:00pm (T&TH)

Closed For Holidays

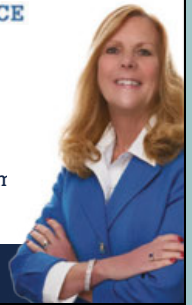
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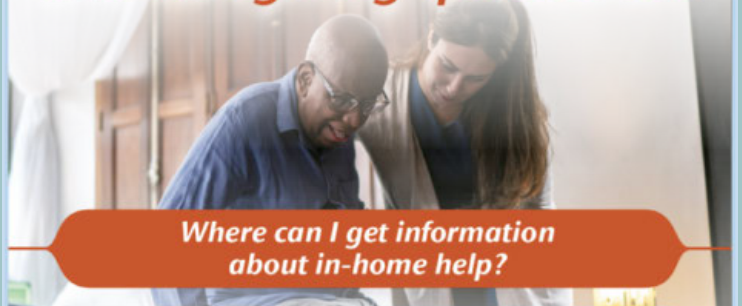
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From the Director of Aging Services



Dear Friends,

It seems that summer took longer this year to give way to fall, which I appreciate, as summer usually goes by too quickly. Now that we are fully engaged in fall, I'm ready to bring out my sweaters and spend some time in the kitchen (my happy place) preparing my family's favorite comfort foods like homemade taco soup, southern salmon patties and sweet potato pie.

The months of November and December at the Center will offer many of your favorite annual events like our Veterans Day celebration, the Thanksgiving Feast by Avita, holiday concerts and sing-alongs, and our New Years Celebration & Dance. Register early to be sure you don't miss these special opportunities for connection, delicious food and fun.

The holiday season can be filled with wonderment and joy, however for some people it evokes the opposite feelings. Please keep an eye on each other and share any concerns with our social services staff who can help. Our Caregiver Support Group may also offer some assistance. The Center offers groups and activities that provide opportunities for us to build community, express gratitude, practice mindfulness, improve our health, learn something new and create memories with friends.

Wishing you a season filled with comfort foods, special events, memorable moments and joy!

With warm regards,

LaTanya Steele



Pam and Jessica Shuman enjoy our Annual Summer BBQ courtesy of Needham Rotary.



Mohamad Golbahar at the Friends Annual Meeting & Strawberry Shortcake Social.

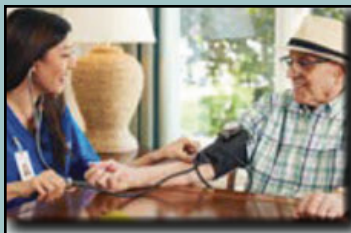


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COA INFORMATION & POLICIES

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 **one-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

Needham residents age 60 or older, as well as those with a documented disability, are eligible for transportation services. All passengers must be able to board and exit the van independently, as determined by COA staff before riding.

Rides must be scheduled at least 24 business hours in advance by calling 781-455-7555, x75204. 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. The driver will call you 10 min before your scheduled ride. You must answer the call to confirm your ride or the ride will be cancelled.

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 x75204

Shopping for those with Low Mobility

NEW

The Center now offers shopping trips to those who use a walker/rollator or who find our van stairs difficult to board due to reduced mobility. Our smaller vehicle will be available on Tuesday afternoons around 1:30 to pick you up at home and take you to Traders Joe's, CVS or Sudbury Farms. Please call Stephan at 781-455-7555 x75204 to schedule your trip. 72 business hours advance notice required. This service is not available to wheelchair users.

For more information on additional shopping opportunities, see "Weekly Shopping Trips" on page 13.

Aicha's Daily Highlights Emails

Our Assistant Director, Aicha Kelley, produces a daily email full of valuable supports and programming updates and reminders. 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 open the same hours the Center is open and volunteers serve a [continental breakfast M-F 8:30-10:30am and Sat 9-10:30am](#). On weekday afternoons we also serve a light snack. In the Café you'll find people eating,

dropping in for a cup of tea or coffee, socializing or just resting between classes and programs. It's a great place to meet a friend for a chat and a bite or to make new friends. Drop in!

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 our kitchen at 781-455-7555 x75203 and leave a message for Springwell. 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 Affairs

Veterans Services Officers Dan O'Neill and Dave Campisano are Needham's VSOs. Dave is at the Center on Mondays from 11am - 4pm and Dan is at the Center on Thursdays from 9am - 4pm. They are your points 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; and
- VA healthcare, burial and death benefits.

To contact Veteran's Affairs or to make an appointment to meet with Dan or Dave 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, x75205.

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 x75229.

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). 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 1-month series of classes must be paid when you register. There is no refund for missed classes. 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: \$65/hour



Balance Assessments

Mondays & Wednesdays, between 2:00-3:00 pm

Schedule your free balance assessment using our HUR Balance Device. With the results, you can improve your balance through exercise and fall prevention techniques.



MONDAYS

Tai Chi & Qigong

Mondays, 10:00 – 10:30 am

Nov 3, 10, 17, 24 and Dec 1, 8, 15, 22, 29 (Free)

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 show that Tai Chi can help you live longer, improve strength, balance and flexibility, boost cognition, sleep better and more.



Line Dancing with Paul

Mondays, 10:00 – 11:00 am

Nov 3, 10, 17, 24 (\$20)



Dec 1, 8, 15, 22, 29 (\$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!

Seated Strength & Balance via Zoom

Mondays, 10:30 – 11:30 am

Nov 3, 10, 17, 24 (\$20)

Dec 1, 8, 15, 22, 29 (\$25)

Instructor: Pearl Pressman

This seated class includes a warm-up for the joints and muscles, followed by strength training using hand weights (or household objects) and body weight, and a few minutes of standing balance exercises for those who are able. The class ends with gentle stretching. We will email the Zoom link once you have registered and paid for the series.



TUESDAYS

Water Exercise at Longfellow Health Club

Tuesdays, 9:00 - 10:00 am

Nov 4, ~~11~~, 18, 25 (\$45)

Dec 2, 9, 16, 23, 30 (\$75)

For more information, call Jane at Longfellow Health Club 508- 653-4633.



Walk & Talk Health

Tuesdays, 10:30—11:30 am

Nov 4, ~~11~~, 18, 25 and Dec 2, 9, 16, 23, 30 (Free)

Walk & Talk Health is a self-led walking group for seniors that meets at the JCC Greater Boston in Newton's indoor track. Health professionals will walk with the group on quarterly to discuss important heart-health topics. Check Aicha's Highlights for more information on guest speakers and topics. You must register with Needham senior center to be allowed entrance to the JCC.



Train the Brain

Tuesdays, 11:00 am – 12:00 pm

Tuesdays, 9:00 - 10:00 am

Nov 4, ~~11~~, 18, 25 (\$15)

Dec 2, 9, 16, 23, 30 (\$25)

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!

FitBall Exercise Class



Tuesdays, 1:00 – 2:00 pm

Nov 4, ~~11~~, 18, 25 (\$15)

Dec 2, 9, 16, 23, 30 (\$25)

Instructor: Lisa Cadigan

This class combines exercise with a stability ball to develop control and strength in core muscles is recommended for the active older adult.

Arthritis Class



Tuesdays, 2:00 – 3:00 pm

Nov 4, ~~11~~, 18, 25 (\$15)

Dec 2, 9, 16, 23, 30 (\$25)

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 link once they have registered and paid for the series.

Zumba Gold



Tuesdays, 4:30 – 5:30 pm

Nov 4, ~~11~~, 18, 25 and Dec 2, 9, 16, 23, 30 (Free)

Instructor: Lulu Tsai

Meeting ID: 825 7084 7065 Passcode: Zumba

Join this fun low-intensity Zumba class on Zoom!

Gentle Mat Yoga



Tuesday, 5:15 pm – 6:15 pm

Nov 4, ~~11~~, 18, 25 (\$15)

Dec 2, 9, 16, 23, 30 (\$25)

Join Nea North for a gentle mat yoga class new at the Center this Fall. Nea has been teaching yoga since 2016. She has worked at the YMCA in Los Angeles and Boston, plus gyms like Crunch Fitness. She is also a full-time college professor.

WEDNESDAYS

Tai Chi & Qigong In Person



Wednesdays, 9:00 – 10:00 am

Nov 5, 12, 19, 26 (\$20)

Dec 3, 10, 17, 24, 31 (\$20)

Instructor: J. Scott Brumit

See description on page 8.

Water Exercise at Longfellow Health Club

Wednesdays, 9:00 am – 10:00 am

Nov 5, 12, 19, 26 (\$60)

Dec 3, 10, 17, 24, 31 (\$75)

See description on page 8

LaBlast Cardio Dance



Wednesdays, 10:15 – 11:15 am

Nov 5, 12, 19, 26 (\$20)

Dec 3, 10, 17, 24, 31 (\$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.

Interval Training



Wednesdays, 1:00 – 2:00 pm

Nov 5, 12, 19, 26 (\$20)

Dec 3, 10, 17, ~~24~~, ~~31~~ (\$15)

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.

