



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.

Friends Board of Directors

Pat White Jay Kaplan
Jan Dorsey
Chairs

Sylvia Shuman
Secretary

Carol Ditmore
Treasurer

Isabelle Avedikian

Stephen Cadigan

Ted Pierce

Betsy Tedoldi

Jamie Brenner Gutner
Ex Officio

Roma Jean Brown
Ex Officio

Friends Programs

Nancy Wetherell
Judi Finkle
(Boutique)

MEET THE CANDIDATES FORUM

Tuesday, April 3rd • 1:30 pm

At the Needham Senior Center

No sign-up required.

Join us for Our Candidates Forum to hear from candidates seeking seats for the Town of Needham Board of Selectmen and other town offices, including town meeting members. There will be ample time for a question and answer period, so bring yourself and your questions! All are welcome. As a reminder, don't forget to vote on Tuesday, April 10th.

BOOK REVIEW WITH GAIL RICE

“THE KITCHEN HOUSE” BY KATHLEEN GRISSOM

Monday, April 30th • 1:00 pm

At the Needham Senior Center

There is no sign-up or fee for this event.

This best-selling novel centers around a young girl named Lavinia who is travelling to America by boat with her parents who are hoping to find a better life here in 1791. The boat's owner, a man named Captain Pyke, takes Lavinia into his house to work in the kitchen as an indentured slave after her parents die during the long voyage. Lavinia is given to Belle, the Captain's illegitimate, half-white daughter to raise in the kitchen house on the Captain's plantation and is taught to cook and clean until she is eighteen years old when she will regain her freedom. Time goes on and Lavinia and Belle grow up together and many things happen as the story unfolds. Lavinia and Belle finds themselves in great peril as dangerous secrets are laid bare and lives are put at risk!

TABLE OF CONTENTS

Annual Senior Citizen Luncheon	6	Healthy Lifestyle Choices: Awareness and Action ...	5
Art Class	3	Hoarding Support Group	5
Art History	3	Legal Appointments	4
Arthritis Exercise	4	Low Vision Support Group	5
Ballroom Dancing Lessons	4	Lunch and Learn Lectures	5
Better Balance Better Bones	4	MBTA Charlie Card Event	3
Better Bladder Health	5	Meet the Candidates Forum	1
Book Review “The Kitchen House”	1	Mobile Communication	4
Caregiver Support Group	5	Monday's Lunch Bunch	3
Cell Phone Clinic	4	Movies	3
Compass Collating	6	Registry of Motor Vehicles	4
Computer Lessons	3	Representative Denise Garlick Office Hours	5
Dance Classes	4	Senior Strength Exercise	4
Elder Abuse Hotline	6	Social Service Update	4
Emotional Overeating Awareness		Support Groups	5
Month	5	Table Tennis	4
Entertainment Live	3	Tax Counseling	5
Exercise Classes	4	Total Control for Better Bladder Health Course ..	6
Friends Update	2	Walking Club	4





COUNCIL
ON AGING
Needham

**Council on Aging
Chairperson**
Susanne Hughes

Staff

Jamie Brenner Gutner
Executive Director

Sherry Jackson, MSW, LICSW
Associate Director

LaTanya Steele
Social Worker, BSW

Barbara Falla, LICSW
Social Worker

Joan DeFinis, MBA
Outreach Worker

Penny Gordon, BA
*Volunteer and Transportation
Program Coordinator*

Dorene Nemeth, MBA
Denise Roskamp, MD
SHINE

Clif Holbrook
Building Monitor

Elwyn Cotter &
Bobby Papetti
Van Drivers

**Advisory Board
Members**

Adele Chang

Ann DerMarderosian

Jack Donna

Marjorie Gaulitz

Rachel Mahar

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.

