



FRIENDS OF THE
NEEDHAM ELDERLY, INC.

Senior Compass

MASSACHUSETTS' FIRST ACCREDITED SENIOR CENTER.
NATIONALLY ACCREDITED SINCE OCTOBER 1999

Stephen Palmer Senior Center • 83 Pickering Street • Needham, MA 02492 • Phone 781-455-7555 • Fax 781-455-7599 • www.needhamma.gov
Newsletter printed & mailed by the Friends of the Needham Elderly, Inc.

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WOW! TWO GREAT EVENTS IN HONOR OF ST. PATRICK'S DAY!

The Needham Senior Center gives a **GIGANTIC** thank you to
Avery Crossings for sponsoring these programs.

Location is offsite: Avery Crossings Assisted Living, 110 West Street

Sign-up is required. There is no fee for these programs.



IRISH MUSIC GUY KEVIN FARLEY

Wednesday, March 14 • 2:00 pm

Music fans from far and near know Kevin Farley best as the "Irish Music Guy." Join Kevin for a great afternoon of Irish Music. Refreshments will be served.

GREAT DAY FOR THE IRISH WITH SINGER RUTH HARCOVITZ

Tuesday, March 27 • 2:00 pm

This lively and entertaining program includes well-known ballads by Thomas Moore, songs made famous by John McCormack, and an Irish sing-along.



TRIP TO VISIT THE MAPPARIUM

FRIENDS OF THE NEEDHAM ELDERLY WILL GO TO THE MAPPARIUM IN
THE MARY BAKER EDDY LIBRARY AT THE CHRISTIAN SCIENCE PLAZA IN BOSTON

Thursday, March 15th

The cost is \$49.00

Your trolley departs Linden & Chambers at 10:15 AM and the Senior Center on Pickering St. at 10:30AM. You will return at 4:30PM – 4:45 PM. Lunch included at Venezia Restaurant with a choice of Chicken Parmigiana, Baked Haddock, or Steak Tips. There will also be time for shopping at the Prudential Center. The Mapparium is a three story tall glass Globe of Stained Glass that is viewed from a 30 foot long Bridge through its interior. It is a unique exhibit. Learn more about the history of the Mapparium and its architect, Chester Linsay. Contact the Trip Desk at 781-455-7555, Ext. 209. Checks can be made payable to F.O.N.E.

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SENIOR CENTER HOURS: MONDAY - FRIDAY 9:00 AM - 4:00 PM



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ON AGING
Needham

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The mission of The Needham Council on Aging is to respond to its older residents' needs by providing a welcoming, inclusive, and secure environment where individuals and families benefit from programs, services and resources that enhance their quality of life and provide opportunities for growth.

DEAR FRIENDS,

If you did not get a chance to send in your dues for 2012, you can use the form below or pick up an envelope at the Senior Center. We can't emphasize enough how important it is to help with the monthly expenses that we incur. We must pay for the printing and mailing of the Senior Compass, help with the van expenses, and support the Council on Aging with any other issues that arise throughout the year. Please send in your dues today.

Thank you!

Friends of Needham Elderly Board of Directors

**FRIENDS OF NEEDHAM ELDERLY
2012 MEMBERSHIP/DONATION FORM**

Name: _____ Date: ____/____/____
Address: _____

Membership for 2012	\$ 25.00
Donation	\$ _____
Memorial* (Please see below)	\$ _____
Total Enclosed	\$ _____

*Name of Deceased _____

If acknowledgement to family is desired, please provide the following information:
Name of Deceased Family and Address _____

Please make checks payable to: Friends of Needham Elderly and mail to: FONE, 83 Pickering Street, Needham, MA 02492.

Not sure if your membership is up-to-date? Check the label of this Senior Compass. If there is a star (*) next to your name your membership is current. If your membership is not current or you have never been a member, we urge you to join us!