Move It, Shake It, Lift It!



Wednesdays, 2:00 – 3:00 pm

Nov 5, 12, 19, 26 (\$20)

Dec 3, 10, 17, ~~24~~, ~~31~~ (\$15)

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.

Belly Dancing for Fun & Fitness



Wednesdays, 2:30 – 3:30 pm

Nov 5, 12, 19, 26 (\$20)

Dec 3, 10, 17, ~~24~~, ~~31~~ (\$15)

Instructor: Ellen Klapper

Belly dancing is a great workout to fabulous, upbeat music. It offers a variety of physical and mental benefits, including improved core strength, flexibility, and mood. Belly dance engages multiple muscle groups, providing a full-body workout that can be both fun and effective. Join us to try it out!

Subtle Yoga & Meditation



Wednesdays, 5:00 – 6:00 pm

Nov 5, 12, 19, 26 and Dec 3, 10, 17, ~~24~~, 31 (Free)

Instructor: Nikhil Sole

Zoom Meeting ID: 914 5785 8070

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

FITNESS CLASSES

Registration is required for all classes

THURSDAYS

Water Exercise at Longfellow Health Club



Thursdays, 9:00 am – 10:00 am

Nov 6, 13, 20, ~~27~~ (\$45)

Dec 4, 11, 18, ~~25~~ (\$45)

For more information, call Jane at Longfellow Health Club 508- 653-4633.

Chair Yoga with Marianne



Thursdays, 10:00—11:00 am

Nov 6, 13, 20, ~~27~~ (\$15)

Dec 4, 11, 18, ~~25~~ (\$15)

Instructor: Marianne Zullas

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

Tai Chi & Qigong



Thursdays, 10:00 – 10:30 am

Nov 6, 13, 20, 27 (Free)

Dec 4, 11, 18, ~~25~~ (Free)

Instructor: J. Scott Brumit

Zoom Meeting ID: 841 2153 1726 Passcode: 569547

See description on page 8.

Drum Fit Cardio Drumming



Thursdays, 11:00 am – 12:00 pm

Nov 6, 13, 20, ~~27~~ (\$15)

Dec 4, 11, 18, ~~25~~ (\$15)

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.

Arthritis Class



Thursdays, 2:00 – 3:00 pm

Nov 6, 13, 20, ~~27~~ (\$15)

Dec 4, 11, 18, ~~25~~ (\$15)

See description on page 9.

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



Thursdays, 5:15 – 6:00 pm

Nov 6, 13, 20, ~~27~~ (\$15)

Dec 4, 11, 18, ~~25~~ (\$15)

Instructor: Lisa Cadigan

Stretching has many physical benefits and helps prevent injury. This class includes both standing and floor stretching and is designed for the active older adult. Mats for floorwork are provided.

FRIDAYS

Zumba, Flex & Balance



Fridays, 10:00 – 11:00 am

Nov 7, 14, 21, 28 (\$20)

Dec 5, 12, 19, 26 (\$20)

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.

Seated Strength & Balance



Fridays, 10:30 – 11:30 am

Nov 7, 14, 21, 28 (\$20)

Dec 5, 12, 19, ~~26~~ (\$15)

Instructor: Pearl Pressman

See description on page 8.

Floor, Core & More



Fridays, 1:00 – 2:00 pm

Nov 7, 14, 21, 28 (\$20)

Dec 5, 12, 19, 26 (\$20)

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.

SATURDAYS

Tabata



Saturdays, 9:15 – 10:15 am

Nov 1, 8, 15, 22, ~~29~~ (\$20)

Dec 6, 13, 20, ~~27~~ (\$15)

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.

Arthritis Class



Saturdays, 10:15 – 11:15 am

Nov 1, 8, 15, ~~29~~ (\$15)

Dec 6, 13, 20, ~~27~~ (\$15)

Instructor: Stephen Cadigan

See description on page 9.

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 (Experienced)	12:30 pm – 3:00 pm
Experienced Canasta	12:30 pm – 3:00 pm
Mahjong (Intermediate)	12:30 pm – 3:00 pm

Tuesday (except for holiday on 11/11)

Experienced Bridge	9:00 am – 12:00 pm
Rummikub	12:30 pm – 3:00 pm
Pool/Cards/Games	5:00 pm – 8:00 pm

Wednesday

(no programs after 12pm on 12/24 and 12/31)

Bingo	10:30 am – 11:30 am
Experienced Canasta	12:30 pm – 3:00 pm
Hand & Foot (Beginner)	12:30 pm – 3:00 pm
Cribbage Lessons & Games	1:00 pm – 3:00 pm

Thursday (except for holidays on 11/27 & 12/25)

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	12:30 pm – 3:30 pm
Pool/Cards/Games	5:00 pm – 8:00 pm

Friday

Experienced Canasta	9:30 am – 12:00 pm
Beginner Bridge	10:00 am – 12:00 pm
Bingo	10:30 am – 11:30 am
Mahjong (Experienced)	1:00 pm – 4:00 pm
Rummikub	12:30 pm – 3:30 pm

MONDAYS

Kerrie Cusack's Monday Meditation

Mondays, 11:00 am – 12:00 pm

Nov 3, 10, 17, 24 and Dec 1, 8, 15, 22, 29 (Free)

Meeting ID: 137 719 908 Password: 713980

Get centered and relaxed with Kerrie.



Beg/Intermediate Canasta Lessons & Games

Mondays, 12:30 – 3:00 pm

Nov 3, 10, 17, 24 and Dec 1, 8, 15, 22, 29 (Free)

Join our friend and volunteer Barbara to learn classic Canasta.



Veterans' Agent Hours

Mondays, 11:00 am – 4:00 pm

Nov 3, 10, 17, 24 and Dec 1, 8, 15, 22, 29 (Free)

Make an appointment to meet with VSO Dave Campisano at the Center by calling 781-489-7509.



Neil's & Ron's Historical Movie Discussion

Mondays, 1:00 – 2:00 pm

Nov 3, 10, 17, 24 and Dec 1, 8, 15, 22, 29 (Free)

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.



Puzzle Pals

Mondays, 2:00 – 5:00 pm

Nov 3, 10, 17, 24 and Dec 1, 8, 15, 22, 29 (Free)

Come chat and work on puzzles together with others in our Game Room. The puzzles will remain out all week. Drop in at your leisure help us make progress!



Caring Friends with Debbie

Mondays, 3:00 – 4:00 pm

Nov 10, 17, 24 and Dec 8, 15, 22 (Free)

Come join this support group to share joys, concerns, and issues of our day-to-day lives -- aging health concerns; navigating technology; caregiving; traveling interests and leisure time, etc. We will support each other and share resources.



Pool Lessons with Dave

Mondays, 6:00 – 7:00 pm

Nov 3, 10, 17, 24 and Dec 1, 8, 15, 22, 29 (Free)

Pool aficionado Dave Oberman will teach you how to play or hone your skills. Register in advance so he will know you are coming.



WEEKLY & BI-WEEKLY CLASSES

Registration is required for all classes

TUESDAYS

Blood Pressure Clinic



Tuesdays, 9:00 – 11:00 am

Nov 4, 11, 18, 25 and Dec 2, 9, 16, 23, 30 (Free)

A nurse from Needham's Public Health Department is here every Tuesday to check your blood pressure just drop in!



Mindful Living with Lisa

Tuesdays, 10:00 – 11:00 am

Nov 4, 11, 18, 25 (\$15)

Dec 2, 9, 16, 23, 30 (\$25)

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.

Current Events Discussion Group



Tuesdays, 10:30 – 11:30 am

Nov 4, 11, 18, 25 and Dec 2, 9, 16, 23, 30 (Free)

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.



Vintage Voices

Tuesdays, 1:00—2:00 pm

Nov 4, 11, 18, 25 and Dec 2, 9, 16, 23, 30 (Free)

Join others who love to sing for an hour of old-time favorites accompanied by volunteer musicians Margie and Carlo.



Tech Help with Bruce

Tuesdays, 1:00 – 3:00 pm

Nov 4, 11, 18, 25 and Dec 2, 9, 16, 23, 30 (Free)

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



Ballroom Dance with Betty

Tuesdays, 2:30 – 3:30 pm

Nov 4, 11, 18, 25 – Swing (\$15)

Dec 2, 9, 16, 23 – Cha-Cha (\$20)

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.

Scene-by-Scene Script Reading Academy



Tuesdays, 3:00 pm – 4:30 pm

Nov 4, 11, 18, 25 and Dec 2, 9, 16, 23, 30 (Free)

Script reading is fun, social, and has health benefits! It helps with cognition. Join us as we read
Cost: Free

Pastel Drawing & Sketching at Home with Ben



Tuesdays, 4:00 – 5:00 pm

Nov 4, 11, 18, 25 (\$15)

Dec 2, 9, 16, 23, 30 (\$25)

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.