FRIENDS' APRIL TRIP PROGRAM THE PEABODY ESSEX MUSEUM PLUS A TOUR OF YIN YU TANG: A CHINESE HOME

Come join us on a trip to **Peabody Essex Museum**, America's oldest continuously operating museum, including a tour of the **Yin Yu Tang: A Chinese Home**, which is a 200-year old Chinese home, brought to America and reassembled at the Peabody Essex Museum.

The trip will be on **Thursday, April 19, 2012** and the bus departs at 6:45 AM from Linden & Chambers Street and 7:00 AM from the Senior Center. Return at approximately 3:45/4:15PM. The cost for this trip is \$54.00. Lunch is not included on this tour, but there are many options for lunch in the area, including the Peabody Essex Museum.

For reservations or questions, please contact the Friends trip desk at 781-455-7555, ext. 209.

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

- Jim & Gwen Brown
- Carol Bean
- Mary Bianchi
- Natalie Carey
- Rosalie Chin
- Susan Consilvio
- Paul & Mary Demos
- Elizabeth Duhig
- Beverly Johannesen
- Bob & Flo Kelley

- Ken Lorey
- Mr. & Mrs. Robert Lovezzola
- Abigail Mahoney
- Ann Mac Fate
- Margaret McKay
- Rosemary Portanova
- Burton Stern
- Ruth Valentine
- Nancy Wetherell
- Catherine Zatler

IN MEMORY OF

- Helen Lee in memory of Melvin Davis
- America Campagna in memory of Ferdinand Campagna
- Mrs. Burack in memory of Joseph Burack
- Dominick Nigro in memory of Frances Nigro

**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.

MBTA SENIOR CITIZEN OR (T.A.P.) CHARLIE CARD PASS EVENT

At the Needham Senior Center
Thursday, April 19th • 10am - 12pm
There is no sign-up or fee for this event.

If you are age 65+, or a person with a disability, you qualify for an MBTA reduced fare Charlie Card ID. This card offers reduced fares when riding the MBTA trains or buses. Please bring an I.D. with proof of age. The Senior Center will take your photograph, and your new card will be delivered to you by mail. The card is free of charge. For more detailed information, contact the MBTA office at 617-222-5438.

IT'S FRIDAY, ENTERTAINMENT LIVE WITH "HOLLYWOOD QUIZ SHOW" BY TAD TRAVIS!

Friday, April 13th • 1:30 pm
Sign-up is required. There is no fee for this program.

This entertainment event is not to be missed! Join us with host Tad Travis as he replicates before your eyes an authentic, "as seen on TV" Hollywood Quiz Show that will engage, entertain and bring back fun memories that you haven't thought about in years. You will see television images and listen to audio sound clips, from "name that tune," to "name that radio commercial," "name that president," "musical instrument sounds," "animal sounds," "U.S. history," "Hollywood actors," "geography," "The Price is Right," and many more. Audience members can sit back and enjoy the show or be part of the show and actually feel like you are in a Hollywood game show! Award ribbons are presented to each contestant! Other GREAT prizes, including T-Shirts, coffee mugs, mouse pads, pens and hats may also be available!

ART CLASS FOR ALL LEVELS

Taught by Professional Artist Ramune Jauniskis
Mondays • 12:00 - 1:30 pm
April 9th and 23rd

Offsite Location:

Needham Public Library • Community Room • 1139 Highland Avenue

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

Fee is \$8.00 for both classes.

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 – GOYA Wednesday, April 4th • 10:30 am

Offsite location: Avery Crossings, 110 West Street
There is no fee or sign-up required for this program.

Francisco Goya was known as the last of the Great Masters and the first of the Modern Masters. As Spain's conscience and chronicler, Goya documented the Royal Court with a sarcastic edge born of justice. A versatile artist, he created paintings, etchings and lithographs, tapestries, and frescos. His career spanned an explosive era of Spanish history, which he portrayed with unflinching honesty. He observed clearly both the highborn with their excesses and the madness of the masses, and he painted both with an unprecedented dedication to truth.