- FRIENDS OF THE NEEDHAM ELDERLY DONATIONS**

DONORS

<ul style="list-style-type: none"> • Jean Andrews • Mildred Brooks • Dorothy F. Caulfield • Clara Clements • Janet Connelly • Barbara Dick • Carol Ditmore • David & JoAnn Donald • Margaret Gasnick • Lucille Gorman • Ann Hartstein • Ray Hopkins • Jim-Lan Hsia 	<ul style="list-style-type: none"> • Doris Iodice • Robert Jeffery • James Krasnow • Sande Lafaver • Virginia Lyons • Patricia McMorrow • Donald & Karin McPhee • Sister Marcia McQuaid • John & Anne Moynihan • Jean Oshborn • Nina Prohodski • Sister Claire Quinlan • Anne & Roland Ricciardelli • Betty Soderholm 	<ul style="list-style-type: none"> • Marilyn Sussenguth • Joan Thomas • Richard & Gabrielle Young <p>IN MEMORY OF</p> <ul style="list-style-type: none"> • Roberta Carmusin in memory of Adeline & Louis Nigro • Alvera Emanuello in memory of her mother, Nancy • Audrey Emmerich in memory of John Emmerich • Sylvia Levenson in memory of Melvin Davis
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**For the latest news on a new Senior Center,
visit our website at www.needhamfone.com.**

PLEASE NOTE The Needham Council on Aging and Senior Center does not receive funding for recreational programming. Although most of our programs are free, some programs have costs in an effort to meet the overall expenses for all programs. Please note that if you cannot afford a class, we will always offer scholarships.

NEEDHAM'S ART IN BLOOM AND ENTERTAINMENT LIVE

At the Needham Senior Center

There is no fee for either these programs.

SPRING IS BLOOMING AT THE SENIOR CENTER

Friday, March 2nd • 1:00 - 4:00pm

No sign-up required

Now in its 4th year, Needham's Art in Bloom 2012 will return by popular demand to the Needham Senior Center! Creative and colorful floral interpretations of artwork by members of the Beth Shalom Garden Club and Needham High School art students will be on display throughout the afternoon.

IT'S FRIDAY, ENTERTAINMENT LIVE JUDY BERNSTEIN PROUDLY PRESENTS THE PROPER BOSTONIANS

A ONE-WOMAN SHOW

Friday, March 2nd • 1:30 pm

Sign-up is required.

This performance is alive with personalities and anecdotes – a mixture of humor, respect, and affection. The Proper Bostonians is an entertaining look at Boston Society and a delightful piece of Americana. "And this is good old Boston, The home of the bean and the cod, Where the Lowells talk to the Cabots, And the Cabots talk only to God." Ms. Bernstein is a graduate of New York University – School of Dramatic Art. She has performed on radio and T.V. in New York City. She studied with Alice Nichols – Coach of the Metropolitan Opera staff. Currently she teaches college students and performs throughout the New England area.

WEIGHT MANAGEMENT SUPPORT GROUP – 8 WEEKS

Mondays • 12:45 - 1:45 pm • Begins on March 19th

To sign up, call the Needham Senior Center at 781-455-7555.

Instructor: Pearl Pressman

Cost: \$32.00 Payment is due at the first class.

Are you fed up with your increasing weight? Do you reach for food when you're bored, tired, stressed, or anxious, instead of when you're hungry? This program will teach you how to make doable lifestyle changes to achieve your weight-loss goals. The group will be led by Pearl Pressman, a Certified Weight Management Consultant, who has lost over 100 pounds! Pearl is a member of the National Weight Loss Registry and has worked as a Weight Watchers group leader.

CIRCUIT BREAKER LECTURE PRESENTED BY SENATOR RICHARD ROSS

Tuesday, March 20th • 1:00 pm

At the Needham Senior Center

There is on fee or sign-up for this program.

Please join Senator Richard Ross for an informational seminar on the Senior Circuit Breaker Tax Credit, which is available to qualified seniors who own or rent their home when they file their 2011 Massachusetts state income tax. Senator Ross will be joined by his Constituent Services Director, Catherine Lawrie-Gillespie, and Brian Lynch of the Massachusetts Department of Revenue. If you are unable to attend the meeting, please call Senator Ross' office at (617) 722-1555 or email Richard.Ross@masenate.gov for more information.