Pool/Cards/Games at the Center

Tuesdays, 5:00 – 8:00 pm

Nov 4, 11, 18, 25 and Dec 2, 9, 16, 23, 30 (Free)

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



Intermediate Bridge at Night

Tuesdays, 5:00 – 7:00 pm

Nov 4, 11, 18, 25 and Dec 2, 9, 16, 23, 30 (Free)

Bring friends or join others to play.

WEDNESDAYS

Bingo



Wednesdays, 10:30 – 11:30 am

Nov 5, 12, 19, 26 and Dec 3, 10, 17, 24, 31 (Free)

Small prizes will be awarded. Drop in.

Open Art Studio



Wednesdays, 11:30 am – 2:30 pm

Nov 5, 12, 19, 26 and Dec 3, 10, 17, 24, 31 (Free)

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

Cribbage Lessons & Games with Cliff



Wednesdays, 1:00 – 3:00 pm

Nov 5, 12, 19, 26 and Dec 3, 10, 17, 24, 31 (Free)

Learn how to play cribbage or freshen up your skills.

Ukulele Lessons for All!



Wednesdays, 2:00 – 3:00 pm

Nov 5, 12, 19, and Dec 3, 10 (\$50)

Julie Stepanek teaches the FUNdamentals of ukulele playing! No experience necessary. Ukuleles provided.

Weekly Shopping Trips



Our vehicles make weekly trips to local shops. Needham residents can board them at the Center or be picked up/dropped off at home. If you'd like to go shopping, call Stephan at 781-455-7555x 75204x75204

3:45 pm. Total shopping time is 1 hour 15 mins.

Trader Joe's, Pharmacies & Banks (Thursdays)

Nov 6, 13, 20, ~~27~~ and Dec 4, 11, 18, ~~25~~ (\$2/trip)
Our driver will pick you up at your home around 1:15 pm. They will drive you to your destination and return you to your home.

Shopping for those with Low Mobility (Tuesdays)

Nov 4, ~~11~~, 18, 25 and Dec 2, 9, 16, 23, 30 (\$2/trip)
The Center now offers shopping trips to those who use a walker/rollator or who find our van stairs difficult to board due to reduced mobility. Our smaller vehicle will pick you up at your home around 1:15 pm and take you to Traders Joe, CVS or Sudbury Farms. Please call Stephan at 781-455-7555 x75204 to schedule your trip. 72 Business hours' advance notice required. This vehicle is not accessible for wheelchairs.

Sudbury Farms (Wednesdays except for 11/26)

Nov 5, 12, 19, 26 and Dec 3, 10, 17, ~~24~~, ~~31~~ (\$2/trip)
A driver will pick you up from your home around 1:15 pm and return you to your home at 2:45 pm. Total shopping time is 1 hour.

Market Basket (usually every other Wednesday)

Nov 12, 25 (Tuesday) and Dec 10, ~~24~~ (\$3/trip)
A driver will pick you up from your home around 1:15 pm and return you to your home around

THURSDAYS

Veterans' Agent Hours

Thursdays, 9:00 am – 4:00 pm

Nov 6, 13, 20, ~~27~~ and Dec 4, 11, 18, ~~25~~ (Free)

Make an appointment to meet with VSO Dan O'Neill at the Center by calling 781-489-7509.



Great Plain Traders

Thursdays, 9:30 – 10:30 am

Nov 6, 13, 20, ~~27~~ and Dec 4, 11, 18, ~~25~~ (Free)

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



Knitting with Friends

Thursdays, 10:00 am – 12:30 pm

Nov 6, 13, 20, ~~27~~ and Dec 4, 11, 18, ~~25~~ (Free)

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



Bereavement Caring Circle

Thursdays, 10:30 – 11:30 am

Nov 13, 20 and Dec 4, 18 (Free)

Nikki from West River Hospice offers a bereavement group that follows an open spiritual path to process loss. Participants meet at the Episcopal Church, 1132 Highland Ave., Needham.



Dual Recovery Anonymous (DRA)

Thursdays, 12:00 – 1:00 pm

Nov 6, 13, 20, ~~27~~ and Dec 4, 11, 18, ~~25~~ (Free)

DRA is a 12-step self-help program for people with both



an addiction and a psychiatric challenge. Adults recovering from any addiction and/or mental health challenge are welcome.

Metrowest Mediation Services: Office Hours

Thursdays, 12:00 – 1:00 pm

Nov 6, 13, 20, ~~27~~ and Dec 4, 11, 18, ~~25~~ (Free)

Mediation is a flexible and confidential process allowing parties to discuss personalized solutions to issues. Unlike court or arbitration, where decisions are imposed, mediation empowers participants to control the outcome. Mediation also helps preserve relationships by fostering cooperation rather than conflict.



Tech Help with Stephano

Thursdays, 1:00 – 3:00 pm

Nov 6, 13, 20, ~~27~~ and Dec 4, 11, 18, ~~25~~ (Free)

Join Stephano from NCC's Tech & Tutors program for a 20-minute appointment to get help with your devices. Register in advance.



Game Night in our Café

Thursdays, 4:00 – 8:00 PM

Nov 6, 13, 20, ~~27~~ and Dec 4, 11, 18, ~~25~~ (Free)

Come to the Center to play Rummikub, canasta and more! Pizza will be provided. You must preregister.



Cards/Pool at the Center

Thursdays, 5:00 – 8:00 pm

Nov 6, 13, 20, ~~27~~ and Dec 4, 11, 18, ~~25~~ (Free)

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



WEEKLY CLASSES

THURSDAYS (CONT.)

Brain Games with Pearl Pressman

Thursdays, 6:00 – 7:00 pm

Nov 6, 13, 20, ~~27~~ and Dec 4, 11, 18, ~~25~~ (Free)

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 crossword puzzles and give this a try.



FRIDAYS

Needham Creative Writing Crew

Fridays, 10:00 – 11:00 am (every other week)

Nov 7, 21 and Dec 5, 19 (Free)

Meeting ID: 816 6729 8427 Passcode: 588833

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



Bingo

Fridays, 10:30 – 11:30 am

Nov 7, 14, 21, 28 and Dec 5, 12, 19, 26 (Free)

See description on page 12.



Short Story Discussion Group

Fridays, 12:00 – 1:00 pm

Nov 7, 14, 21, 28 and Dec 5, 12, 19, 26 (Free)

Meeting ID: 894 4350 9457 Passcode: 623397

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



Center Cinema

Fridays, 1:00 – 3:00 pm

Nov 7, 14, ~~21~~, 28 and Dec 5, ~~12~~, 19, 26 (Free)

Enjoy a movie on our big screen.



Creative Fusion: Painting, Drawing & Beyond

Fridays, 1:00 – 3:00 pm

Nov 7, 14, 21, ~~28~~ and Dec 5, 12, 19, ~~26~~ (\$60)

In this fun, hands-on class, explore the basics of painting and drawing—shapes, color, light, perspective, and how things fit together in space. Learn art skills while experimenting with acrylic paints and other materials along the way. All supplies are included—just bring your curiosity and creativity!



Demystify Tech with Techie to the Rescue

Fridays, 1:30 – 2:30 pm

Nov 7, 14, 21, 28 and Dec 5, 12, 19, 26 (Free)

Meeting ID: 850 5749 7471

Avrom will answer your technology questions and discuss technology news topics each week.



SPECIAL EVENTS

What Does Assisted Living Really Cost?

Monday, November 3, 11:00 am – 12:00 pm

If you've been trying to make sense of assisted living pricing, let's cut to the chase - it's confusing. Essentially it comes down to two main costs: living expenses and care services. Join 2Sisters Senior Living Advisors to gain a better understanding of what costs are included in these two categories and tips and resources to help you make the right decision for your family. Cost: Free

Broadway Baritone: James Michael

Monday, November 3, 1:00 – 2:00 pm

James Michael, a world class baritone, will perform his widely acclaimed production of "Melodies of Memories and Miracles Broadway Classics." Michael captures the spirit of Broadway during his performances through resonant singing, personal stories and a passionate spirit. Cost: Free

Author Talk: Carmen Fields - *Going Back to T-Town: The Ernie Fields Territory Big Band*

Tuesday, November 4, 1:00 – 2:00 pm

Carmen Fields recounts her father's journey in *Going Back to T-Town*. The Tulsa-based musician Ernie Fields led a prominent territory band that toured the Midwest, South, and Southwest during the jazz and swing eras. The book, available for sale and signing, explores his struggles and achievements amid Jim-Crow era segregation. Carmen Fields, a fixture in the greater Boston journalism community for over 30 years, is also an educator, media consultant, and SAG-AFTRA actor. Cost: Free



Jukebox Musicals with Deb

Tuesday, November 4, 6:30 – 7:30 pm

Join our favorite theater historian Deb Block to learn more about this genre -- a type of stage or film musical that uses a collection of pre-existing popular songs, often from a specific artist or era, centered around a theme or to tell the life story of the artist or group behind it. Cost: Free

Coffee Talk New England Donor Services

Wednesday, November 5, 9:45 – 10:30 am

Join Peggy Day and Dave Josselyn from New England Donor Services as they explain the truths behind organ donation. Learn more about corneal, organ and tissue donation. You are never too old to donate. Cost: Free