MONDAY'S LUNCH BUNCH

Monday, April 2nd
Mick Morgan's, Newton

Monday, April 9th
Joe's American Bar & Grill,
Dedham

Monday, April 16th
Closed

Monday, April 23rd
Grassfields, Waltham

Monday, April 30th
The Cottage, Wellesley

Call the Senior Center at 781-455-7555, speak with the receptionist and sign up today. The suggested donation of \$5.00 will be collected on the van. You will pay the cost of your meal separately at the restaurant. Enjoy!!

FLICKS AT THE NEEDHAM SENIOR CENTER AT 1:00 PM

No fee or sign-up required.

Friday, April 6th
"Breezy," 1973,
William Holden, a love story

Friday, April 20th
"The Help," 2011,
a white woman's relationship
with two black maids during
the Civil Rights era

Friday, April 27th
"War Horse," 2011,
set in World War I and
directed by Steven Spielberg

COMPUTER LESSONS

Thursdays
12:00 - 3:00 pm

by appointment
At the Needham Senior Center

WALKING PROGRAMS

THE WALKING CLUB

Friday, April 6th

Cowassock Woods and
Ashland Town Forest

Friday, April 13th

Cutler Park, Needham

Friday, April 27th

Great Meadows, Concord

If you walk two to four miles, a couple of days a week, then this walking club is for you. Our walks are designed to offer variety. You will have an opportunity to walk with other walking clubs. We will also explore trails outside the local area, offering transportation via our van. To sign up, call Sherry at the Needham Senior Center at 781-455-7555.

THE WALKING PARTNERS PROGRAM

Would you like to have company on your walks? We will match you with two others who walk your pace and coincide with your schedule. To sign up, call Sherry at the Needham Senior Center at 781-455-7555.

FREE LEGAL ASSISTANCE

BOSTON COLLEGE
ELDER LAW PROJECT

Friday, April 27th
beginning at 1:00 pm

At the Needham Senior Center
A law student with the Elder Law Project at Boston College will take confidential individual appointments at the Needham Senior Center. Reserve yours by calling 781-455-7555.

DANCE AND EXERCISE CLASSES

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 April 2nd

Offsite location: The Baptist Church,
835 Great Plain Avenue

Cost: \$32.00

Instructor: Manny Correia

BALLROOM DANCING CLASS – “RUMBA”

Tuesdays • 2:00pm
begins on April 3rd

Offsite location:

The YMCA on Chestnut Street

Cost for each 4-week class is \$16.00

Instructor: Betty Hood

THE ARTHRITIS EXERCISE CLASS – 8 WEEKS

Tuesdays • 2:00 pm
Begins April 10th

At the Needham Senior Center

Cost for the 8-week session is \$32.00

Instructor: Lisa Cadigan

Thursdays • 2:00 pm
Begins April 12th

Offsite location:

The YMCA on Chestnut Street

Cost for the 8-week session is \$32.00

Instructor: Randi Sharec

Cost for both sessions is \$64.00

SENIOR STRENGTH EXERCISE CLASS – 8 WEEKS

Fridays • 9:15am
Begins April 23rd

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 April 2nd

Offsite location: Christ Episcopal Church
1132 Highland Avenue

Cost: \$16.00

Instructor: Scott Brumit

BETTER BALANCE BETTER BONES – 8 WEEKS

Wednesdays • 2:45 pm
Begins April 11th

At the Needham Senior Center

Cost: \$50.00

Instructor: Leslie Worris

TABLE TENNIS HOURS!

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

At the Needham Senior Center

No fee or sign-up required.

SOCIAL SERVICE UPDATE

DID YOU KNOW?

Individuals seeking a Massachusetts ID from the Registry of Motor Vehicles should call LaTanya Steele at the Social Service Department, 781-455-7555 ext. 208.

DID YOU KNOW?

