



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.

ANNUAL FRIENDS MEETING & SUMMER SOCIAL

Monday, July 23rd • 2PM
at the Needham Senior Center

EVERYONE, PLEASE JOIN US

VOTE for the FY 2013 Friends of Needham Elderly Board of Directors

REFRESHMENTS • DOOR PRIZES

Friends of Needham Elderly • 83 Pickering Street • Needham, MA 02492
needhamfone@comcast.net • www.needhamfone.com

SIGN-UP IS REQUIRED. THERE IS NO FEE FOR THIS PROGRAM
To sign up please call 781-455-7555.

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

Jackie Julian-Martin
(Trip Coordinator)

Nancy Wetherell
Judi Finkle
(Boutique)

SING-A-LONG AND ICE CREAM SUNDAE SUMMER PARTY

Wednesday, August 29th • 2:00 pm

At the Needham Senior Center

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

Sing-a-long with the "oldies" with Alan Glou. Alan brings over 63 years of performing. From leading and playing in a 14 piece swing dance band, performing summers in the NY Catskill area, having a weekly musical radio show and acting in musicals in MA since 1970. Enjoy a delicious ice cream with all the fixin's for you to make a delicious sundae. What a great treat for a hot summer day!

MEET THE AUTHOR OF "KNITTERS OF NEEDHAM"

Wednesday, July 25th • 1:00

At the Needham Senior Center

There is no fee. Sign-up is suggested. Call 781-455-7555

Light refreshments will be served.

Local author, Chaim M. Rosenberg teams up with Needham historical society to tell history through photographs. The book boasts more than 200 vintage images and memories of days gone by of a once vibrant industry. In the 19th century, knitters from the Midlands of England brought their craft to America. Many of them settled in Highlandville, a village of Needham. Working out of their homes, they knitted socks, mittens, gloves, underwear, and jackets, using hand- and foot-operated frame machines they brought from England. William Carter, John Moseley, and Joseph Thorpe, built large mills using steam-powered machinery. The knitters carried the quiet farming town of Needham into the industrial age. With a strong sense of civic responsibility, the knitters helped build schools, churches, town libraries, parks, and even a cricket field. The profits from the sale of the book will go to the Needham Historical Society. Books CAN BE PURCHASED AT THIS EVENT FOR \$20.00.





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

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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
Michael O'Toole
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.

Our MAY trip to Bristol, RI, was a lovely day out and enjoyed by all. Thanks everyone for making it so special. Our JUNE trip to the Gardener Museum SOLD OUT quickly – WOW! Thanks everyone for your support. We're looking forward to it!!



Our next trip is Thursday, July 19th.
(Book NOW to avoid disappointment.)
PILGRIM BELLE HARBOR CRUISE

Escape for the day and join us aboard the "PILGRIM BELLE," a nostalgic Mississippi-style paddle wheeler for a narrated cruise highlighting the story of the Pilgrims as we explore the waters of historic Plymouth Harbor and Cape Cod Bay. Lunch included at the Hearth & Kettle Restaurant, your choice of Broiled Cape Scrod or Roast Turkey Dinner. Explore the Scenic Plymouth Waterfront, for a true New England experience, enjoy local specialty shops and restaurants. Our motor coach leaves Linden and Chambers at 9:30 am and the Needham Senior Center, 83 Pickering Street at 9:45 am. We will return approximately 6:00 pm/6:30 pm. The cost of this trip, including all tips, is \$64.00.

RESERVE YOUR PLACE NOW by phoning 781-455-7555, ext 209. Full payment is due upon reservation along with your luncheon choice and pick-up location. Please make checks payable to "F.O.N.E" and mail to Needham Senior Center, 83 Pickering St, Needham, MA 02492, ATTN: Trips. (No refunds if cancellation is received within 10 days prior to departure, unless a replacement can be found). Tour requires minimum of 30 passengers to operate, so tell your friends today.

UPCOMING TRIP

Save the dates and book early to avoid disappointment!

