



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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SAVE THE DATE!

SENIOR CENTER GROUND BREAKING CEREMONY Thursday May 3rd

For further information stay tuned to announcements listed in the Needham newspapers, or flyer postings at the Needham Senior Center.

*May is National Older Americans Month and this year's theme: Never Too Old to Play encourages older Americans to stay **engaged, active and involved** in their own lives and in their communities. If you are new to the Senior Center come on down and have a day of play, we guarantee that you will not be disappointed!*

Book Review: "Clara and Mr. Tiffany" by Susan Vreeland



COUNCIL
ON AGING
Needham

Celebrate Diversity: Presentation and Luncheon in honor of Haiti

Monday's Lunch Bunch **Trips**

Meditation Techniques

Live Entertainment **Mah Jong**

Scrabble **Walking Club**

Art Classes **Book Review**

Movies **Card Games**

Exercise and Dance Classes

**COA
CENTER OF IT ALL!**

Lunch and Learn Lectures

Art History: "Chagall"

Singing Group

Piano Lessons

Cribbage and Canasta

Spanish Class

Table Tennis, Pool/Billiards

Computer Lessons

New Senior Center Ground Breaking Ceremony!!!!!!

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



COUNCIL
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.

FRIENDS' MAY TRIP PROGRAM

JOIN US ON OUR MAGNIFICENT ESTATES, GARDENS & HISTORIC WATERFRONT TOUR OF BRISTOL, RI PLUS ATLANTIC BEACH CLUB LUNCHEON

Wednesday, May 23, 2012

Discover **BLITHEWOOD MANSION** – We start with a self-guided tour of one the finest Garden Estates in New England at this majestic English-Style Manor; then explore the history and delights of the Great House and Estate of **LINDEN PLACE**. We will enjoy a special guided adventure of the delights of Bristol, RI, America's most patriotic town. The highlights of this lovely town are the **HISTORIC WATERFRONT**, downtown, Colt Park & more! A delicious luncheon will then be enjoyed at the Atlantic Beach Club – all inclusive for only \$72.00, Inc. tips! Reserve the date now: **WEDNESDAY, MAY 23, 2012**. Bus departs – 9:00 am, Linden & Chambers St, 9:15 am, Senior Center. Approximate return 6:30 pm/6:45 pm. For Reservations or questions, please contact the Friends Trip desk at 781-455-7555, ext 209. Trip requires 30 passengers to operate so tell your friends and book now – sure to be popular! Secure your seat today with full payment, payable to "FONE", Needham Senior Center, 83 Pickering St, Needham, MA 02492, ATTN: Trips.

SAVE THE DATE – WEDNESDAY, JUNE 20

By Request – The Isabella Stewart Gardner Museum & Gardens

2012 TOUR SCHEDULE – SAVE THE DATES

Wednesday, June 20th – Isabella Stewart Gardner Museum and Gardens Guided Tour, lunch at the Venezia on the Waterfront, Boston – \$65.00 including tips

Thursday, July 19th – The Pilgrim Belle Paddle Steamer Tour, Plymouth Harbor, Village Landing Marketplace and lunch at the Hearth & Kettle – \$64.00 including tips

Wednesday, August 22nd – Lobster Fest, The Log Cabin, Holyoke, MA featuring the "Ponytails," The Greatest Girl Groups Tribute, music from the sixties – \$74.00 including tips

FRIENDS OF THE NEEDHAM ELDERLY DONATIONS

All donations will be mentioned in next month's Compass issue.

MOTHER'S DAY BREAKFAST, A WOMEN-ONLY EVENT

Wednesday, May 9th • 10:00am

Offsite Location: Wingate at Needham, 539 Highland Avenue

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

Please join us as we celebrate Mother's Day with a complete breakfast especially for you! In good company we welcome you to enjoy pancakes, sausages, scrambled eggs, biscuits and home fries. In advance we thank Wingate at Needham for sponsoring this program.

**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.

LUNCH AND LEARN LECTURE TIMES TWO

At the Needham Senior Center

There is no fee for these programs. Sign-up is required;
for both lectures call 781-455-7555.

BLOOD PRESSURE: WHAT'S ALL THE FUSS ABOUT?

Wednesday, May 16th • 12:15 pm

A presentation by Bobbie Converse, RN in honor of National High Blood Pressure Education Month. How does high blood pressure affect my health and body? How do blood pressure medicines work? What can I do about the side effects of blood pressure meds? What else can I do to manage my blood pressure? Bobbie will be available to answer your questions. Bobbie Converse, RN is employed with the Visiting Nurses Association Care Network (VNA). She is also our beloved Keep Well Clinic nurse and provides wellness checks two times a month at the Needham Senior Center.

