



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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FRIENDS JUNE TRIP PROGRAM

Wednesday, June 20th

ISABELLA STEWART GARDNER MUSEUM AND LUNCH

\$65.00 (includes all tips)

By popular request – Come join us to see the new multi-million dollar expansion by Renzo Piano. Guided tour will include the Gardner Museum and the beloved Landscape, featuring the historic courtyard and the beautiful landscaping of the new wing. On site also will be three floors of galleries filled with paintings, sculpture, tapestries, furniture and decorative arts, all surrounding a blooming courtyard designed for all seasons.

Lunch will be included first at the popular Venezia on the Waterfront Restaurant. Choose from delicious Haddock, Chicken Parmigiana or Steak Tips.

Coach departs at 10:30 am from Linden & Chambers, Linden St, Needham, MA and 10:45 am from the Senior Center, 83 Pickering St, Needham. Returns approx. 4:15-4:45pm.

For Reservations: Please contact – Trip Desk at 781-455-7555, ext 209, (full payment upon reservation), please specify lunch choice and make checks payable to “FONE” & mail to Needham Senior Center, 83 Pickering St, Needham, MA 02492. (No refunds if cancellation is received within 10 days prior to departure, unless a replacement can be found.)

We need 30 passengers to operate so sign up now to avoid disappointment!

UPCOMING TRIPS – SAVE THE DATE!

Thursday, July 19th – The Pilgrim Belle Paddle Steamer Tour, Plymouth Harbor, Village Landing Market Place and Lunch at the Hearth & Kettle – \$64.00, incl. 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, incl. tips

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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.**

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**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!

SINGERS NEEDED FOR NEW GROUP!

Tuesdays • 12:45pm - 1:45pm

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 sprung from listening to barbershop and learning to harmonize. Shaw has performed in a wide variety of locations and for many 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.

**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: "PAIN MANAGEMENT IN THE OLDER ADULT"

Wednesday, June 6th • 11:30 am

At the Needham Senior Center

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

What causes pain and why do I have to experience it? Is it just an unpleasant part of aging? Am I the only one experiencing it? What can I do to stop it? (Hint: the answer to #3 is No!) The answer to these, and more will be shared in this presentation including: the definition of pain, myths debunked, what modern and alternative medicine can do to treat it, and how to be proactive about your own pain.

IT'S FRIDAY ENTERTAINMENT LIVE WITH MIYUKI OTANI

Friday, June 8th • 1:30 pm

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

Ms. Miyuki Otani, Classical Pianist provides a concert of Mozart Wolfgang Amadeus, Claude Debussy and Alexander Scriabin. Ms. Otani was born in Japan where she began playing the piano at the age of three! She earned her Master of Music degree at the Boston Conservatory winning the Concerto Competition award. She also performed as a soloist with the Boston Conservatory Orchestra at Faneuil Hall. She was featured live on Boston's Fox Channel 25 morning news with renowned tenor, Carl Tucker. Currently Ms. Otani's primary residence is in San Jose, CA where she lives with her husband and 2 year-old daughter, Karen. The Senior Center thanks Ms. Otani for taking time out of her busy schedule to offer a performance at the Needham Senior Center!

FATHER'S DAY BREAKFAST, A MEN'S-ONLY EVENT

Wednesday, June 13th • 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 Father'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.

BOOK REVIEW WITH GAIL RICE

DEFENDING JACOB BY WILLIAM LANDAY

Monday, June 25th • 1:00 pm

At the Needham Senior Center

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

This brand new best-selling novel centers around a Massachusetts district attorney whose fourteen-year-old son is charged with the murder of a fellow student. The story is a real domestic drama as well as a real legal thriller about a murder trial and the way it shatters a family. This novel is truly an unforgettable tale of an ordinary family in crisis as well as a spellbinding tale of guilt, betrayal, and the terrifying speed at which our lives can spin out of control!

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

MONDAY'S LUNCH BUNCH

Monday, June 4

Bamboo, Dedham

Monday, June 11

Corrib Pub, West Roxbury

Monday, June 18

Pizzeria Uno, Dedham

Monday, June 25

Charley's Saloon, Chestnut Hill

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

There is no fee for this program.