Even as smartphones and Twitter gain in popularity, texting remains the most popular form of mobile communication. If you are interested in learning how to text please contact LaTanya Steele at 781-455-7555 ext. 208.

LUNCH AND LEARN LECTURE TIMES THREE

At the Needham Senior Center

There is no fee for this program. Sign-up is required, call 781-455-7555.

BETTER BLADDER HEALTH WITH TOTAL CONTROL PROGRAM

Wednesday, April 4th • 1:15 pm

You can have better bladder control. This is an informative lecture about The Total Control Platinum class that will be sponsored by the Charles River YMCA and held at the Needham Senior Center. This program is for women age 65+, and was developed by the Women's Health Foundation, an award-winning non-profit organization founded to improve pelvic health for women and to help women live their lives to the fullest. The presenter, Janice Kahn, will give an informative overview of this program and will be available to answer your questions. Since this can be a sensitive subject you will have an opportunity to write down your confidential questions and the presenter will provide feedback to the audience.

HEALTHY LIFESTYLE CHOICES: AWARENESS AND ACTION

Presented by: Carol Read, M.Ed., C.A.G.S., The Needham Health Department
Wednesday April 11th • 12:00 pm

To achieve good health we must be aware of our physical, social/emotional and psychological selves. Most of us tend to focus on maintaining our physical health through primary care physicians yet often overlook our feelings, mood and stress levels which research shows contributes greatly to our level of health and wellness. Many of us have a friend or loved one who struggles with a depressed mood and/or high stress levels and uses alcohol to cope, yet alcohol is actually a depressant that contributes to these problems. It is important to be informed of the facts to help our friends and loved ones make healthy lifestyle choices. Join us to learn about the effects of alcohol on mood and stress levels, the risks of combining alcohol with prescription medications, and the importance of connecting with information and support resources to make healthy choices.

IN HONOR OF EMOTIONAL OVEREATING AWARENESS MONTH

Monday, April 23rd • 11:45 am

Have you ever eaten from emotions rather than hunger? Although emotional eating cannot solve your problems, it is normal for someone to want to eat when they are stressed, bored, anxious or depressed, as it can have a calming effect on mood and mental function. Come to our talk and learn how to manage the feelings that prompt you to overeat. Our presenter is Pearl Pressman, a Certified Weight Management Consultant who has lost over 100 pounds. Pearl is the leader of the Weight Management Support Group here at the Needham Senior Center and is also a member of the National Weight Loss Registry and a former Weight Watchers group leader.

REPRESENTATIVE DENISE GARLICK OFFICE HOURS

**Monday, April 2nd
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.

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.

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,
April 17th
9:15 am**

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!

ANNUAL SENIOR CITIZEN LUNCHEON

With Temple Beth Shalom Sisterhood
Thursday, May 3rd • 12:00 pm
Located at 670 Highland Avenue, Needham
R.S.V.P. is REQUIRED! Call 781-455-7555

**BACK BY
POPULAR DEMAND**

TOTAL CONTROL FOR BETTER BLADDER HEALTH COURSE

**A 6 week Course (12 classes) on Tuesdays and Fridays
Class Begins on Tuesday, April 17th**

At the Needham Senior Center

Sign-up is required. Space is limited.

This class is held at the Needham Senior Center and is sponsored by the Charles River YMCA.

Fee for all 12 classes is \$48.00.

Checks should be made out to the Charles River YMCA

**To sign-up contact Lisa Dobbs at the YMCA at 380 Chestnut Street
781-449-6646 ext 225**

If you would like to learn more about this class before signing up we are offering an informational Lunch and Learn Lecture (see page 5 for details)

The Total Control Platinum is a program for women age 65+, and was developed by the Women's Health Foundation, an award-winning non-profit organization founded to improve pelvic health for women and to help women live their lives to the fullest. This program taught by instructor Janice Kahn is 6-week course designed to promote strength, balance and better bladder control. The class provides a combination of education and strength training of pelvic core muscles to reduce symptoms of urinary incontinence. A chair-based class, participants will gain basic knowledge about bladder and pelvic health, and practice key exercises for better bladder control.