MONDAY'S LUNCH BUNCH

During the winter months, join us for a lunch outing to break up the winter doldrums. We will be dining in Needham. Meet at the Senior Center at 11:30 am, board our van and take a ride to:

Monday, March 5th

Bertucci's, Needham

Monday, March 12th

Acapulcos Mexican, Needham

Monday, March 19th

Dunn-Gaherin's, Newton

Monday, March 26th

Mandarin Chinese, Newton

To sign up, call the Senior Center at 781-455-7555. During the winter months, the suggested donation of \$3.00 will be collected on the van. You will also pay the cost of your meal. Enjoy!

FLICKS AT THE NEEDHAM SENIOR CENTER AT 1:00 PM

No fee or sign-up required.

Friday, March 9th

Quiz Show, 1994

Friday, March 16th

Midnight in Paris, 2010

Friday, March 23rd

Midnight Lace, 1960

Monday, March 26th

Beethoven, A real shaggy dog story, 1999

COMPUTER LESSONS

Thursdays

12:00 - 3:00 pm

by appointment

At the Needham Senior Center

REPRESENTATIVE DENISE GARLICK OFFICE HOURS

**Monday, March 5th
10:45 - 11:45 am**

At the Needham Senior Center
Representative Denise Garlick will
be available to hear your concerns
and to answer any questions.

SENATOR RICHARD ROSS OFFICE HOURS

**Tuesday, March 13th
10:15 - 11:00 am**

At the Needham Senior Center
Senator Richard Ross or a member
of his staff will be available to hear
your concerns and to answer any
questions.

SUPPORT GROUPS

**For dates and times call
781-455-7555.**

At the Needham Senior Center
Caregiver Support Group
Hoarding Support Group
Low Vision Support Group

TAX COUNSELING SPONSORED BY AARP AND THE COA

At the Needham Senior Center
**WHAT YOU NEED TO
KNOW ABOUT
SCHEDULING AN
APPOINTMENT!**

- #1 Call the Senior Center to schedule a tax appointment.
- #2 Tax appointments will end on April 15th.
- #3 On the day of your appointment bring the following 3 items: 1. A copy of your 2011 tax return. 2. All income statements received including Social Security. 3. Any state or federal tax forms you received in the mail.

Counselors are trained by the IRS.

DANCE AND EXERCISE CLASS

To sign up call the Needham Senior Center at 781-455-7555.
Payment is due at the first class.

LINE DANCING CLASS – 8 WEEKS

**Mondays • 12:00-1:00pm
Begins March 19th**

Offsite location: The Baptist Church,
835 Great Plain Avenue
Cost: \$32.00

Instructor: Manny Correia

BALLROOM DANCING CLASS – THE “MERENGUE”

**Tuesdays • 2:00pm
begins on March 6th**

Offsite location:
The YMCA on Chestnut Street
Cost for each 4-week class is \$16.00
Instructor: Betty Hood

SENIOR STRENGTH EXERCISE CLASS – 8 WEEKS

**Mondays • 10:15am
Begins March 19th**

Onsite: Needham Senior Center
Cost for the 8-week session is \$32.00
Instructor: Pearl Pressman

TAI CHI CLASS - 4 WEEKS

**Mondays • 9:00am
Begins March 26th**

Offsite location: Christ Episcopal Church
1132 Highland Avenue
Cost: \$16.00
Instructor: Scott Brumit

TABLE TENNIS HOURS!

**Mondays, Wednesdays
and Thursdays
9:00am – 11:30am**

At the Needham Senior Center
No fee or sign-up required.

SHINE UPDATE

CAN I ENROLL IN A MEDIGAP PLAN NOW?