IMPORTANT INFORMATION: DUE TO POPULARITY, MOVIES MARKED WITH A * REQUIRE YOU TO R.S.V.P. **TO SIGN-UP CALL 781-455-7555.**

Friday, June 1st

The Purple Rose of Cairo, written and directed by Woody Allen, 1985

***Friday, June 15th**

Iron Lady starring Meryl Streep, 2012

Monday, June 18th

Vertigo starring Jimmy Stewart and Directed by Alfred Hitchcock, 1958

***Friday, June 22nd**

We Bought a Zoo starring, Matt Damon, 2012

***Friday, June 29th**

Extremely Loud and Incredibly Close starring Tom Hanks and Sandra Bullock, 2012

WALKING PROGRAMS

THE WALKING CLUB

Friday, June 1st

“Wellesley College Path
around Pond”

Friday, June 8th

“Jamaica Plain Pond”

Friday, June 15th

“Castle Island”

Friday, June 22nd

“Walden Pond”

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.

TABLE TENNIS HOURS!

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

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

COMPUTER LESSONS

**Thursdays,
12:00 - 3:00pm
by appointment**

At the Needham Senior Center

DANCE AND EXERCISE CLASSES

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

Payment is due at the first class.

NEW

**ZUMBA HAS FINALLY ARRIVED –
LET THE EXERCISE/DANCE PARTY BEGIN!
A 4 – Week Class, Thursdays • 10:00 am. Begins on June 7th**

Offsite location: Christ Episcopal Church • 1132 Highland Avenue

Sign-up is required. Call 781-455-7555

Cost for the 4-week class is \$16.00 and is due at the first class.

Cash or check payable to F.O.N.E.

Class Instructor: Louise Carbone



Wouldn't it be great if exercise were fun? Discover Zumba, an exciting dance-fitness program that's more of a party than a workout. Enjoy Latin-inspired music as you pump your legs, swing your hips, clap your hands – and achieve a blended balance of cardio-and muscle-toning benefits in the process. Best of all, you can enjoy the Zumba experience even if you don't know how to dance. Get fit. Have fun! Instructor, Louise Carbone has taught at the Newton and Waltham Senior Center, the West Newton YMCA, and Lesley. In addition to her certification in Zumba, Louise has a triple black belt in Kenpo Karate. Students have said: “Our Zumba class with Louise was great. She realized most of us were new to Zumba so she took it real slow, introducing us to new, basic dance moves yet making it challenging enough so we got a great workout and also had fun.” Please note depending on interest this class will be offered on an ongoing basis.

BALLROOM DANCING: “SWING” – 4 WEEKS

Tuesdays, Begins June 5th • 2:00 pm

Offsite location: The YMCA on Chestnut Street

Cost for each 4-week class is \$16.00

Instructor: Betty Hood

The Council on Aging would like to thank the Needham YMCA for letting us use this space in order to host this wonderful program. Please wear shoes that allow movement on a wood floor – not rubber soles. For dates and further information, please call Sherry Jackson at 781-455-7555.

LIFELONG LEARNING PROGRAMS

SPANISH CLASS FOR BEGINNERS – A 4-WEEK CLASS

Tuesdays at 9:30 am • June 5, 12, 19, 26

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

This class is for individuals who have little or no previous experience with the Spanish language. The class is instructional and conversational. This class will give you tools to learn Spanish and also proves to be great fun for all. Our class is taught by volunteer Lumareli Marcaccio who is 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:

THE ART OF ILLUSIONS & M.C. ESCHER

Wednesday, June 6th • 10:30 am

Offsite location: Avery Crossings, 110 West Street

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

The hand is quicker than the eye. Join us for a look at the tricks of the art world from Da Vinci and Anamorphic art to Op art and the Magic Eye. We will take a special look at the work of M. C. Escher, a Dutch graphic artist who was a master of the paradox, the tessellation, the dodecahedron, and grand manipulator of the basic laws of nature.

CELEBRATE DIVERSITY IN HONOR OF GLBT (GAY, LESBIAN, BISEXUAL AND TRANSGENDER) PRIDE MONTH

A PRESENTATION, FILM AND LUNCHEON

Wednesday, June 20th • 11:00 am

At the Needham Senior Center

Sign-up is required. Call (781) 455-7555 ext.205.

There is no fee for this event.