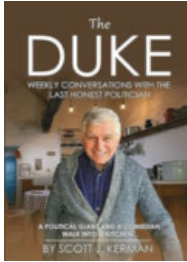
Heal Faster with Coach Julie

Wednesday, November 5, 11:00 – 11:45 am

Preparing for surgery or other medical procedures or living with chronic pain can fill you with worries or doubts. Meditation and visualization can help. Join Mind/Body Coach Julie Bailit for guided meditations specifically created to reduce medical anxiety and speed healing. Cost: Free

Author Talk: Scott Kerman's *The Duke*

Wednesday, November 5, 1:00 – 2:00 pm



Scott is coming back to discuss his book *The Duke* in which he recounts conversations with three-time Governor of Massachusetts and 1988 Democratic Nominee for President, Governor Michael S. Dukakis, "the last honest politician." Cost: Free

Intergenerational Drum Circle

Wednesday, November 5, 2:30 – 3:30 pm

Enjoy rhythm games and percussion activities that bring people 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

Tech with Teens

Wednesday, November 5, 3:15-4:15 pm

Join our tech savvy friends from Needham High School and the Needham Community Council's Tech program to learn more about exciting tech topics! Cost: Free

Veterans Only Field Trip:

Lexington Depot & Buckman Tavern Museum

Thursday, November 6 (Center Check in at 10:00 am)

TRIP Built in 1710, Buckman Tavern was a gathering place and the site of important town meetings. Captain Parker and his militia gathered there on April 19, 1775, to await the oncoming British Redcoats. The Lexington Depot first operated as a train station from 1846 until 1977. Through interactive exhibits, meet architects, farmers, activists and others who shaped Lexington from pre-Revolutionary times to today. We will stop at the Craft Food Hall for lunch. Please bring either a brown bag lunch or money to buy your own. Cost: \$15

Life Transition Binder

Thursday, November 6, 11:00 am – 12:00 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. Cost: Free

Ruth's Appalachian Music Concert

Thursday, November 6, 1:00 – 2:00 pm



Come join rhythm guitarist and pianist Ruth Rappaport and friends in a performance of old-time Appalachian string band music. Playing fiddle, guitar and banjo, the trio will sing mountain ballads and play lively fiddle tunes. Cost: Free

Coffee Talk: Know the 10 Signs of Alzheimer's

Friday, November 7, 9:45 – 10:30 am

Alzheimer's causes changes in memory, thinking and behavior that are not normal aging. The Alzheimer Association will be here to tell us about the difference between normal aging and Alzheimer's, common warning signs, the importance of early detection and diagnosis, next steps and expectations for the diagnostic process and Alzheimer's Association resources. Cost: Free

Center Birthday Club Sponsored by Copley Motorcars

Friday, November 7, 10:00 – 10:30 am

Join us in the Café to celebrate all the November birthdays! Cost: Free

Trivia & Tunes with DJ Bob and Alan

Friday, November 7, 1:00 – 2:00 pm

Join our music gurus and test your knowledge! Cost: Free

Tech with Teens

Friday, November 7, 3:15 – 4:15 pm

See description in column on the left.

Drop In with Debbie

Monday, November 10, 9:30 – 10:30 am

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

Barre Balance

Monday, November 10, 10:00 – 11:00 am

Barre Balance is a high-energy fitness experience designed to enhance balance, build strength, and boost stamina. Join Certified Barre Balance Instructor and Trainer Jazz CVitan from Avita of Needham, for this great class. Cost: Free

NOVEMBER 2025 PROGRAMS

(AT A GLANCE)

Mon	Tue	Wed	Thu	Fri
November Classes/Programs Occurring Every Week (check listings for specific details)				
9-2 Fitness Center 10 Beginner Bridge 10 Tai Chi 10 Line Dancing 10:30 Seated Strength/Bal 11 Meditation w/ Kerrie 12:30 Canasta Lessons (Beg/ Intermed) 12:30 Experienced Canasta 12:30 Hand & Foot 1 Historical Movie 1 Mahjong (Intermed) 2 Puzzle Pals 6 Pool Lessons	9-2 Fitness Center 9-11 Blood Pressure Clinic 9 Experienced Bridge 9 Water Exercise 10 Mindful Living 10:30 Walk & Talk Health 10:30 Current Events 11 Train the Brain 1 FitBall 1 Rummikub 1-3 Tech Help/Bruce 2 Arthritis 2:30 Ballroom Dance 3:00 Script Reading 4 Drawing w/ Ben 4:30 Zumba Gold 5-7 Intermed Bridge 5-8 Pool/Cards/Games 5:15 Gentle Mat Yoga	9-2 Fitness Center 9 Tai Chi & Qigong 9 Water Exercise 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 2:30 Belly Dancing 2 Move It, Shake It 2 Ukulele Lessons 5 Subtle Yoga & Meditation	9-2 Fitness Center 9-4 Veteran's Agent Hrs 9-12 Exp Bridge 9 Water Exercise 9:30 Great Plain Traders 10 Chair Yoga 10 Knitting w/ Friends 10 Tai Chi 10:30 Bereavement Circle 11 Drum Fit 12 Dual Recovery 12 Metrowest Mediation 12:30-3:30 Dup Bridge 12:30-4 Mahjong (Inter.) 12:30-3:30 Rummikub 1-3 Tech Help 2-3 Arthritis 4-6 Game Night Café 5-8 Pool/Cards/Games 5:15 Stretchology 6 Brain Games	9-2 Fitness Center 9:30 Canasta (Exp) 10-12 Beg Bridge 10 Zumba Flex 10 Creative Writing 10:30 Seated Strength/Bal 10:30 Bingo 12 Short Story Group 1 Center Cinema 1 Creative Fusion 1 Floor, Core, More 12:30 Mahjong (Exp) 12:30 Rummikub 1:30 Techie to Rescue
				Sat 9:15 Tabata 10:15 Arthritis
November Special Events				
3 11 What Does Assisted Living Really Cost 1 James Michael Broadway Baritone	4 1 Author Carmen Fields 6:30 Jukebox Musicals w/ Deb Block	5 9:45 Coffee w/ New England Donor Services 11 Heal Faster w Julie Bailit 1 Author Scott Kerman 2:30 Drum Circle 3:15 Tech w/ Teens	6 10 Veterans' Field Trip 11 Life Transition Binder 1 Ruth Rappaport Appalachian Music	7 9:45 Know Signs of Alzheimers 10 Birthday Club 1 Trivia & Tunes 3:15 Tech w/ Teens
10 9:30 Drop In w/ Debbie 10 Barre Balance 12:30 Ms. Massachusetts Veteran's Day Lunch & Concert 3 Caring Friends 4 Caregiver Support Group	11 CLOSED	12 9:45 Coffee w/ Library Dir. Robert MacLean 10 Chair Massage 10 Hearing Aid Clinic 12 Lunch Chat w/ Debbie 1 Just the Two of Us Veterans Day Concert 3 Soup Cooking w Amy 3:30 Crafts with Kelley Cop	13 10:30 Low-Vision Group 11 Navigating the Holidays w/ Lynn 1 Costa Rica's Cloud Forests w/ Joy 2 Art Appreciation 3 Cooking for Nutrition w/ BID Needham 5 Community Dinner	14 11 Author Bruce Howell - Caregiving 1 Dance Party
17 9:30 Trip: Take a Hike 11 Consumer Affairs: Holiday Fraud Prevention 1 The Girls & Girl Groups w/ Frank King 3 Caring Friends	18 10 Metrowest Legal Clinic 10 Our Lives in Needham 1 Cooper Ctr Music Makers 1 Vintage Voices 3 Memory Café 3 Cooking w/ Jessica 6:30 Author Talk/Reception w/ Paul Scheufele	19 1 Natoli Swing Band & Dancing 3 Indian Cooking w/ Shruti	20 10 Express Yourself 12 Thanksgiving Feast 6 Open Mic Night	21 9-2 Red Cross Blood Drive 9:45 Coffee w/ Elliott PT
24 11 Moody Mondays 1 Great White Sharks & Gray Seals 3 Caring Friends	25 11 English Civil War w/ Mike Beard 1 Vintage Voices	26	27 CLOSED	28 9:30 French Toast Day Breakfast 11:30 Karaoke Café w/ Joe 12 Chair Massage