Golden Law Center

Thoughtful, effective legal services for elders, persons
with disabilities and the people who care about them.

200 Highland Avenue, Suite 302, Needham

781-433-8665



- Short Term, Long Term & Dementia Units
- Up to 7 days/week Physical Therapy, Occupational Therapy, & Speech Therapy
- In house therapists

- Family owned and operated
- Dedicated dementia unit
- Skilled nursing care with specialties in medically complex cases

135 Ellis Avenue • Norwood, MA 02062 • 781-762-6880
www.TheEllis.com

APRIL 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY												
<p>9-11:30 Table Tennis 2</p> <p>9:00 Pool</p> <p>9:00 Tai Chi Class #6</p> <p>9:00 Yoga with Sandi</p> <p>10:00 Walking Club</p> <p>10:15 Senior Strength Ex.</p> <p>10:45 Rep. Denise Garlick Office Hours</p> <p>11:30 Lunch Bunch: Mick Morgan's, Newton</p> <p>11:45 Lunch</p> <p>12:00 Line Dancing #4</p> <p>12:45 Weight Management Support Group</p> <p>1:00 Bridge – Men</p> <p>1:15 Transitions As We Age Group #3</p> <p>2:00 Hoarding Support Group</p>	<p>3</p> <p>9:00 Pool</p> <p>9:15 Easy Yoga</p> <p>9:15 Bridge – Women</p> <p>10:30 Current Events Group</p> <p>11:45 Lunch</p> <p>1:00 Bridge – Men</p> <p>1:00 Cribbage – Women</p> <p>1:30 Meet the Candidates Forum</p> <p>2:00 Ballroom Dancing "Rumba" #1</p> <p>2:00 Arthritis Exercise</p>	<p>4</p> <p>9:00 Pool</p> <p>9:00 Keep Well Clinic</p> <p>9-11:30 Table Tennis</p> <p>9:15 P & R Exercise</p> <p>10:00 Hearts Card Game</p> <p>10:30 Art History: Goya</p> <p>11:45 Lunch</p> <p>12:00 Bridge – Women #3</p> <p>12:30 Caregiver Support Group</p> <p>1:00 Bridge – Men</p> <p>1:00 Bridge Class</p> <p>1:15 Lunch and Learn: Better Bladder Health</p> <p>2:45 Better Balance Better Bones</p>	<p>5</p> <p>9:00 Pool</p> <p>9-11:30 Table Tennis</p> <p>9:30 Piano Lessons</p> <p>10:00 Knitting</p> <p>10:00 Whist</p> <p>11:45 Lunch</p> <p>12:00 Computer Lessons</p> <p>1:00 Bridge – Duplicate</p> <p>1:00 Cribbage – Men</p> <p>2:00 Arthritis Exercise #1</p>	<p>6</p> <p>9:00 Pool</p> <p>9:15 Quilting</p> <p>9:15 Senior Strength Exercise</p> <p>11:00 Walking Club: Cowassock Woods, Ashland</p> <p>11:45 Lunch</p> <p>1:00 Bridge – Men</p> <p>1:00 Board Games, Mah Jong, Scrabble, etc.</p> <p>1:00 Movie: Breezy, 1973</p> <p>No P & R Exercise Today</p>												
<p>9-11:30 Table Tennis 9</p> <p>9:00 Pool</p> <p>9:00 Tai Chi Class #6</p> <p>9:00 Yoga with Sandi</p> <p>10:00 Walking Club</p> <p>10:15 Senior Strength Ex.</p> <p>11:30 Lunch Bunch: Joe's American Bar & Grill, Dedham</p> <p>11:45 Lunch</p> <p>12:00 Friends Meeting</p> <p>12:00 Line Dancing #4</p> <p>12:45 Weight Management Support Group</p> <p>1:00 Bridge – Men</p> <p>1:15 Transitions As We Age Group #3</p> <p>2:00 Hoarding Support Group</p>	<p>10</p> <p>9:00 Pool</p> <p>9:15 Bridge – Women</p> <p>10:15 Senator Ross Office Hours</p> <p>10:30 Creative Writing Group</p> <p>11:45 Lunch</p> <p>1:00 Bridge – Men</p> <p>1:00 Cribbage – Women</p> <p>2:00 Ballroom Dancing "Rumba" #1</p> <p>2:00 Arthritis Exercise</p> <p>No Easy Yoga Today</p> <p>ANNUAL