MEDITATION TECHNIQUES FOR BEGINNERS

Wednesday, May 30th • 12:00 pm

A presentation by Mary Jo Ricketson, BS, MS, in honor of National Meditation Month. Meditation rests the mind and body and frees us from undue stress, tension and anxiety. Learn how to begin and sustain a meditation practice that will allow you to experience many benefits including deep restful sleep, reduced stress, increased energy, decreased heart rate, breathing rate, muscle tension, and blood pressure. Increased mental clarity and creativity, emotional ease, increased immune function and slowing of the aging process are all possible. Presenter Mary Jo Ricketson is the founder of The Center for Mind-Body Training located in Medfield, MA. She holds a Bachelor of Science degree in nursing and a Master of Science degree in education from Northwestern University. She has written a book called "Moving Meditation: Experience the Good Within" and has produced a DVD of guided meditations.

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!

MONDAY'S LUNCH BUNCH

Monday, May 7

Dolphin Seafood, Natick

Monday, May 14

The Aegean, Framingham

Monday, May 21

One Bistro, Norwood

Monday, May 28

Closed for Memorial Day

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

ALL ABOUT MOVIES
FROM A (THE ARTIST) TO
W (WOODY ALLEN)

There is no fee for this program.

IMPORTANT
INFORMATION: PLEASE
NOTE: DUE TO THE
POPULARITY OF THE FIRST
TWO MOVIES "Hugo" AND
"The Artist"

**SIGN-UP IS REQUIRED
FOR Hugo and The
Artist. Call 781-455-7555.**

Friday, May 4th

"Hugo", 2011 directed by
Martin Scorsese.

Sign-up is Required.

Friday, May 18th

"The Artist", 2011 Winner of
numerous Academy Awards.

Sign-up is Required.

Friday, May 25th

"Singin' in the Rain", 1952
Starring Gene Kelly

COMPUTER LESSONS

Thursdays

12:00 - 3:00 pm

by appointment

At the Needham Senior Center

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

WALKING PROGRAMS

THE WALKING CLUB

Friday, May 4th

“Arnold Arboretum”

Friday, May 11th

“Rose Fitzgerald Kennedy
Greenway”

Friday, May 25th

“Mt. Auburn Cemetery”

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.

SHRED-A-THON BY APPOINTMENT

**Thursday, May 24th
9:30 am - 12:30 pm**

At the Needham Senior Center
Sign-up is required

Looking to get rid of old papers but don't just want to toss them in the trash? The Senior Center will host a shred-a-thon in the parking lot on Thursday, May 24th from 9:30 a.m. to 12:30 p.m. Call to schedule a drop-off appointment. The first box of paper to be shredded is free; each additional box costs \$5.

TABLE TENNIS HOURS!

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

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

DANCE AND EXERCISE CLASSES

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

Payment is due at the first class.

TAI CHI CLASS - 4 WEEKS

**Mondays • 9:00am
Begins May 14th**

Offsite location: Christ Episcopal Church
1132 Highland Avenue

Cost: \$16.00

Instructor: Scott Brumit

LINE DANCING CLASS - 5 WEEKS

**Mondays • 12:00-1:00pm
Begins May 21st**

Offsite location: The Baptist Church,
835 Great Plain Avenue

Cost: \$20.00

Instructor: Manny Correia

SENIOR STRENGTH EXERCISE CLASS - 5 WEEKS

**Mondays • 10:15am
Begins May 21st**

Onsite: Needham Senior Center
Cost for the 5-week session is \$20.00
Instructor: Pearl Pressman

YOGA - 6 WEEKS

Mondays • 9:00 am

**Class Dates: May 7, 14,
June 4, 11, 18, 25**

At the Needham Senior Center
Cost of the 6-week session is \$24.00
Instructor: Sandi Levy

LIFELONG LEARNING PROGRAMS

SPANISH CLASS FOR BEGINNERS - A 4-WEEK CLASS

Tuesdays at 9:30 am • May 8, 15, 22 and 29
Sign-up is required. There is no fee for this program.

This class is for individuals with little or no previous experience with the Spanish language. Both instructional and conversational, this class will give you tools to learn Spanish and will be great fun for all. Our class is taught by volunteer Lumareli Marcaccio, the Director of Operations with ComForcare Senior Services of 5 Walpole St, Norwood, Ma 02062. We thank Ms. Marcaccio and ComForcare Senior Services for sponsoring this program.