Join us for this interesting and thought provoking event. Clif Holbrook, Council on Aging staff member will give an introduction to the award winning film called "For the Bible Tells Me So". After the film Gordon Swan will lead a discussion. A special luncheon will follow. The film, "For the Bible Tells Me So" is a documentary and includes interviews with a number of conservative Christian families as well as V. Gene Robinson, who became the first officially ordained Anglican bishop; political activist and spiritual leader Bishop Desmond Tutu; and Chrissy Gephardt, the openly lesbian daughter of Congressman Dick Gephardt. The film was directed by Daniel Karslake, longtime producer of the PBS news and public affairs. Our discussion facilitator, Reverend Gordon Swan celebrates 52 years of ordination. He began college in Canada to train as a medical doctor. During his studies he realized he was called to be a pastor, "a physician of the soul." He retired in May 2003 from the First Baptist Church in Needham who appointed him Pastor Emeritus "in deep appreciation and gratitude for 17 years as our beloved pastor." Reverend Swan and his wife Edith live in Needham and have been married for 54 years.

CREATIVE WRITING GROUP

10:30 - 11:30 am

At the Needham Senior Center

No sign-up required. All are welcome

Write your memoirs or try your hand at creative writing. This writing group is for all levels. The class is not about using proper grammar. It is about capturing memories or stories on paper and most of all having fun. The class is facilitated by a published writer who has generously volunteered his time and talents! The group meets on the 2nd and 4th Tuesday of the month.

INFORMATION SESSION DIABETES SELF-MANAGEMENT AN EVIDENCE BASED PROGRAM

Thursday, June 7th at 1:00 pm

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

This is an informational session to give you the details about an upcoming 6-week workshop that will begin the following week in June. This is your chance to have your questions answered. You will also have an opportunity to register for the class!

DIABETES SELF-MANAGEMENT WORKSHOP BEGINS – 6 WEEKS

June 14th • 1:00 pm

This program is grant funded and there is no fee required.

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.

REPRESENTATIVE DENISE GARLICK OFFICE HOURS

**Representative Garlick
on Monday, June 4th
10:45 am - 11:45 am**

At the Needham Senior Center

No sign-up required.

She or her staff will be available to hear your concerns and to answer any questions.

ART CLASS FOR ALL LEVELS

TAUGHT BY

PROFESSIONAL ARTIST
RAMUNE JAUNISKIS

**Mondays, June 4th & 25th
9:00 - 10:30 am**

At the Needham Senior Center

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

Fee is \$8.00 for both classes.

Join us for art in an informal atmosphere at the Needham Senior Center. 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 as well.

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,
June 19th
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? DOG OWNERS!!!! VOLUNTEER OPPORTUNITY

The Needham Council on Aging is seeking dog owners who would be interested in our FRIENDLY VISITOR PROGRAM. We match volunteers interested in visiting seniors in their homes to share a cup of tea, read the sports page or take a short walk. We have a specific request for a volunteer willing to visit a senior living at a local nursing facility with his or her dog. Touch a life and yours will be touched in return! If interested in learning more, please contact: Joan DeFinis, Outreach Worker, (781) 455-7555 ext. 212

DID YOU KNOW?

The Social Services Department is available to help seniors complete their annual rent certifications for subsidized housing. Please call to arrange an office consultation or home visit.

DID YOU KNOW?

The Needham Council on Aging provides transportation to area supermarkets for Needham seniors. We have openings Tuesday and Wednesday afternoons for the trip to Sudbury Farms. Both independent shoppers and those needing assistance inside the store may participate. One day advance notice is requested; accommodating seniors who require assistance is dependent on the availability of volunteers. Please call 781-455-7555.

SHINE UPDATE MEDICARE: MORE FREE PREVENTIVE SERVICES IN 2012

As part of the Affordable Care Act (health care reform), Medicare continues to expand the number of free preventive services for traditional Medicare or a Medicare Advantage plan, like an HMO. The goal of the free benefits is to help people stay healthy by encouraging prevention. The free benefits include: Colorectal cancer screening (including colonoscopies), Mammograms, Pap tests and pelvic exams, Bone mass measurements, Flu and pneumonia shots. Newly available annual services at no cost are: Alcohol misuse screening and counseling, Cardiovascular screening, Depression screening, Obesity screening and counseling. For a complete list of free preventive services, go to www.medicare.gov or see a SHINE counselor. 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. To make your appointment call the Needham Senior Center at (781) 455-7555.



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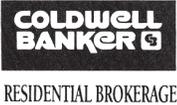
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Read this newsletter in your choice of easy-to-read formats.

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