TOWN ELECTION</p>	<p>11</p> <p>9:00 Pool</p> <p>9-11:30 Table Tennis</p> <p>9:15 P & R Exercise</p> <p>10:00 Hearts Card Game</p> <p>11:45 Lunch</p> <p>12:00 Lunch and Learn Lecture – Healthy Lifestyle Choices: Awareness and Action</p> <p>12:00 Bridge – Women #3</p> <p>1:00 Bridge – Men</p> <p>1:00 Bridge Class</p> <p>2:45 Better Balance Better Bones</p>	<p>12</p> <p>9:00 Pool</p> <p>9-11:30 Table Tennis</p> <p>9:30 Piano Lessons</p> <p>10:00 Knitting</p> <p>10:00 Whist</p> <p>11:45 Lunch</p> <p>12:00 Computer Lessons</p> <p>1:00 Bridge – Duplicate</p> <p>1:00 Cribbage – Men</p> <p>2:00 Arthritis Exercise #1</p> <p>7:00 COA Board Meeting</p>	<p>13</p> <p>9:00 Pool</p> <p>9:15 Quilting</p> <p>9:15 Senior Strength Exercise</p> <p>10:30 P & R Exercise</p> <p>11:00 Walking Club: Cutler Park, Needham</p> <p>11:45 Lunch</p> <p>1:00 Bridge – Men</p> <p>1:30 Entertainment Live With "Hollywood Quiz Show" by Tad Travis!</p> <p>No Movies or Board Games Today</p>												
<p>16</p> <p>SENIOR CENTER CLOSED IN OBSERVANCE OF PATRIOTS' DAY</p>	<p>17</p> <p>9:00 Pool</p> <p>9:15 Compass Collating</p> <p>9:15 Easy Yoga</p> <p>9:15 Bridge – Women</p> <p>10:30 Current Events Group</p> <p>11:45 Lunch</p> <p>1:00 Bridge – Men</p> <p>1:00 Cribbage – Women</p> <p>2:00 Ballroom Dancing "Rumba" #1</p> <p>2:00 Arthritis Exercise</p>	<p>18</p> <p>9:00 Pool</p> <p>9:00 Keep Well Clinic</p> <p>9-11:30 Table Tennis</p> <p>10:00 Hearts Card Game</p> <p>11:45 Lunch</p> <p>12:00 Bridge – Women #3</p> <p>1:00 Bridge – Men</p> <p>1:00 Bridge Class</p> <p>2:45 Better Balance Better Bones</p> <p>No P & R Exercise Today</p>	<p>19</p> <p>9:00 Pool</p> <p>9-11:30 Table Tennis</p> <p>10:00 Knitting</p> <p>10:00 Whist</p> <p>10-12 MBTA Passes</p> <p>11:45 Lunch</p> <p>12:00 Computer Lessons</p> <p>1:00 Bridge – Duplicate</p> <p>1:00 Cribbage – Men</p> <p>2:00 Arthritis Exercise #1</p> <p>No Piano Lessons Today</p>	<p>20</p> <p>9:00 Pool</p> <p>9:15 Senior Strength Exercise</p> <p>9:15 Quilting</p> <p>10:00 Low Vision Support Group</p> <p>11:45 Lunch</p> <p>1:00 Bridge – Men</p> <p>1:00 Board Games, Mah Jong, Scrabble, etc.</p> <p>1:00 Movie: The Help, 2011</p> <p>No P & R Exercise or Walking Club Today</p>												
<p>9-4 KISS Pool Tournament 23</p> <p>9-11:30 Table Tennis</p> <p>9:00 Tai Chi Class #6</p> <p>10:00 Walking Club</p> <p>10:15 Senior Strength Ex.</p> <p>11:30 Lunch Bunch: Grassfields, Waltham</p> <p>11:45 Lunch</p> <p>11:45 Lunch and Learn: Emotional Overeating Awareness Month</p> <p>12:00 Line Dancing #4</p> <p>12:45 Weight Management Support Group</p> <p>1:00 Bridge – Men</p> <p>1:15 Transitions As We Age Group #3</p> <p>2:00 Hoarding Support Group</p> <p>No Yoga Today</p>	<p>24</p> <p>9:00 Pool</p> <p>9:15 Easy Yoga</p> <p>9:15 Bridge – Women</p> <p>10:30 Creative Writing Group</p> <p>11:45 Lunch</p> <p>1:00 Bridge – Men</p> <p>1:00 Cribbage – Women</p> <p>2:00 Ballroom Dancing "Rumba" #1</p> <p>2:00 Arthritis Exercise</p>	<p>25</p> <p>9-4 KISS Pool Tournament</p> <p>9-11:30 Table Tennis</p> <p>9:15 P & R Exercise</p> <p>10:00 