Wednesday, August 22nd – LOBSTER FEST, LOG CABIN, Holyoke, MA, featuring "The Ponytails" – Greatest Girl Group Tribute to music from the 60s – \$74.00.

**ART HISTORY: "AMERICAN
ART FROM 1776-1900"**
Wednesday, August 1st
10:30 am

Offsite location:
Avery Crossings • 110 West Street
**We thank Avery Crossings for
sponsoring this wonderful program!**
There is no fee or sign-up required.

American Art in the United States was not founded by schooled artists, but by people seeking freedom and adventure.

**ART CLASS FOR ALL LEVELS –
A 3-WEEK CLASS**
TAUGHT BY PROFESSIONAL ARTIST
RAMUNE JAUNISKIS

Monday, July 30th • 9:00 am
At the Needham Senior Center

Monday, August 6th • 12:00 pm
Offsite Location: Needham Public Library
Community Room • 1139 Highland Avenue

Monday, August 13th • 10:00 am
Offsite Location: Needham Public Library
Community Room • 1139 Highland Avenue

Pre-registration required. (781-455-7555).
Fee is \$12.00 for all 3 classes.

FRIENDS OF THE NEEDHAM ELDERLY DONATIONS

DONORS

- Everell Aipa
- Mary Francis Broll
- Joan & Gary Goodwin
- Mary Ellen Hannigan
- Ann M. Hicks
- Alice Prato
- W.M. Wells, Jr.

IN MEMORY OF

- Doris Bosselait in memory of Peter Ligor
- Kathryn McCabe in memory of Bernard McCabe

**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.

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!

TOURS AROUND NEEDHAM

Board the Council on Aging Van. Sign-up is required. Limited to 11 passengers. Call 781-455-7555

NARRATED NEIGHBORHOOD TOUR OF NEEDHAM Friday, July 20 • 11:00am

A narrated tour of Needham's Neighborhoods. When you read the Needham newspapers and places in and around town are mentioned, do you wonder what they look like, or where they are? Learn about your town on this narrated tour to Needham Heights, Birds Hill, Sabrina Lake, Ridge Hill Reservation, DeFazio Field, Volente Farms, Needham Historic Society, schools, Memorial Field, and the Vietnam Memorial.

BUY SOMETHING NEW WHILE YOU GET RID OF SOMETHING OLD Friday, July 27th • 11:00 am

Off to the Needham Community Council for a tour of their new facility and the opportunity shop in the Thrift Shop. Buy something new while you donate something gently used.

NARRATED HISTORIC TOUR OF NEEDHAM Friday, August 17th • 11:00 am

Gloria Greis, of the Needham Historial Society will narrate this historic tour of Needham. You will find out about the Bank Robbery, the Odd Fellows' Fire, and other interesting aspects.

WHIST ON THURSDAY MORNING, BRIDGE ON WEDNESDAY AFTERNOON, AND MAH JONG ON FRIDAY AFTERNOON.

Are you interested in playing or learning to play Whist, Bridge or Mah Jong? If yes, contact Sherry Jackson, Associate Director 781-455-7555 ext. 205.

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

**Sign-up is required,
 call 781-455-7555.**

For July and August destinations, see the calendar page. 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!!

FREE LEGAL ASSISTANCE

BOSTON COLLEGE
 ELDER LAW PROJECT
Friday, July 27th • 1:00 pm
 At the
Needham Senior Center

To make your appointment, call 781-455-7555.