Mon	Tue	Wed	Thu	Fri
December Classes/Programs Occurring Every Week (check listings for specific details)				
9-2 Fitness Center 10-12 Beginner Bridge 10 Tai Chi 10 Line Dancing 10:30 Seated Strength/Bal 11 Meditation w/ Kerrie 12:30-3 Canasta (Beg/Intermediate) 12:30 Canasta (Exp) 12:30 Hand & Foot 1 Historical Movie 1 Mahjong (Intermed) 2 Puzzle Pals 6 Pool Lessons	9-2 Fitness Center 9-11 Blood Pressure Clinic 9-12 Experienced Bridge 9 Water Exercise 10 Mindful Living 10:30 Walk & Talk Health 10:30 Current Events 11 Train the Brain 12:30-3 Rummikub 1 FitBall 1-3 Tech Help/Bruce 2 Arthritis 2:30 Ballroom Dance 3:00 Script Reading 4 Drawing w/ Ben 4:30 Zumba Gold 5-7 Intermed Bridge 5-8 Pool/Cards/Games 5:15 Gentle Mat Yoga	9-2 Fitness Center 9 Tai Chi & Qigong 9 Water Exercise 10:15 LaBlast Cardio Dance 10:30 Bingo 12:30-3 Exp Canasta 12:30-3 Hand & Foot (Beg) 11:30 Open Art Studio 1 Interval Training 1-3 Cribbage Lesson/Game 1:30 Shopping Trips 2:30 Belly Dancing 2 Move It, Shake It 2 Ukulele Lessons 5 Subtle Yoga & Meditation	9-2 Fitness Center 9-4 Veteran's Agent Hrs 9-12 Exp Bridge 9 Water Exercise 9:30 Great Plain Traders 10 Chair Yoga 10 Knitting w/ Friends 10 Tai Chi 10:30 Bereavement Circle 11 Drum Fit 12 Dual Recovery 12 Metrowest Mediation 12:30-3:30 Dup Bridge 12:30-4 Mahjong (Inter.) 12:30-3:30 Rummikub 1-3 Tech Help 2-3 Arthritis 4-6 Game Night Café 5-8 Pool/Cards/Games 5:15 Stretchology 6 Brain Games	9-2 Fitness Center 9:30 Canasta (Exp) 10-12 Beginner Bridge 10 Zumba Flex 10 Creative Writing 10:30 Seated Strength/Bal 10:30 Bingo 12 Short Story Group 1 Center Cinema 1 Creative Fusion 1 Floor, Core, More 12:30 Mahjong (Exp) 12:30 Rumikub 1:30 Techie to Rescue
				Sat 9:15 Tabata 10:15 Arthritis
December Special Events				
1 11 Moody Mondays 11 Better Business Bureau 101 1 Sergei Novikov Holiday Piano Concert	2 11 Life Transition Binder 1 Rainbow of Crooner Colors w/ Frank King	3 9:45 Coffee w Needham Sustainability Manager 1-3 Open Art Studio Show 2:30 Drum Circle 3 Biscotti Baking 3:15 Tech w/ Teens	4 10 Play Craps & LCR 1 Vocalist Maria Guanci Holiday Concert	5 10 Center Birthday Club 12 New England Conservatory Holiday Concert/Lunch 3:15 Tech w/ Teens
8 9:30 Drop In w/ Debbie 10 Barre Balance 1 Boston Christmas Traditions w/ Anthony Sammarco 3 Caring Friends 4 Caregiver Support Gp.	9 10 Metrowest Legal Clinic 10 Holiday Crafts/Cards w/ Claire 11 Good King Richard w/ Mike Beard 1 Sing Along w/ A. Cohen	10 9:45 Craft: Snow Globe Ornaments 10 Hearing Aid Clinic 12 Lunch Chat w/ Debbie 1 Holiday Concert w/ Richard Amir 3 Make a Tiny Garden 3:30 Crafts w/ a Kelley Cop	11 9:30 Encore Casino 9:45 Stretch for Breakfast 10:30 Low Vision Group 11 Self Care is not Selfish 1:30 Center Holiday Party 2:00 Holiday Piano Sing Along w/ Mel Stiller 2 Art Appreciation 5 Community Dinner	12 9-2 Red Cross Blood Drive 1 Make Gingerbread Houses 1 Trivia & Tunes
15 1 Irving Berlin's White Christmas w/ Deb 3 Caring Friends 3 Holiday Bingo w/ Needham Girl Scouts	16 12:30 Mark West Piano 1 Vintage Voices 3 Memory Café 3 Cooking w/ Jessica 5 Holiday Lights Tour	17 10 Chair Massage 10 Wright Brothers Day Movie 10:30 Hanukah Bingo 3:15 Tech w/ Teens	18 9:45 Regift Party 11 Express Yourself 1 Southern Belize w/ Joy 5 Holiday Lights Tour 6 Open Mic Night	19 9:45 Coffee Talk w/ Elliott PT 11:30 Karaoke Café w/ Joe 12 Chair Massage 3:15 Tech w/ Teens
22 9 Boch Ctr. Holiday Tour 1 Holiday Music of the 1950s & 1960s 3 Caring Friends	23 1 Vintage Voices	24 Center closes at 12pm	25 CLOSED	26
29 11 How to Spot Fraud & Scams w/ BBB	30 1 Vintage Voices 1-3 New Years Dance	31		

SPECIAL EVENTS

Registration is required for all programs

Veterans Day Luncheon & Show -- Songs of World War II with Ms. Massachusetts

Monday, November 10, 12:30 pm lunch/ 1:00 pm show



The Needham Council on Aging and Wingate Living invite you to a luncheon and concert featuring Ms. Massachusetts USA Ruth Harcovitz. She will present her concert "Songs of World War II" in observance of Veterans Day and the 80th anniversary of the end of WWII. Register by 11/3. Cost: Free

Caregiver Support Group

Monday, November 10, 4:00 – 5:00 pm

To join meeting email jrice@needhamma.gov
Caregiving can be a lonely and isolating journey. This group helps to connect you with others facing similar challenges. Share experiences, information and encouragement. Cost: Free

Coffee Talk: Needham Free Public Library

Wednesday, November 12, 9:45 – 10:30 am

Join Needham Library Director Robert MacLean to learn more about what's going on at our wonderful library! Cost: Free



Chair Massage with Kris

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

Call to schedule your 15-minute relaxing chair massage with Kris Sloan. Please wear comfortable clothing. You must make a reservation in advance. Cost Free.

Hearing Aid Clinic with Paul

Wednesday, November 12, 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, check and replace your batteries and answer your questions regarding hearing and hearing aids. Cost: Free

Lunch Chat with Debbie

Wednesday, November 12, 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 Debra Maibor, M.S., CCC-SLP, Speech/Language Pathologist. Cost: Free

Just the Two of Us Military Concert for Veterans Day

Wednesday, November 12, 1:00 – 2:00 pm

Join this fabulous duo as they entertain us with their vocals and instruments. This time they will perform military songs to celebrate our veterans! Cost: Free

Soup-er Savvy Cooking with Amy

Wednesday, November 12, 3:00 – 4:00 pm

Join Amy Bernstein in the kitchen to learn how to make her delicious sweet potato chestnut soup. Cost: Free

Crafts with Kelley the Cop

Wednesday, November 12, 3:30 – 5:00 pm

Needham Police Officer Kelley Scolponeti teaches a monthly craft class at the Center. Join us! Cost: Free

Hot Breakfast at Briarwood

Thursday, November 13, 9:30 – 10:30 am

Join our friends at Briarwood for a lovely hot breakfast. Please pre-register so we can let them know how many are coming. Cost: Free

Low-Vision Support Group

Thursday, November 13, 10:30 am – 12:00 pm

Are you experiencing reduced vision? Learn about resources and devices that may be useful to you. This is a monthly support group along with the Massachusetts Association for the Blind and Visually Impaired for adults 55 and over with low vision or blindness. Cost: Free

Self-Care Series: Navigating the Holidays

Thursday, November 13, 11:00 am – 12:00 pm

Do you get blue after Halloween thinking about the coming holiday season? You're not alone. AARP reports that 31% of older adults surveyed felt lonely over the holidays. Television, movies and social media bombard us with images of an unrealistic "ideal" holiday experience. Join Professional Healthcare Advocate Lynn Croft to learn how to navigate through your mental health, diet and inevitable family drama! Cost: Free

Wildlife of Costa Rica's Cloud Forests with Joy



Thursday, November 13, 1:00 – 2:00 pm

Meeting ID: 880 9408 3335 Passcode: JOY



Costa Rica's cloud forests are a haven for wildlife - especially birds. The resplendent quetzal feeds on avocado trees, while hummingbirds, including the rare fiery-throated hummingbird, can also be seen. Join Joy Marzolf for this video lecture showcasing the cloud forest's rich biodiversity. Cost: Free

Art Appreciation with Michele: John Audubon

Thursday, November 13, 2:00 – 3:00 pm

Join Research Librarian and Educator Michele Marram to explore the life and work of John James Audubon, American ornithologist and painter, best known for his publication *Birds of America* (1838) After the presentation, we'll produce art inspired by Audubon. Cost: Free



Art Appreciation with Michele: John Audubon

Thursday, November 13, 2:00 – 3:00 pm

Join Research Librarian and Educator Michele Marram to explore the life and work of John James Audubon, American ornithologist and painter, best known for his publication *Birds of America* produced in the first half of the nineteenth century. Following the presentation, we'll produce our own art inspired by Audubon. Cost: Free

Cooking for Nutrition with BID Needham

Thursday, November 13, 3:00 – 4:00 pm

Join us in the kitchen for some nutritious and delicious recipes and tips from our friends at BID Needham! Cost: Free

Dinner Bell Community Dinner

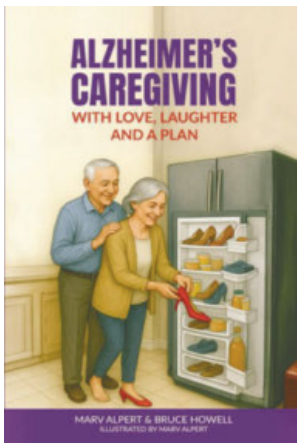
Thursday, November 13, 5:00 – 6:30 pm

The Dinner Bell program at the Center serves up a hot, nutritious meal and a fun social time for Needham residents of all ages. Please register and pay in advance. Cost: \$7 per meal.