Yes! In Massachusetts, all Medigap plans currently offer continuous enrollment, which means you can sign up at anytime, with coverage effective the first of the following month. A Medigap plan, also known as a Medicare Supplement plan, can help with some of the extra costs of Medicare. If you have Original Medicare with both Parts A & B (as long as you are not under 65 with kidney disease), you can get a Medigap plan. Massachusetts has two types of Medigap plans, Core and Supplement I. The Core plan covers some of the “gaps” in Medicare. The Supplement I plan covers all deductibles, co-pays and coinsurance for Medicare covered services. These two types of plans are offered by six insurance companies.

In 2012, the lowest premium for a Core plan is \$93.46/month and for a Supplement I is \$181.71/month. If you sign up when you first enroll in Medicare, you may be able to get a discount. There are no restrictions due to pre-existing health conditions. You can go to any provider who accepts Medicare anywhere in the United States with no referrals required.

If you are interested in learning more about Medigap plans, trained SHINE (Serving Health Information Needs of Elders) volunteers can help you! They offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. Call your senior center and ask for a SHINE appointment. You can also call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back as soon as possible.

MEET THE AUTHOR AND BOOK READING

“From riding the rails during the great depression to riding the Arabian horse at the Great Pyramids in Egypt”

“I REMEMBER ED PALASZ” BY AUTHOR BEVERLY ANDREOZZI

Thursday, March 22nd • 1:00 pm

At the Needham Senior Center

There is no fee for this program. Sign-up is suggested.

Light refreshments to follow event.

Ed Palasz, a child of the Depression era, had a life filled with adventures. His parents passed away during the influenza epidemic of 1918. He went into an orphanage and then into foster care, where he learned how to make what was needed when there was no money resourcefulness that would serve him well when he was pushed out of his foster home at the age of 16. He traveled around the United States hitching rides on freight trains. Later, he joined the Merchant Marines and saw St. Elmo's fire and was on the SS Mormacsea when the captain outsmarted the Nazis in Trondheim. The author celebrated over fifty years of marriage. He died in 2000, without seeing his dream of having his memoir in print. *I Remember* is published posthumously by his wife, Toby, and daughter, Beverly Andreozzi.

ART CLASS FOR ALL LEVELS

TAUGHT BY PROFESSIONAL ARTIST RAMUNE JAUNISKIS

Mondays • 12:00 - 1:30 pm

March 12th & March 26th

Offsite Location: Needham Public Library
Community Room • 1139 Highland Avenue

The fee is \$8.00 for both classes

To sign up contact Sherry at the Needham Senior Center 781-455-7555.

Join us for art in an informal atmosphere at the Needham Library Community room. Students should bring their own materials and ideas for projects. Each student will work on projects of their own choosing with guidance and suggestions from the instructor. All levels are welcome. Ramune Jauniskis, long-time watercolor teacher at the Stephen Palmer Senior Center, is currently teaching art in Belmont, Brookline, Needham, and Wellesley. She is a teacher and craftsman selling her work in local stores and on the Cape as well.

ART HISTORY – NEW YORK, NY

Wednesday, March 7th • 10:30am

Offsite location: Avery Crossings, 110 West Street

There is no fee or sign-up required for this program.

New York, New York. Start spreading the news! There is a love affair between artists and NYC. The starting place for immigration and embarkation for trips abroad. The place for artists to be for learning, earning and yearning (paying their dues). The home of possibilities and impossibilities that sometimes come true. If you can make it there, you'll make it anywhere! Please join us in an artistic celebration of NYC, the unofficial center of the universe, a place so nice they named it twice. We thank Avery Crossings for sponsoring this event and providing the space for us.

WINTER HAS ARRIVED – GUIDELINES TO CONSIDER

If the Needham schools are closed, the Senior Center is also closed. If schools have a 2 hour delay, we will open at 10:30 a.m. You can also call us and you will hear a message stating if we are open, closed, or have a delayed opening.

SOCIAL WORK DEPARTMENT UPDATE

NEED HELP FINDING EMPLOYMENT?

We are gathering the names of individuals who are interested in participating in a future Job Training and Search Workshop – details to be determined. If interested, please contact the Social Services Department at 781-455-7555.

DID YOU KNOW ?