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.**

JULY

Friday, July 6

"Yellow Submarine," 1968

Friday, July 20*

"The Artist," 2011

Friday, July 27*

"Moneyball," 2011

AUGUST

Friday, August 3*

"Tower Heist," 2011

Friday, August 10*

"My Week with Marilyn," 2011

Friday, August 17*

"W.E.," 2011

Friday, August 31*

"The Social Network," 2010

BREAKING NEWS PLAY READING – THE COUNCIL PLAYERS FORMING

FACILITATED BY
JUDIE STRAUSS

**Thursdays
1:00 - 2:30 pm**

At the Needham Senior Center
*Sign-up is required. There is
no fee for this program.*

Like acting or thought about being in a play but you don't want a huge commitment? Then the COUNCIL PLAYERS may be just what you are looking for. Starting in the fall a play reading group will begin that will meet once A WEEK AND PRESENT A PERFORMANCE TOWARD THE END OF November. All you have to do is show up and read lines – no memorization or complicated staging. Just FUN!!! We give a big thank you to Judie Strauss for volunteering to facilitate this group. As soon as we have enough members to join, the group will begin in September or October. If you think you might be interested contact Sherry Jackson at sjackson@needhamma.gov or (781) 455-7555 ext.205.

WEIGHT MANAGEMENT SUPPORT GROUP

Mondays • 12:45

**Session I – 5-weeks
July 2, 9, 16, 23, 30,
Session II – 4-weeks
August 6, 13, 20, 27**

Instructor: Pearl Pressman.
**Cost for a 4 week class
is \$16.00.**

**Cost for a 5 week class
is \$20.00**

*Sign-up is required. Payment
is due at the first class.*

At the Needham Senior Center

DANCE AND EXERCISE CLASSES

All Classes Take Place at the Needham Senior Center Unless Otherwise Indicated

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

Payment is due on the first week of class.

ZUMBA

**Thursdays at 10:00 am
Session I – 5 weeks
July 5, 12, 19, 26, August 2**

Cost is \$20.00

**Session II – 5 weeks
August 9, 16, 23, 30,
September 6th**

Cost is \$20.00

Offsite location:

Christ Episcopal Church
1132 Highland Avenue

Instructor: Louise Carbone

TAI CHI

**Mondays at 9:00 am
4 weeks July 2, 9, 16, 23**

Offsite location:

Christ Episcopal Church
1132 Highland Avenue

Cost is \$16.00

Instructor: Scott Brumit

BALLROOM DANCING

**Tuesdays • 2:00 pm
Session I “Cha-Cha” -
4 weeks – July 10, 17, 24, 31
Session II “Tango”
4 weeks – August 7, 14, 21, 28**

Offsite location:

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

SENIOR STRENGTH EXERCISE WITH PEARL PRESSMAN

**Mondays • 10:15 am
Session I – Mondays
5 weeks – July 2, 9, 16, 23, 30,
Session II– Mondays
4 weeks – August 6, 13, 20, 27**

Instructor: Pearl Pressman

**Fridays • 9:15 am
Session III – Fridays
4 weeks – July 13, 20, 27,
August 3**

**Session IV – Fridays
4 weeks – August 10, 17, 24, 31
Cost for a 4 week class is \$16.00.
Cost for a 5 week class is \$20.00**
Instructor: Pearl Pressman

YOGA

**Mondays at 9:00
Session I – 4 week
July 2, 9, 23, 30**

**Session II – 3 week
August 6, 13, 20**

Cost for a 4 week class is \$16.00.

Cost for a 3 week class is \$12.00

Instructor: Sandi Levy

BETTER BALANCE BETTER BONES

**Wednesdays at 2:45 pm
4 weeks – August 1, 8, 15, 22
Cost for a 4 week class is \$27.00**

Instructor: Leslie Worris

THE ARTHRITIS EXERCISE CLASS

**Tuesdays • 2:00 pm
Session I – 4 weeks
July 10, 17, 24, 31**

**Session II – 4 weeks
August 7, 14, 21, 28**

Instructor: Lisa Cadigan

Thursdays • 2:00 pm

Offsite location:

The YMCA on Chestnut Street
**Session III – 4 weeks
July 12, 19, 26 and August 2
Session IV – 4 weeks
August 9, 16, 23, 30
Cost for each 4 week class is \$16.00**
Instructor: Randi Sharek

LINE DANCING CLASS

**Mondays • 12:00 pm
Session I – 5 weeks
July 2, 9, 16, 23, 30
Session II – 4 weeks
August 6, 13, 20, 27**

Offsite location: Baptist Church,
858 Great Plain Avenue

Cost for a 4 week class is \$16.00.