Author Talk: Bruce Howell:

Caregiving with Love, Laughter, and a Plan

Friday, November 14, 11:00 am – 12:00 pm



After caring for their wives with Alzheimer's, Howell and fellow caregiver-turned-friend from an Alzheimer's support group, Marv Alpert, co-authored a book to help others facing similar challenges. Drawing from personal experience and extensive research, they cover key caregiving topics while weaving in humor to ease tension and promote cooperation. The book emphasizes the importance of love, self-care, and finding

support—reminding caregivers that they are not alone on this difficult journey. Cost: Free

It's About Time! Dance Party

Friday November 14, 1:00 – 2:00 pm

Come out to boogie to your favorite songs featuring "time" in the title or lyrics. DJ Bob B welcomes your song requests. Cost: Free

Take A Hike Day

Monday, November 17 (Check in at Center, 9:30 am)



It's National Take a Hike Day! Hop on our van and head to the Walpole Town Forest (one of Aicha's favorite places) for a stroll in the woods. Smart shoes and layered clothing a must! Cost: Free

Holiday Fraud Prevention with the Office of Consumer Affairs

Monday, November 17, 11:00 am – 12:00 pm

Scammers don't take time off for the holidays! Are you armed with vital information to keep yourself safe? Robin Putnam, Research and Special Projects Manager from the Office of Consumer Affairs and Business Regulation will share Black Friday shopping tips, educate on return policies, defective merchandise, warranties, lost or stolen packages, gift certificates, credit card skimming devices and identity theft and fraud prevention. Cost: Free

John Clark Presents: The Girls & the Girl Groups

Monday, November 17, 1:00 – 2:00 pm

From Connie Francis and Lesley Gore to the Shirelles and Shangri-Las, "The Girls and the Girl Groups" is all about the agony and the ecstasy of teenage love—from the female point of view! Cost: Free

Metrowest Legal Clinic Via Phone

Tuesday, November 18, 10/10:30/11/11:30 am

Join lawyer Vera Ochea as she individually assists in simple legal matters. Email akelley@needhamma.gov to schedule your telephone appointment. Cost: Free

Our Lives in Needham

Tuesday, November 18, 10:00 – 11:00 am

This community event celebrates longtime Needham residents—many of whom have lived in the town for many years and contributed significantly to its development. The program invites attendees to share personal and family stories that highlight Needham's rich history and community spirit. Needham Cable will be present to record the event, and light refreshments will be served. Questions? Email dmaiborsLp@gmail.com.

The Cooper Center Music Makers — Formerly The Newton Swing Band

Tuesday, November 18, 1:00 – 2:00 pm

Join us to hear this longtime favorite band with a new name! Get up and dance, tap your feet or just listen to their wonderful music. Cost: Free

Memory Café: Music & Movement

Tuesday, November 18, 3:00 – 4:15 pm

Come to the Memory Café at the Center where those living with memory loss and their care partners can enjoy creative programs and engage in meaningful social interactions. The Memory Café, sponsored and hosted by Wingate Living, Briarwood Rehab and Senior Helpers, features vibrant music and movement activities led by the incredible Jose Soto. Light refreshments will be served. Join us!

SPECIAL EVENTS

All special events are in person unless noted with 

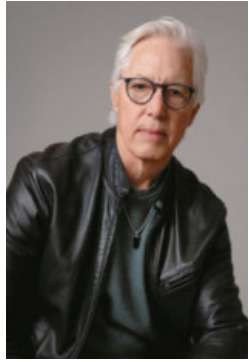
Cooking with Jessica

Tuesday, November 18, 3:00 – 4:00 pm

Join Jess in our kitchen as she walks us through delicious new recipes using fresh seasonal ingredients. Find something new to add to your holiday table! Cost: Free

Author Talk & Reception: Paul Scheufele

Tuesday, November 18, 6:30 – 7:30 pm



Join Needham's own, Paul Scheufele to hear about his novel *Damaged Goods* -- a page-turner about Brendan O'Shay, a high-powered Wall Street trader, who is forced to confront a haunting legacy. When his estranged sister dies unexpectedly, Brendan inherits a life-altering secret: he is now the custodian of her frozen eggs. This discovery thrusts his family into a whirlwind of emotional and ethical dilemmas as they

launch on a quest to find nurturing parents for the eggs. Cost: Free

Natoli Swing Band & Dancing

Wednesday, November 19, 1:00 – 2:00 pm

The trio will be here to sing away the winter blues with some old favorites and some great winter – themed songs. As always, requests are welcome! Cost: Free

Indian Cooking with Shruti

Wednesday, November 19, 3:00 – 4:00 pm

Join Shruti Mehta in our kitchen to make mouthwatering, spice-infused Indian vegetarian dishes. The class will incorporate an easy, no-fuss recipe without sacrificing tradition and taste. Cook and then enjoy the scrumptious dish together. Cost: \$5 ingredient fee payable to Shruti in class.

Express Yourself with Debbie

Thursday, November 20, 11:00 am – 12:00 pm

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

Thanksgiving Feast by Avita

Thursday, November 20, 12:00 – 1:30 pm



Join us for our favorite tradition as Avita spoils us with a wonderful Thanksgiving feast. Advanced registration required. Cost: Free

Open Mic Night

Thursday, November 20, 6:00 – 8:30 pm

Come to Plugged in Band's Open Mic Night for all ages and musical skills. Perform alone, with a group or just enjoy the performances of others. Cost: Free

Red Cross Blood Drive

Friday, November 21, 9:00 am – 2:00 pm

To register online, type this URL into your browser <https://www.redcrossblood.org/give.html/drive-results?zipSponsor=NeedhamCBD>

Coffee Talk with Elliott PT: Staying Steady with Better Balance

Friday, November 21, 9:45 – 10:00 am

Join Elliott PT to learn why balance is key to staying independent and active. Discover simple strategies to reduce fall risk and practice safe exercises you can do at home. This session is designed to be practical, interactive, and empowering for all activity levels. Cost: Free

Moody Mondays

Monday, November 24, 11:00 am – 12:00 pm

Join us to watch nostalgic comedies to start the week with some laughs. Mary Tyler Moore, Johnny Carson, Lucille Ball or anything you want! Let us know if you have a favorite show! Cost: Free

Great White Sharks & Gray Seals of Cape Cod

Monday, November 24, 1:00 – 2:00 pm

This program, sponsored by Avita, follows seal researchers at the Monomoy National Wildlife Refuge as they study newborn gray seal pups and document them mating in the U.S. for the first time. Learn about the seals' full life cycle and the growing presence of great white sharks returning to hunt them. Cost: Free

The English Civil War, Prelude to the American Revolution

Tuesday, November 25, 11:00 am – 12:00 pm

Amateur Historian Mike Beard is back to tell the story of an arrogant English king denies the ancient rights and customs of the English people and rules as a tyrant. The people rebel and a king loses his head. Intrigued? Join us to learn more. Cost: Free

National French Toast Day Breakfast

Friday, November 28, 9:30 – 10:30 am

If you're not still full from Thanksgiving Day, join us in the Café for some French Toast – it's what's for breakfast! Cost: Free

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looked like this?

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

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SPECIAL EVENTS

All special events are in person unless noted with 

Karaoke Café with Joe

Friday, November 28, 11:30 am – 1:00 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. Sing alone, in a group or just sit and enjoy. Bring a lunch to enjoy while others perform. Cost: Free

Chair Massage with Kris

Friday, November 28, 12:00 – 2:00 pm

Call to schedule your 15-minute relaxing chair massage with Kris Sloan. Please wear comfortable clothing. You must make a reservation in advance. Cost Free.

Moody Mondays

Monday, December 1, 11:00 am – 12:00 pm

See description on page 20.

Better Business Bureau 101

Monday, December 1, 11:00 am – 12:00 pm

Join Kaleigh, Community Relations Specialist with the Better Business Bureau, to learn about the most common misconceptions about the BBB, the BBB's history and free resources, and to learn what they're doing to educate consumers and businesses.

Sergei Novikov Holiday Piano Concert

Monday, December 1, 1:00 – 2:00 pm

Sergei Novikov has built a remarkable career as a musician, writer, and entrepreneur. He has performed for prominent figures including President George H.W. Bush, Vice President Joe Biden, and Billy Joel, and received recognition from the Queen Mother of England. Join us for this special concert! Cost: Free

Holiday

Life Transition Binder

Tuesday, December 2, 11:00 am – 12:00 pm

See description on page 15.