ART HISTORY: "CHAGALL"

Wednesday, May 2nd • 10:30 am

Offsite location: Avery Crossings, 110 West Street

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

Marc Chagall, known as the "Poet," was one of the most versatile artists of the 20th Century. He merged the traditional images of his native Russian, Jewish culture with the modern styles of Cubism and Fauvism. His paintings portray stories and fables, ideals of freedom, dreams of love, nightmares of war, passionate emotions, and soul-refreshing humor. He never finished a canvas until something in it "surprised" him. Join us for a retrospective look at his work, his life, and his unique perspective of the world.

NEW

SINGERS NEEDED FOR NEW GROUP!

Tuesdays • 12:45pm - 1:45pm • Beginning on May 1st

At the Needham Senior Center

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

If you can read music or can carry a tune please join us on Tuesday afternoons with Fred Shaw who will lead us in song as we sing to our hearts' content. Fred will provide the lyrics to songs old and new. Fred says that his interest in music sprang from listening to barbershop and leaning to harmonize certain tunes. Shaw has performed for a wide variety of locations and audiences, however, he may be best known for his role as 'Ring Master' of the mid 1960s television show "Bozo the Clown." Come join Fred and fellow lovers of singing on Tuesday afternoons. No Audition required. Sign up is appreciated in order to have enough song sheets for all to participate.

IT'S FRIDAY ENTERTAINMENT LIVE WITH SINGER GAIL GALLAGHER

Friday, May 11th • 1:30 pm

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

"As Time Goes By" is a show filled with comedy, poignancy, and love-struck characters riding the ups and downs of love and life with songs from the 20s to the 70s – Broadway, Hollywood, Big Bands, Pop, and Rock n' Roll. They wrote love letters; we send emails. They sang to the moon; we walked on it. But some things never change!

CELEBRATE DIVERSITY MONTH IN HONOR OF NATIONAL HAITIAN MONTH

Monday, May 21st • 11:30 am

At the Needham Senior Center

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

Our distinguished presenter Reverend Sandra Dorsainvil will offer an engaging talk and presentation about Haitian history and culture. She is the current pastor at The First Baptist Church of Sharon and is the third woman to be called in the church's hundred-and-ninety-eight year history. In addition to her pastoral ministry degree from Boston College, she holds a bachelor's degree in psychology and a master's degree in rehabilitation counseling from Boston University. Rev. Dorsainvil's passion for mission work was ignited during the sixteen years she lived in various African countries with her family in the 1960s and 1970s. She has led several mission trips nationally to Oklahoma and internationally to Haiti and Peru. Join us for an interesting presentation and luncheon. All are welcome to attend. Pre-registration is required – call 781-455-7555.

BOOK REVIEW WITH GAIL RICE "CLARA AND MR. TIFFANY" BY SUSAN VREELAND

Monday, May 21st • 1:00 pm

At the Needham Senior Center

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

This captivating novel is based on the letters of Clara Driscoll, the leading light of Louis Comfort Tiffany's women's studio. Clara was a designer who loved working with stained glass. Until recently, it was assumed that Louis Tiffany was the designer of the celebrated lampshades, but it was actually Clara Driscoll who designed the floral shades as well as many of the bronze bases. Besides her professional life and her relationship with Tiffany, the novel goes on to interpret Clara's personal life, her loves and losses, triumphs and her startling decisions!

ART CLASS FOR ALL LEVELS

TAUGHT BY PROFESSIONAL ARTIST RAMUNE JAUNISKIS

Monday • 12:00 - 1:30 pm

May 7th and 21st

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, longtime 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.

SENATOR RICHARD ROSS AND REPRESENTATIVE DENISE GARLICK OFFICE HOURS

**Representative Garlick
on Monday, May 7th
10:45 am - 11:45 am**

**Senator Ross
on Tuesday, May 8th
10:15 am - 11:00am**

At the Needham Senior Center
No sign-up required.

They will be available to hear your concerns and to answer any questions.

WEIGHT MANAGEMENT SUPPORT GROUP – 5 WEEKS

**Mondays • 12:45 - 1:45 pm
Begins on May 21st**

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

Cost: \$20.00 Instructor:
Pearl Pressman

**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.

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



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,
May 15th
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!

SOCIAL WORK UPDATE – DID YOU KNOW?

The mission of B.A.G.S. (Bringing Assistance for Grocery Shopping) is to increase grocery shopping access and meet the needs of Needham's senior population. There are 3 levels to this assistance program: independent shoppers needing transportation and bundle assistance, shoppers needing assistance inside the store, and seniors interested in home-delivered groceries. The senior center van can provide door-to-door transportation. Volunteers can be available to assist in the store as needed. A home delivery component is also available to address the needs of those unable to shop for themselves. The program is free. For more information contact LaTanya Steele at 781-455-7555.