Cost for a 5 week class is \$20.00

Instructor: Manny Correia

For detailed descriptions of Book Reviews, Friday Entertainment Live, and Lunch and Learn Lectures, see your local newspapers.

BOOK REVIEW AND DISCUSSION, TIMES TWO
At the Needham Senior Center. Sign-up is recommended. Call 781-455-755

"MAJOR PETTIGREW'S LAST STAND" BY HELEN SIMONSON
PRESENTED BY GAIL RICE
Monday, July 30th • 1:00 pm

THE PIANO TEACHER BY JANICE LEE
PRESENTED BY GAIL RICE
Monday, August 20th • 1:00 pm

IT'S FRIDAY ENTERTAINMENT LIVE TIMES TWO

At the Needham Senior Center
Sign-up is required.

There is no fee for this program.

LIVE WITH THE NEWTON SWING BAND
Friday, July 13th • 1:30 pm

LIVE WITH MEL SIMONS
Friday, August 24th • 1:30 pm

LUNCH AND LEARN LECTURE, TIMES TWO

AGING WITH ATTITUDE
PRESENTED BY LINDA SMITH, RN,
CMC PRINCIPAL OF METROWEST
ELDERCARE MANAGEMENT
Thursday, July 12 • 11:00 am
At the Needham Senior Center
Sign-up is required.
There is no fee for this program.

Aging with Attitude is a fun and inspiring talk for seniors.

"ENHANCING YOUR VISION: DEVICES AND SERVICES FOR THE VISUALLY IMPAIRED"
PRESENTED BY DR. JENNIFER SALVO
Monday, August 27th • 12:00 pm
At the Needham Senior Center
Sign-up is required.
There is no fee for this program.

Dr. Jennifer Salvo will give an overview of the various devices and support services available to help individuals maintain independence and enhance their quality of life.

COMPASS NEWSLETTER LABELING AND COLLATING
Tuesday, August 21st • 9:15 am
At the Needham Senior Center



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.

BEGINNERS SPANISH CLASS RESUMES

Call Sherry for dates and times, 781-455-7555 extension 205.

COMPUTER LESSONS BY APPOINTMENT
Thursdays
12 noon - 3 pm
At the Needham Senior Center



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 7days/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