Hearts Card Game</p> <p>11:45 Lunch</p> <p>12:00 Bridge – Women #3</p> <p>1:00 Bridge – Men</p> <p>1:00 Bridge Class</p> <p>2:45 Better Balance Better Bones</p>	<p>26</p> <p>9:00 Pool</p> <p>9-11:30 Table Tennis</p> <p>9:30 Piano Lessons</p> <p>10:00 Knitting</p> <p>10:00 Whist</p> <p>11:45 Lunch</p> <p>12:00 Computer Lessons</p> <p>1:00 Bridge – Duplicate</p> <p>1:00 Cribbage – Men</p> <p>2:00 Arthritis Exercise #1</p>	<p>27</p> <p>9:00 Pool</p> <p>9:15 Senior Strength Exercise</p> <p>9:15 Quilting</p> <p>10:30 P & R Exercise</p> <p>11:00 Walking Club: Great Meadows, Concord</p> <p>11:45 Lunch</p> <p>1:00 Bridge – Men</p> <p>1:00 Board Games, Mah Jong, Scrabble, etc.</p> <p>1:00 BC Legal</p> <p>1:00 Movie: War Horse, 2011</p>												
<p>9:00 Pool 30</p> <p>9-11:30 Table Tennis</p> <p>9:00 Yoga with Sandi</p> <p>10:00 Walking Club</p> <p>10:15 Senior Strength Ex.</p> <p>11:30 Lunch Bunch: The Cottage, Wellesley</p> <p>11:45 Lunch</p> <p>12:00 Line Dancing #4</p> <p>12:45 Weight Management Support Group</p> <p>1:00 Book Review: "The Kitchen House" by Kathleen Grissom</p> <p>1:00 Bridge – Men</p> <p>1:15 Transitions As We Age Group #3</p> <p>2:00 Hoarding Support Group</p> <p>No Tai Chi Class Today</p>	<p align="center">CALENDAR OF PROGRAMS AND EVENTS</p> <p align="center">Needham Council on Aging and Senior Center 83 Pickering Street • Needham, MA 02492 • 781-455-7555 • www.needhamma.gov</p> <p align="center">Please Note: Items in bold indicate that sign-up is required.</p> <p align="center">Offsite Locations of Programs</p> <table border="0"> <tr> <td>#1 Charles River YMCA 380 Chestnut Street</td> <td>#4 Baptist Church 858 Great Plain Avenue</td> <td>#7 Wingate Nursing Home 589 Highland Avenue</td> <td>#10 Needham Public High School 60 Webster Street</td> </tr> <tr> <td>#2 Needham Public Library 1139 Highland Avenue</td> <td>#5 NHA Community Room 5 Chambers Street</td> <td>#8 Presbyterian Church 1458 Great Plain Avenue</td> <td></td> </tr> <tr> <td>#3 Avery Crossings 110 West Street</td> <td>#6 Christ Episcopal Church 1132 Highland Avenue</td> <td>#9 North Hill 865 Central Avenue</td> <td></td> </tr> </table>				#1 Charles River YMCA 380 Chestnut Street	#4 Baptist Church 858 Great Plain Avenue	#7 Wingate Nursing Home 589 Highland Avenue	#10 Needham Public High School 60 Webster Street	#2 Needham Public Library 1139 Highland Avenue	#5 NHA Community Room 5 Chambers Street	#8 Presbyterian Church 1458 Great Plain Avenue		#3 Avery Crossings 110 West Street	#6 Christ Episcopal Church 1132 Highland Avenue	#9 North Hill 865 Central Avenue	
#1 Charles River YMCA 380 Chestnut Street	#4 Baptist Church 858 Great Plain Avenue	#7 Wingate Nursing Home 589 Highland Avenue	#10 Needham Public High School 60 Webster Street													
#2 Needham Public Library 1139 Highland Avenue	#5 NHA Community Room 5 Chambers Street	#8 Presbyterian Church 1458 Great Plain Avenue														
#3 Avery Crossings 110 West Street	#6 Christ Episcopal Church 1132 Highland Avenue	#9 North Hill 865 Central Avenue														