A Rainbow of Crooner Colors

Tuesday, December 2, 1:00 – 2:00 pm

Frank King presents this musical journey through songs themed by color—from “When the Red Red Robin Comes Bob-Bob-Bobin’ Along” to “Mood Indigo.” The lecture features fascinating backstories, a wide range of artists and ends with a sing along of “Over the Rainbow.” A Princeton and Boston University grad, King is a music historian and former media professional with over 900 acclaimed lectures to his name. Cost: Free

Almond Biscotti Baking with Carolyn

Wednesday, December 3, 3:00 – 4:00 pm

Join Carolyn in the kitchen to learn how to make “once-baked” biscotti. Did you know that biscotti means “twice - baked”? Cost: Free

Tech with Teens

Wednesday, December 3, 3:15 pm – 4:15 pm

See description on page 14.

Coffee Talk: Needham's Sustainability Manager

Wednesday, December 3, 9:45 – 10:30 am

Join Gabby Queenan, Needham's Sustainability Manager in the Department of Public Works, as she walks us through sustainability efforts in Needham. From Needham Power Choice electricity supply rates to flood mitigation, there is a lot going on in town! Cost: Free

Center's Open Art Studio Show & Reception

Wednesday, December 3, 1:00 pm – 3:00 pm

Come in to view the incredible artwork by our own Center-based artists. Light refreshments will be served.

Intergenerational Drum Circle

Wednesday, December 3, 2:30 – 3:30 pm

See description on page 15.

Let's Play Craps & LCR!

Thursday, December 4, 10:00 – 11:00 am

It's National Dice Day! So, let's play! Cost: Free

Holiday Concert with Vocalist Maria Guanci

Thursday, December 4, 1:00 – 2:00 pm

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

Holiday

Center Birthday Club Sponsored by Copley Motorcars

Friday, December 5, 10:00 – 10:30 am

See description on page 15.

Holiday Lunch & Concert with the New England Conservatory

Friday, December 5, 12:00 – 1:00 pm

Dine and enjoy classic holiday music as interpreted by these brilliant student musicians from the New England Conservatory. You'll leave inspired and ready to take this holiday season by the horns (pun intended)! Cost: Free

Holiday



Left: New England Conservatory student musicians played a holiday concert at the Center in December 2024 featuring a trombone quartet that had people on their feet with applause!

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SPECIAL EVENTS

All special events are in person unless noted with 

Tech with Teens

Friday, December 5, 3:15 pm – 4:15 pm
See description on page 15.

Needham Police Annual Holiday Dinner

Saturday, December 6, 12:00 – 2:00 pm

The Needham Police Department is once again hosting their annual traditional holiday dinner for Needham seniors. Needham Police and Fire personnel generously host, cook and serve this special celebratory meal that is not to be missed! The event will be held at the VFW Hall, 20 Junction St., Needham. Registration priority will be given to Needham residents. Call the Center to register before 12/1.

Holiday

Drop In with Debbie

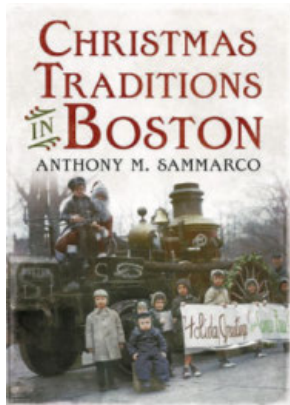
Monday, December 8, 9:30-10:30 am
See description on page 15.

Barre Balance

Monday, December 8, 10:00 – 11:00 am
See description on page 15.

Boston Christmas Traditions with Anthony Sammarco

Monday, December 8, 1:00 – 2:00 pm



Author and Historian Anthony Sammarco explores how the city's celebration of Christmas evolved from near nonexistence in the 1600s to a beloved cultural tradition. Come to hear Anthony highlight key milestones, describe caroling on Beacon Hill, Nativity displays on Boston Common, and the beloved Enchanted Village at Jordan Marsh. Enjoy this nostalgic look at how Bostonians came to embrace and celebrate the holiday season over the centuries. Cost: Free

Holiday

Caregiver Support Group

Monday, December 8, 4:00 – 5:00 pm
See description on page 18.



Metrowest Legal Clinic Via Phone

Tuesday, December 9, 10:00/10:30/11:00/11:30 am
See description on page 19.



Holiday Crafts & Cards with Claire

Tuesday, December 9, 10:00 – 11:00 am

'Tis the season! Join Claire as she leads us in making cards and candle holders for the holiday season using

Holiday

acrylic paints and easy models to copy. Send to friends, frame for your house, give as gifts! Perfect for all occasions! Cost: Free

Good King Richard, Evil Prince John, Robin Hood, and the Magna Carta

Tuesday, December 9, 11:00 am – 12:00 pm

We all know the legend of Robin Hood. Now, learn about the true characters and the history of the Magna Carta. Cost: Free

A Sing Along with Alan Cohen: The Beatles

Tuesday, December 9, 1:00 – 2:00 pm

Join our friend, guitarist and song leader Alan Cohen for another rousing Beatles sing along! Cost: Free

Holiday

Coffee Talk & Craft: Snow Globe Ornaments

Wednesday, December 10, 9:45 – 10:30 am

Charter Senior Living of Dedham's Life Enrichment Director will be joining us to share her crafting expertise and guide you in creating festive holiday snow globe ornaments. All materials will be provided. Join in the fun!

Hearing Aid Clinic with Paul

Wednesdays, December 10, 10:00 – 11:00 am

See description on page 18.

Lunch Chat with Debbie

Wednesday, December 10, 12:00 – 1:00 pm

See description on page 18.

Holiday Concert with Richard Amir

Wednesday, December 10, 1:00 – 2:00 pm

Pianist Richard Amir will delight us with his holiday repertoire. Join us for this holiday music extravaganza! Cost: Free

Holiday

Make Your Own Tiny Garden

Wednesday, December 10, 3:00 – 4:00 pm

Choose your own garden elements from a variety of natural and decorative items to create your own tiny container garden. All materials provided. Registration required by 11/20. Cost: \$20

Crafts with Kelley the Cop

Wednesday, December 10, 3:30 – 5:00 pm

See description on page 18.

Stretch for Your Breakfast

Thursday, December 11, 9:45 – 10:30 am

It's National Stretch Day! The Cadigan's will lead us in some gentle stretching in the Café. What a great way to start your day! Cost: Free



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SPECIAL EVENTS

Registration is required for all programs

Field Trip to Encore Casino for the Holidays

Thursday, December 11 (Check in at Center, 9:30 am)

TRIP

Feeling lucky and need some holiday shopping money? Let's head to Encore and see if you can win big - or just take in the sights and all the gorgeous holiday decorations! Register for limited seating. Cost: \$10

Low-Vision Support Group

Thursday, December 11, 10:30 am – 12:00 pm

See description on page 18.

Self Care is not Selfish: The Power of Self Care for Seniors

Thursday, December 11, 11:00 am—12:00 pm

Join Professional Healthcare Advocate Lynn Croft to explore the vital role self care plays in enhancing the physical, emotional and mental well being of older adults. Discover the science behind the impact of self care on longevity and be inspired to embrace daily habits that nurture resilience and vitality. Cost: Free

Center Holiday Party

Thursday, December 11, 1:30 – 2:00 pm

Join us for some festivities, holiday treats prior to the Holiday Piano Sing Along with Mel Stiller. Cost: Free

Holiday Piano Sing Along with Mel Stiller

Thursday, December 11, 2:00 – 3:00 pm

Mel has been playing piano and leading sing alongs at parties, corporate events, public venues, and senior settings for 35 years. Cost: Free

Art Appreciation with Michele: Winslow Homer

Thursday, December 11, 2:00 – 3:00 pm



Join Research Librarian and Educator Michele Marram to explore the life and work of Boston-born Winslow Homer, one of America's favorite 19th century illustrators and painters. Following the presentation, we'll produce our own art inspired by Homer. Cost: Free

Dinner Bell Community Dinner

Thursdays, December 11, 5:00 – 6:30 pm

See description on page 19.

Red Cross Blood Drive

Friday, December 12, 9:00 am – 2:00 pm

See description on page 20.

Let's Make Gingerbread Houses

Friday, December 12, 1:00 – 2:00 pm

It's National Gingerbread House Day! Meet us in the

Holiday

Café to craft your own gingerbread house to take home and enjoy. Advanced registration is required. Cost: Free

Trivia & Tunes with DJ Bob and Alan

Friday, December 12, 1:00 – 2:00 pm

Join our music gurus and test your knowledge! Cost: Free

Irving Berlin's "White Christmas" with Deb Block

Monday, December 15, 1:00 – 2:00 pm

Holiday

Irving Berlin, a famous Tin Pan Alley song plugger, composed and wrote the lyrics to "I'm Dreaming of a White Christmas". In addition to learning about Tin Pan Alley and Irving Berlin, we will study film clips from the movie "White Christmas," sing holiday songs and share memories of winter holidays past. Cost: Free

Holiday Bingo with Needham Girl Scouts

Monday, December 15, 3:00 – 4:00 pm

See description on page 15.