JULY 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY			
<p>9-11:30 Table Tennis 2 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: Skipjacks Seafood, Newton 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</p>	<p style="text-align: right;">3</p> <p>9:00 Pool 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 style="text-align: right;">4</p> <p style="font-size: 1.2em; font-weight: bold;">SENIOR CENTER CLOSED IN OBSERVANCE OF INDEPENDENCE DAY</p>	<p style="text-align: right;">5</p> <p>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 Diabetes Self-Management Info Session 2:00 Arthritis Exercise #1</p>	<p style="text-align: right;">6</p> <p>9:00 Pool 9:15 Quilting 9:15 Senior Strength Exercise 11:45 Lunch 1:00 Board Games, Mah Jong, Scabble, etc. 1:00 Bridge – Men 1:00 Movie: The Yellow Submarine, 1968</p>			
<p>9-11:30 Table Tennis 9 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: Ken's Steakhouse, 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</p>	<p style="text-align: right;">10</p> <p>9:00 Pool 9:15 Bridge – Women 10:30 Creative Writing Group 11:45 Lunch 12:45 Singing Group 1:00 Bridge – Men 1:00 Cribbage – Women 2:00 Ballroom Dancing "Cha-Cha" #1 2:00 Arthritis Exercise</p>	<p style="text-align: right;">11</p> <p>9:00 Pool 9-11:30 Table Tennis 10:30 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 style="text-align: right;">12</p> <p>9:00 Pool 9-11:30 Table Tennis 10:00 Knitting 10:00 Whist 11:00 Lunch and Learn: Aging with Attitude 11:45 Lunch 12:00 Computer Lessons 1:00 Bridge – Duplicate 1:00 Cribbage – Men 1:00 Diabetes Self-Management Info Session 2:00 Arthritis Exercise #1 No Duplicate Bridge Today</p>	<p style="text-align: right;">13</p> <p>9:00 Pool 9:15 Quilting 9:15 Senior Strength Exercise 11:45 Lunch 1:00 Bridge – Men 1:30 It's Friday Entertainment Live with the Newton Swing Band No Movie or Board Games Today</p>			
<p>9-11:30 Table Tennis 16 9:00 Pool 9:00 Tai Chi Class #6 10:00 Walking Club 10:15 Senior Strength Ex. 11:30 Lunch Bunch: Pizzeria Uno, Dedham 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 No Yoga Today</p>	<p style="text-align: right;">17</p> <p>9:00 Pool 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 Ballroom Dancing "Cha-Cha" #1 2:00 Arthritis Exercise</p>	<p style="text-align: right;">18</p> <p>9:00 Pool 9:00 Keep Well Clinic 9-11:30 Table Tennis 10:30 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 style="text-align: right;">19</p> <p>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 Diabetes Self-Management Workshop 2:00 Arthritis Exercise #1 TRIP TO PILGRIM BELLE, PLYMOUTH, MA</p>	<p style="text-align: right;">20</p> <p>9:00 Pool 9:15 Senior Strength Exercise 9:15 Quilting 10:00 Low Vision 11:00 Tours Around Needham 11:45 Lunch 1:00 Board Games, Mah Jong, Scabble, etc. 1:00 Bridge – Men 1:00 Movie: The Artist, 2011</p>			
<p>9-11:30 Table Tennis 23 9:00 Pool 9:00 Tai Chi Class #6 9:00 Yoga with Sandi 10:00 Walking Club 10:15 Senior Strength Ex. 11:30 Lunch Bunch: Johnny's Luncheonette, Newton 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 2:00 Friends Annual Social</p>	<p style="text-align: right;">24</p> <p>9:00 Pool 9:15 Bridge – Women 10:30 Creative Writing Group 1:45 Lunch 12:45 Singing Group 1:00 Bridge – Men 1:00 Cribbage – Women 2:00 Ballroom Dancing "Cha-Cha" #1 2:00 Arthritis Exercise</p>	<p style="text-align: right;">25</p> <p>9:00 Pool 9-11:30 Table Tennis 10:30 P & R Exercise 11:45 Lunch 12:00 Bridge – Women #3 1:00 Bridge – Men 1:00 Bridge Class 1:00 Meet the Author of "Knitters of Needham" 2:45 Better Balance Better Bones</p>	<p style="text-align: right;">26</p> <p>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 Diabetes Self-Management Workshop 2:00 Arthritis Exercise #1</p>	<p style="text-align: right;">27</p> <p>9:00 Pool 9:15 Senior Strength Exercise 9:15 Quilting 11:00 Tours Around Needham 11:00 Buy Something New While You Get Rid of Something Old 11:45 Lunch 1:00 Board Games, Mah Jong, Scabble, etc. 1:00 Bridge – Men 1:00 Movie: Money Ball, 2011 1:00 BC Legal</p>			