Veterans Taxi

Brand New Vehicles,
Now with Hybrid Options!
Senior Discounts Available

781-235-1600

www.veteranstaxi.com

CR Louise Condon Realty, Inc.

"Needham's Home Town Brokers"™

781-449-6292

399 Chestnut Street • Needham, MA 02492 • www.condonrealty.com



**BRIARWOOD HEALTHCARE
& REHABILITATION CENTER**
AT 150 LINCOLN STREET

- ◆ An Eden Alternative Registered Home
 - ◆ Family Owned and Operated
 - ◆ Secured Alzheimer's Program
 - ◆ Short Term Rehabilitation
 - ◆ Long Term Care
- 781-449-4040

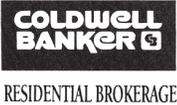
Relax and Enjoy
Healthy Foods at
Roche Bros.
Your family deserves the best.

Martha M. McMahon, ABR, SRES®
Seniors Real Estate Specialist

781-343-4058

martha.mcmahon@nemoves.com

One Chapel Street
Needham, MA 02492



**KEEP YOUR LIFE SAVINGS
SAFE FOR LIFE.**

Needham Bank

YOUR FUTURE. OUR FOCUS.

MEMBER FDIC
MEMBER SIF



NEEDHAMBANK.COM 781-444-2100

SOSTEK
HOME CARE

617-244-8560

www.SostekHomeCare.com

Council on Aging Board Members

Susanne Hughes
Chairman

Carol deLemos
Vice Chair

Roma Jean Brown

Scott Brightman

Dan Goldberg

Eilene Kleiman

Andrea Rae

Lianne Relich

Colleen Schaller

Mary Elizabeth Weadock

VISIT US ONLINE AT:
www.needhamma.gov

Read this newsletter in your choice of easy-to-read formats.

FRIENDS OF NEEDHAM ELDERLY, INC.

83 Pickering Street
Needham, MA 02492

RETURN SERVICE REQUESTED

NON-PROFIT
ORGANIZATION
U.S. POSTAGE
PAID
BOSTON, MA
PERMIT #54486