Holiday

Mark West Holiday Piano Concert

Tuesday, December 16, 12:30 – 1:30 pm

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

Holiday

Memory Cafe: Music & Movement

Tuesday, December 16, 3:00 – 4:15 pm

See description on page 19.

Cooking with Jessica

Tuesday, December 16, 3:00 – 4:00 pm

See description on page 20.

Holiday Lights Tour & Sing Along

Tuesday, December 16, 5:00 pm – 6:30 pm

Board our van and settle in to view the holiday lights all around Needham. Enjoy cocoa, cookies and singing carols along the way! This event is being offered on both 12/16 and 12/18. Please select just one date. Cost: Free

Holiday

Chair Massage with Kris

Wednesday, December 17, 10:00 am - 12:00 pm

See description on page 18.

The Wright Brothers Day

Wednesday, December 17, 10:00 am – 12:00 pm

Help us mark the anniversary of the first flight by watching an historical movie about the famously brave George and Orville Wright! Cost: Free

Tech with Teens

Wednesday, December 17, 3:15 pm – 4:15 pm

See description on page 15.

Hot Breakfast at Briarwood

Thursday, December 18, 9:30 – 10:30 am

See description on page 18.

Regift at Breakfast Party!

Thursday, December 18, 9:45 – 10:30 am

It's National Regift Day and one man's trash is another man's treasure! So, bring a wrapped item to the Center to regift and we will do a type of Yankee Swap. The item must be new or in great condition!

Express Yourself with Debbie

Thursday, December 18, 11:00 am – 12:00 pm

See description on page 20.

The Wilds of Southern Belize with Joy

Thursday, December 18, 1:00 – 2:00 pm

Meeting ID: 822 7530 0352 Passcode: JOY



Explore the rich natural diversity of Southern Belize in this virtual journey through its coastal waters, rivers, and rainforests. Bordering Guatemala and Mexico,

Belize is home to a wide range of wildlife—from coastal species like manatees, crocodiles, tiger herons, and hummingbirds, to rainforest creatures such as butterflies, black-headed trogons, coatimundi, and the elusive jaguar. Join Joy Marzolf in person or on Zoom to discover the stunning landscapes and vibrant wildlife that make this Central American country a nature lover's paradise. Cost: Free

Holiday Lights Tour & Sing Along

Thursday, December 18, 5:00 pm – 6:30 pm

See description on page 26.

Holiday

Open Mic Night

Thursday, December 18, 6:00 – 8:30 pm

See description on page 20.

Coffee talk with Elliott PT

Fridays, December 19, 9:45 – 10:30 am

Join Elliott PT for another engaging discussion that will address common physical health problems offering tips for prevention and treatment. Cost: Free

Karaoke Café with with Joe

Friday, December 19, 11:30 – 1:00 pm

See description on page 22.

Chair Massage with Kris

Friday, December 19, 12:00 – 2:00 pm

See description on page 18.

Tech with Teens

Friday, December 19, 3:15 pm – 4:15 pm

See description on page 15.

Behind the Scenes Holiday Tour of the Boch Center

Monday, December 22 (Center check-in at 9:00 am)

TRIP

Join us for this behind-the-scenes peek at the Boch Center (formerly The Wang) decorated for the holidays! You'll learn architectural high-lights 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. As a bonus, you will view a new tribute to Springsteen high-lighting his past performances at the venue. Cost \$25 for the van ride and tickets.

Holiday Music of the 1950's & 1960's

Monday, December 22, 1:00 – 2:00 pm

John Clark is back to celebrate holiday music of the 50's and 60's which presents all your favorites from these decades, including tunes by Perry Como, Andy Williams, Burl Ives, Brenda Lee, Jose Feliciano and Alvin & the Chipmunks. Cost: Free

Holiday

How to Spot Scams & Fraud with the Better Business Bureau

Monday, December 29, 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 thousands of dollars of surprise bills? Join us for a discussion with Kaleigh Goulart, Community Relations Specialist with the Better Business Bureau, on current scams and what the BBB is doing to educate consumers and prevent victimization by scammers. Cost: Free

New Years Celebration & Dance with Mark Lanen

Tuesday, December 30, 1:00 – 3:00 pm

Gather with friends to ring in 2026 a day early with this celebratory countdown and dance party. Wear your festive New Year's attire and pose for photos with friends under our balloon arch. Cost: Free



DONATIONS

Claire Blum
Cheryl Casey
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Marie Fenton
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IN MEMORIUM

Claire Blum in Memory of Dick Mashore
Roland Johnson In Memory of his wife & daughter, Marjorie & Debbie Johnson
Anne Madaus In Memory of Mary Elizabeth Weadock
Robert Quinn In Memory of Marie (Precious) Atkinson

IN APPRECIATION & HONOR OF

Evelyn Adlerstein in honor of Susan Carp's special birthday
Priscilla Cahn in appreciation of the great programming at the Senior Center
Ann Dermarderosian in appreciation of the wonderful programs at the Senior Center
Lucy Pontiff in Appreciation of the Senior Center



Tom Watson and kitchen volunteers Jamie Turbayne and Appley Adams portion and bag Panera Doughnations to be taken home by our Center patrons. They also toast and serve the breads and pastries to your liking in our Café —buttered, with cream cheese, lightly toasted or well done! Come in for our weekday continental breakfasts to enjoy them along with fruit, cereal and coffee.

September marked an entire year of the Center receiving Day End Doughnations from Panera in Needham. Two nights each week, volunteers Helen Gregory and Bev Pavasaris pick up the doughnations and then deliver them to the Center the following mornings. We are grateful to Panera and our volunteers for the delicious treats and extra nourishment they provide to our seniors. Pictured left: Helen, Jones, Duckens, Leidey, Marcella, Chantelene, Nyomi, Kelsey, and Bev.

**Are you empathetic? diplomatic?
a skilled communicator?**



Do you want to make a difference in the lives of people in long-term care facilities and assisted living residences?

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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.



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**Experiencing balance, brain,
and/or bladder problems?**



Balance: Problems walking, or shuffling feet



Brain: Trouble with thinking or memory loss



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06-5329

FRIENDS OF THE CENTER AT THE HEIGHTS

Letter from the Presidents

Dear Participants and Donors,

The Friends hope you enjoyed the Halloween Scary Movie & Ice Cream Float Party in October. It was so much fun for us to plan that event.

Friends would also like to extend our sincere thanks to Needham Panera staff who provide Day End Dough-Nations to the Center on Tuesday and Thursday mornings. This generous association has been ongoing since September of 2024. Special thanks to Helen Gregory, Walter Pavasaris and Bev Pavasaris for picking up the Panera goodies two evenings a week and taking them to the Center the following mornings. Tom, Jamie and Appley receive the pastries, breads and bagels and prepare them for breakfast in our Café and for you to take home to enjoy.

November has now arrived and the weather is becoming cooler. The winter squash, pumpkins and apples have been harvested. All Saints Day is on the 1st. We set our clocks back 1 hour on the 2nd and the

days become shorter. Veterans Day is observed on the 11th, when we honor retired soldiers and victims of all wars. We celebrate Thanksgiving on the 27th. Topaz is the birthstone; chrysanthemum is the flower, and Zodiac signs are Scorpio until the 21st, followed by Sagittarius.

December is a month of celebration with lights, music, special foods and traditions. The winter solstice occurs on the 21st. Advent begins on the 1st. Pearl Harbor Day is on the 7th. Hanukkah begins on the 15th. Christmas Day is on the 25th. Kwanzaa begins on the 26th and New Years Eve is on the 31st. The birthstones are turquoise and blue topaz. The flowers are holly, poinsettia, and orchid. Zodiac signs are Sagittarius and Capricorn.

Please consider a year-end donation to the Friends of the Center at the Heights. Your contribution supports the Compass Newsletter, Café supplies, and wonderful programs offered 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

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Address: _____

Zip: _____ Phone: _____

Birth Date: _____ Email: _____

Donation In Memory of: _____

Family Name & Address (for acknowledgement) _____

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SHINE NEWS

Medicare Open Enrollment Ends December 7

Don't miss your chance to
change plans. SHINE can help!

It's extremely important to review your options EVERY year to make sure you have the plan that works best for you for next year. Medicare plans including premiums, doctor networks, and covered drugs can change yearly, so it is very important to check your options for 2026. Call your Senior Center and ask for a SHINE appointment. If appointments are booked in your area, 1-800-Medicare is available 24 hours a day to assist with plan searches as well.

Trained SHINE volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. To schedule a SHINE appointment, call 781-455-7555. For Medicare related matters (other than an appointment), call 781-453-8076. Once you get the SHINE answering machine, leave your name, town, and number. A volunteer will return your call as soon as possible.