NORFOLK COUNTY – REGISTRY OF DEEDS WILLIAM P. O'DONNELL, REGISTER

Needham Office Hours

Wednesday, May 2, 2012 • 10:00 am - 12:00 pm

Great Plain Room • Town Hall • 1471 Highland Avenue

No appointment is needed.

Call the Registry for further information at 781-461-6104/6143

Or visit the Registry's website on the Internet at www.norfolkdeeds.org

The Register and members of his staff will be available to help answer questions or concerns about any Registry of Deeds matter. Information will be available concerning the Massachusetts Homestead Act. Internet-ready computer terminals will be available for printing a Registry recorded deed, confirming the status of a mortgage discharge or checking on any other filing.

SAVE THE DATE

DIABETES, AN EVIDENCE BASED PROGRAM – INFORMATION SESSION

Thursday, June 7th • 1:00 pm

Sign-up is required. This program is grant funded and there is no fee required.

This is an informational session to give you the details about an upcoming 6 week workshop that will begin on the following week in June. This workshop is for people with diabetes, pre-diabetes, or for people living with or caring for someone with diabetes. You will learn how to care for yourself and to prevent or delay the complications of diabetes. The emphasis is on healthy eating, meal planning, and physical exercise. Other topics include blood sugar monitoring and dealing with low blood sugar, foot care, how to deal with difficult emotions, stress and depression, relaxation techniques, how to communicate better with your doctor, family and friends, keeping track of medications, and planning for the future. You will receive a copy of the book, Living a Healthy Life with Chronic Conditions.