National Grid is now offering its low vision customers bills in Braille OR a larger size print. Customers interested should call 1-800-233-5325 for information.

CELL PHONE CLINIC

Why is it important for elderly people to have cell phones? First, it is a way for seniors to keep in contact with their children and grandchildren. Additionally, as we get older, it is important that we can stay in contact with family in case of a physical problem that may occur. For an appointment and pointers on how to use your cell phone, contact LaTanya Steele at 781-455-7555 ext. 208.

HELP THE FRIENDS SAVE \$\$\$ ON PAPER AND POSTAGE!!

Sign up today to receive your Compass by email.

Please contact Sherry Jackson at 781-455-7555 or sjackson@town.needham.ma.us



COUNCIL
ON AGING
Needham

STEPHEN PALMER
SENIOR CENTER
83 Pickering Street
Needham, MA 02492
781-455-7555

SENIOR CENTER
DROP-IN HOURS:
9:00 am - 4:00 pm
Monday thru Friday

THE ELDER ABUSE HOTLINE

To report or ask questions about suspected abuse of an elder, please call the hotline at 1-800-922-2275. For more info. call the Needham Senior Center at 781-455-7555.

COMPASS NEWSLETTER LABELING AND COLLATING

Tuesday,
March 20th
9:15am

At the Needham
Senior Center

Please join us for a morning of light work and good fun, as we get the newsletter ready for mailing!

LUNCH AND LEARN LECTURES

“YOUR OWN PEACE SCULPTURE PROJECT!” TED CLAUSEN TO SPEAK AT THE NEEDHAM SENIOR CENTER!

THIS IS NOT TO BE MISSED!

Wednesday, March 14th • 12:00 pm

At The Needham Senior Center

There is no fee for this program. Sign-up is required.

Ted Clausen is a Boston-based, nationally renowned artist who has created life-size sculptures honoring memorable events, including the Vendome Firefighters Memorial in Boston and several significant sculptures in Massachusetts and other states. Mr. Clausen became involved with a group of Needham High School students and many community members to create a sculpture located on the high school grounds. The students are dedicated to helping their peers live a healthy life and to take care of those around them. In addition to being a beautiful work of art, the sculpture will display numerous quotes. The quotes are of hope and resilience from Needham residents from the past to the present who have experienced struggles, challenges and dark times. At this talk Mr. Clausen will provide an inside look at the Needham Sculpture project and will encourage Needham older adults to share their wisdom, to share their quotes of hope. At the lecture, there will be a box on display in which to place your quotes and they may be anonymous or not. If your quote is chosen you could become part of this permanent Needham Sculpture!

“UNDERSTANDING THE PHYSICAL, EMOTIONAL AND/OR SPIRITUAL NEEDS OF A PERSON WITH A TERMINAL ILLNESS”

FOR SENIORS AND THEIR FAMILY MEMBERS

Tuesday, March 27th at 12:00 p.m.

At the Needham Senior Center

There is no fee for this program. Sign-up is required.

In our highly technologically advanced society, with an endless array of treatment options, people who are confronting a terminal illness often are seduced into believing that anything can, and must, be cured. What should medicine do when it can't save your life? Skilled staff from Circle of Caring at Hospice of the Good Shepherd will facilitate and engage participants in a dialogue about how we may rethink aging and dying and in turn, ensure that people can live as fully and independently as possible until the end of life.