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

MAY 2012

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|---|---|
| <p>CALENDAR OF PROGRAMS AND EVENTS</p> <p>Needham Council on Aging and Senior Center 83 Pickering Street Needham, MA 02492 781-455-7555 www.needhamma.gov</p> <p>Please Note: Items in bold indicate that sign-up is required.</p> | <p>1</p> <p>9:00 Pool 9:15 Easy Yoga 9:15 Bridge – Women 10:30 Current Events Group 11:45 Lunch 12:45 Singing Group 1:00 Bridge – Men 1:00 Cribbage – Women 2:00 Arthritis Exercise</p> | <p>2</p> <p>9:00 Pool 9:00 Keep Well Clinic 9-11:30 Table Tennis 9:15 P & R Exercise 10:30 Art History: Chagall #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</p> | <p>3</p> <p>9:00 Pool 9-11:30 Table Tennis 9:30 Piano Lessons 10:00 Knitting 10:00 Whist 11:45 Lunch 12:00 Luncheon Temple Beth Shalom 12:00 Computer Lessons 1:00 Bridge – Duplicate 1:00 Cribbage – Men 2:00 Arthritis Exercise #1</p> <p>NEW SENIOR CENTER GROUND BREAKING CEREMONY</p> | <p>4</p> <p>9:00 Pool 9:15 Quilting 9:15 Senior Strength Exercise 10:30 P & R Exercise 11:00 Walking Club: Arnold Arboretum 11:45 Lunch 1:00 Bridge – Men 1:00 Movie: Hugo, 2011</p> |
| <p>7</p> <p>9-11:30 Table Tennis 9:00 Pool 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: The Dolphin, Natick 11:45 Lunch 12:00 Art Class #2 12:00 Line Dancing #4 12:45 Weight Management Support Group 1:00 Bridge – Men 1:15 Transitions As We Age Group #3 1:30 Canasta #3 2:00 Hoarding Support Group</p> | <p>8</p> <p>9:00 Pool 9:15 Easy Yoga 9:15 Bridge – Women 9:30 Spanish Class 10:15 Senator Ross Office Hours 10:30 Creative Writing Group 11:45 Lunch 12:45 Singing Group 1:00 Bridge – Men 1:00 Cribbage – Women 2:00 Arthritis Exercise</p> | <p>9</p> <p>9:00 Pool 9-11:30 Table Tennis 10:00 Mother's Day Breakfast #7 9:15 P & R Exercise 11:45 Lunch 12:00 Bridge – Women #3 1:00 Bridge – Men 1:00 Bridge Class 2:45 Better Balance Better Bones</p> | <p>10</p> <p>9:00 Pool 9-11:30 Table Tennis 9:30 Piano Lessons 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 7:00 COA Board Meeting</p> | <p>11</p> <p>9:00 Pool 9:15 Quilting 9:15 Senior Strength Exercise 10:15 Walking Club: Rose Fitzgerald Kennedy, Boston 10:30 P & R Exercise 11:45 Lunch 1:00 Bridge – Men 1:30 Entertainment Live with Singer Gail Gallagher</p> <p>No Movies or Board Games Today</p> |
| <p>14</p> <p>9-11:30 Table Tennis 9:00 Pool 9:00 Yoga with Sandi 9:00 Tai Chi Class #6 10:00 Walking Club 10:15 Senior Strength Ex. 11:30 Lunch Bunch: The Aegean, Framingham 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 1:30 Canasta #3 2:00 Hoarding Support Group</p> | <p>15</p> <p>9:00 Pool 9:15 Compass Collating 9:15 Easy Yoga 9:15 Bridge – Women 9:30 Spanish Class 10:30 Current Events Group 11:45 Lunch 12:45 Singing Group 1:00 Bridge – Men 1:00 Cribbage – Women 2:00 Arthritis Exercise</p> | <p>16</p> <p>9:00 Pool 9:00 Keep Well Clinic 9-11:30 Table Tennis 9:15 P & R Exercise 11:45 Lunch 12:15 Lunch and Learn: Blood Pressure: What's all the Fuss About? 1:00 Bridge – Men 1:00 Bridge Class 2:45 Better Balance Better Bones</p> | <p>17</p> <p>9:00 Pool 9-11:30 Table Tennis 9:30 Piano Lessons 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</p> | <p>18</p> <p>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: The Artist, 2011</p> <p>No Walking Club Today</p> |
| <p>21</p> <p>9-4 KISS Pool Tournament 9:00 Tai Chi Class #6 10:00 Walking Club 10:15 Senior Strength Ex. 11:30 Lunch Bunch: One Bistro, Norwood 11:30 Celebrate Diversity Month in Honor of Haitian Culture 12:00 Art Class #2 12:00 Line Dancing #4 12:45 Weight Management Support Group 1:00 Book Review: Clara and Mr. Tiffany 1:00 Bridge – Men 1:30 Canasta #3 2:00 Hoarding Support Group No Springwell Lunch Today</p> | <p>22</p> <p>9:00 Pool 9:15 Easy Yoga 9:15 Bridge – Women 9:30 Spanish Class 10:30 Creative Writing Group 11:45 Lunch 12:45 Singing Group 1:00 Bridge – Men 1:00 Cribbage – Women 2:00 Arthritis Exercise</p> | <p>23</p> <p>9-4 KISS Pool Tournament 9-11:30 Table Tennis 9:00 Trips 9:15 P & R Exercise 11:45 Lunch 12:00 Bridge – Women #3 1:00 Bridge – Men 1:00 Bridge Class 2:45 Better Balance Better Bones</p> <p>TRIP: BRISTOL, RI</p> | <p>24</p> <p>9:00 Pool 9-11:30 Table Tennis 9:30 Piano Lessons 9:30-12:30 Shred-a-thon 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</p> | <p>25</p> <p>9:00 Pool 9:15 Senior Strength Exercise 9:15 Quilting 10:30 P & R Exercise 11:00 Walking Club: Mt. Auburn Cemetery 11:45 Lunch 1:00 Bridge – Men 1:00 Board Games, Mah Jong, Scrabble, etc. 1:00 Movie: Singin' in the Rain, 1952</p> |
| <p>28</p> <p>SENIOR CENTER CLOSED IN OBSERVANCE OF MEMORIAL DAY</p> | <p>29</p> <p>9:00 Pool 9:15 Easy Yoga 9:15 Bridge – Women 9:30 Spanish Class 10:30 Current Events Group 11:45 Lunch 12:45 Singing Group 1:00 Bridge – Men 1:00 Cribbage – Women 2:00 Arthritis Exercise</p> | <p>30</p> <p>9:00 Pool 9-11:30 Table Tennis 9:15 P & R Exercise 11:45 Lunch 12:00 Lunch and Learn: Meditation Techniques for Beginners 1:00 Bridge – Men 1:00 Bridge Class 2:45 Better Balance Better Bones</p> | <p>31</p> <p>9:00 Pool 9-11:30 Table Tennis 9:30 Piano Lessons 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</p> | <p>Offsite Locations of Programs</p> <p>#1 Charles River YMCA 380 Chestnut Street #2 Needham Public Library 1139 Highland Avenue #3 Avery Crossings • 110 West St. #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 Ave. #10 Needham Public High School 60 Webster Street</p> |

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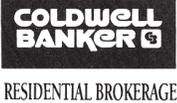
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