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MARCH 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY					
CALENDAR OF PROGRAMS AND EVENTS Needham Council on Aging and Senior Center 83 Pickering Street • Needham, MA 02492 • 781-455-7555 • www.needhamma.gov Please Note: Items in bold indicate that sign-up is required. Offsite Locations of Programs			1	2					
#1 Charles River YMCA 380 Chestnut Street #2 Needham Public Library 1139 Highland Avenue #3 Avery Crossings 110 West Street	#4 Baptist Church 858 Great Plain Avenue #5 NHA Community Room 5 Chambers Street #6 Christ Episcopal Church 1132 Highland Avenue #7 Wingate Nursing Home 589 Highland Avenue	#8 Presbyterian Church 1458 Great Plain Avenue #9 North Hill 865 Central Avenue #10 Needham Public High School 60 Webster Street	9:00 Pool 9-11:30 Table Tennis 10:00 Knitting 10:00 Whist 11:45 Lunch 12:00 Computer Lessons 1:00 Bridge – Duplicate 1:00 Cribbage – Men 2:00 Arthritis Exercise #1	9:00 Pool 9:15 Quilting 9:15 Senior Strength Exercise 10:30 Exercise 11:45 Lunch 1-4 Art in Bloom 1:00 Bridge – Men 1:30 It's Friday Entertainment Live with "The Proper Bostonians" A One-woman Show No Movie or Board Games Today					
9-11:30 Table Tennis 9:00 Tai Chi Class #6 9:00 Yoga with Sandi 10:00 Walking Club 10:15 Senior Strength Ex. 10:45 Rep. Denise Garlick Office Hours 11:30 Lunch Bunch: Bertucci's, Needham Lunch 12:00 Friend's Meeting 12:00 Line Dancing #4 12:45 Weight Management Support Group 1:00 Bridge – Men 1:15 Transitions As We Age Group #3 2:00 Hoarding Support Group	5	9:00 Pool 9:15 Bridge – Women 10:30 Current Events Group 11:45 Lunch 1:00 Bridge – Men 1:00 Cribbage – Women 2:00 Ballroom Dancing "Merengue" #1 2:00 Arthritis Exercise ELECTION – PRESIDENTIAL PRIMARY	6	9:00 Pool 9:00 Keep Well Clinic 9-11:30 Table Tennis 10:00 Hearts Card Game 9:15 Exercise 10:30 Art History: New York, NY #3 11:45 Lunch 12:00 Bridge – Women #3 12:30 Caregiver Support Group 1:00 Bridge – Men 1:00 Bridge Class 2:45 Better Balance Better Bones	7	9:00 Pool 9-11:30 Table Tennis 10:00 Knitting 10:00 Whist 11:45 Lunch 12:00 Computer Lessons 1:00 Focus Group: Mental Health and Depression 1:00 Bridge – Duplicate 1:00 Cribbage – Men 2:00 Arthritis Exercise #1 7:00 COA Board Meeting	8	9:00 Pool 9:15 Quilting 10:30 Exercise 11:45 Lunch 1:00 Bridge – Men 1:00 Board Games, Mah Jong, Scrabble, etc. 1:00 Movie: Quiz Show, 1994	9
9:00 Pool 9-11:30 Table Tennis 9:00 Tai Chi Class #6 9:00 Yoga with Sandi 10:00 Walking Club 10:15 Senior Strength Ex. 10:30 Lunch Bunch: Acapulcos – Mexican, Needham Lunch 11:45 Lunch 12:00 Line Dancing #4 12:00 Art Class #2 12:45 Weight Management Support Group 1:00 Bridge – Men 1:15 Transitions As We Age Group #3 2:00 Hoarding Support Group	12	9:00 Pool 9:15 Bridge – Women 10:15 Senator Ross Office Hours 10:30 Creative Writing Group 11:45 Lunch 1:00 Bridge – Men 1:00 Cribbage – Women 2:00 Ballroom Dancing "Merengue" #1 2:00 Arthritis Exercise	13	9:00 Pool 9-11:30 Table Tennis 9:15 Exercise 10:00 Hearts Card Game 11:45 Lunch 12:00 Lunch and Learn: Your Own Peace Sculpture Project 12:00 Bridge – Women #3 1:00 Bridge – Men 1:00 Bridge Class 2:00 St. Patrick's Day Party with Kevin Farley #3 2:45 Better Balance Better Bones	14	9:00 Pool 9:00 Trips 9-11:30 Table Tennis 10:00 Knitting 10:00 Whist 11:45 Lunch 12:00 Computer Lessons 1:00 Bridge – Duplicate 1:00 Cribbage – Men 2:00 Arthritis Exercise #1 TRIP TO THE MAPPARIUM, BOSTON	15	9:00 Pool 9:15 Senior Strength Exercise 9:15 Quilting 10:00 Low Vision Support Group 11:45 Lunch 1:00 Bridge – Men 1:00 Board Games, Mah Jong, Scrabble, etc. 1:00 Movie: Midnight in Paris, 2010	16
9:00 Pool 9-11:30 Table Tennis 9:00 Tai Chi Class #6 9:00 Yoga with Sandi 10:00 Walking Club 10:15 Senior Strength Ex. 10:30 Lunch Bunch: Dunn-Gaherin's, Newton Lunch 11:45 Lunch 12:00 Line Dancing #4 12:45 Weight Management Support Group 1:00 Bridge – Men 1:15 Transitions As We Age Group #3 2:00 Hoarding Support Group	19	9:00 Pool 9:15 Compass Collating 9:15 Bridge – Women 10:30 Current Events Group 11:45 Lunch 1:00 Bridge – Men 1:00 Cribbage – Women 1:00 Lecture: Circuit Breaker 2:00 Ballroom Dancing "Merengue" #1 2:00 Arthritis Exercise	20	9:00 Pool 9:00 Keep Well Clinic 9-11:30 Table Tennis 10:00 Hearts Card Game 9:15 Exercise 11:45 Lunch 12:00 Bridge – Women #3 1:00 Bridge – Men 1:00 Bridge Class 2:45 Better Balance Better Bones	21	9:00 Pool 9-11:30 Table Tennis 10:00 Knitting 10:00 Whist 11:45 Lunch 12:00 Computer Lessons 1:00 Bridge – Duplicate 1:00 Cribbage – Men 1:00 Meet the Author & Book Reading: "I Remember Ed Palasz" 2:00 Arthritis Exercise #1	22	9:00 Pool 9:15 Senior Strength Exercise 9:15 Quilting 10:30 Exercise 11:45 Lunch 1:00 Bridge – Men 1:00 Board Games, Mah Jong, Scrabble, etc. 1:00 Movie: Midnight Lake, 1960	23
9-4:00 Kiss Pool Tournament 9-11:30 Table Tennis 9:00 Tai Chi Class #6 9:00 Yoga with Sandi 10:00 Walking Club 10:15 Senior Strength Ex. 10:30 Lunch Bunch: Mandarin Chinese, Newton Lunch 12:00 Art Class #2 12:00 Line Dancing #4 12:45 Weight Management Support Group 1:00 Movie: Beethoven, 1999 1:00 Bridge – Men 1:15 Transitions As We Age Group #3 2:00 Hoarding Support Group	26	9:00 Pool 9:15 Bridge – Women 10:30 Creative Writing Group 11:45 Lunch 12:00 Lunch and Learn: Understanding the Physical, Emotional & Spiritual Needs of a Person with Terminal Illness 1:00 Bridge – Men 1:00 Cribbage – Women 2:00 Ballroom Dancing "Merengue" #1 2:00 Arthritis Exercise 2:00 St. Patrick's Day Celebration with Ruth Harcovitz #3	27	9-4:00 Kiss Pool Tournament 9-11:30 Table Tennis 9:15 Exercise 10:00 Hearts Card Game 11:45 Lunch 12:00 Bridge – Women #3 1:00 Bridge – Men 1:00 Bridge Class 2:45 Better Balance Better Bones	28	9:00 Pool 9-11:30 Table Tennis 10:00 Knitting 10:00 Whist 11:45 Lunch 12:00 Computer Lessons 1:00 Bridge – Duplicate 1:00 Cribbage – Men 2:00 Arthritis Exercise #1	29	9:00 Pool 9:15 Senior Strength Exercise 9:15 Quilting 10:30 Exercise 11:45 Lunch 1:00 Bridge – Men 1:00 Board Games, Mah Jong, Scrabble, etc. No Movie Today	30

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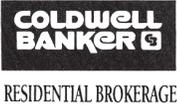


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