<p>9-11:30 Table Tennis 30 9:00 Yoga with Sandi 9:00 Art Class 10:00 Walking Club 10:15 Senior Strength Ex. 11:30 Lunch Bunch: Sherborn Inn, Sherborn 12:00 Line Dancing #4 12:00 Art Class 12:45 Weight Management Support Group Book Review: Major Pettigrew's Last Stand 1:00 Bridge – Men 1:15 Transitions As We Age Group #3</p>	<p style="text-align: right;">31</p> <p>9:00 Pool 9:15 Bridge – Women 10:30 Current Events Group 11:45 Lunch 12:00 Bridge – Women #3 12:45 Singing Group 1:00 Bridge – Men 1:00 Cribbage – Women 2:00 Ballroom Dancing "Cha-Cha" #1 2:00 Arthritis Exercise</p>	<p style="font-weight: bold;">Offsite Locations of Programs</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 33%; vertical-align: top;"> <p>#1 Charles River YMCA 380 Chestnut Street</p> <p>#2 Needham Public Library 1139 Highland Ave.</p> <p>#3 Avery Crossings 110 West St.</p> <p>#4 Baptist Church 858 Great Plain Ave.</p> </td> <td style="width: 33%; vertical-align: top;"> <p>#5 NHA Community Room 5 Chambers Street</p> <p>#6 Christ Episcopal Church 1132 Highland Ave.</p> <p>#7 Wingate Nursing Home 589 Highland Ave.</p> </td> <td style="width: 33%; vertical-align: top;"> <p>#8 Presbyterian Church 1458 Great Plain Ave.</p> <p>#9 North Hill 865 Central Ave.</p> <p>#10 Needham Public High School 60 Webster Street</p> </td> </tr> </table>			<p>#1 Charles River YMCA 380 Chestnut Street</p> <p>#2 Needham Public Library 1139 Highland Ave.</p> <p>#3 Avery Crossings 110 West St.</p> <p>#4 Baptist Church 858 Great Plain Ave.</p>	<p>#5 NHA Community Room 5 Chambers Street</p> <p>#6 Christ Episcopal Church 1132 Highland Ave.</p> <p>#7 Wingate Nursing Home 589 Highland Ave.</p>	<p>#8 Presbyterian Church 1458 Great Plain Ave.</p> <p>#9 North Hill 865 Central Ave.</p> <p>#10 Needham Public High School 60 Webster Street</p>
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AUGUST 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 style="text-align: right;">1</p> <p>9:00 Pool 9:00 Keep Well Clinic 9-11:30 Table Tennis 10:30 Art History: American Art from 1776-1900 #3 10:30 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 style="text-align: right;">2</p> <p>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</p>	<p style="text-align: right;">3</p> <p>9:00 Pool 9:15 Quilting 9:15 Senior Strength Exercise 11:45 Lunch 1:00 Board Games, Mah Jong, Scabble, etc. 1:00 Bridge – Men 1:00 Movie: The Tower Heist, 2011</p>
<p>9-11:30 Table Tennis 9:00 Pool 9:00 Yoga with Sandi 10:00 Walking Club 10:15 Senior Strength Ex. 11:30 Lunch Bunch: Dolphin Seafood, 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</p> <p style="text-align: right;">6</p>	<p style="text-align: right;">7</p> <p>9:00 Pool 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 Ballroom Dancing “Tango” #1 2:00 Arthritis Exercise</p>	<p style="text-align: right;">8</p> <p>9:00 Pool 9-11:30 Table Tennis 10:30 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 style="text-align: right;">9</p> <p>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</p>	<p style="text-align: right;">10</p> <p>9:00 Pool 9:15 Senior Strength Exercise 9:15 Quilting 10:00 Low Vision 11:45 Lunch 1:00 Board Games, Mah Jong, Scabble, etc. 1:00 Bridge – Men 1:00 Movie: My Week With Marilyn, 2011</p>
<p>9-11:30 Table Tennis 9:00 Pool 9:00 Yoga with Sandi 10:00 Art Class #2 10:00 Walking Club 10:15 Senior Strength Ex. 11:30 Lunch Bunch: Grassfields, Waltham 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</p> <p style="text-align: right;">13</p>	<p style="text-align: right;">14</p> <p>9:00 Pool 9:15 Bridge – Women 10:30 Creative Writing Group 11:45 Lunch 12:45 Singing Group 1:00 Bridge – Men 1:00 Cribbage – Women 2:00 Ballroom Dancing “Tango” #1 2:00 Arthritis Exercise</p>	<p style="text-align: right;">15</p> <p>9:00 Pool 9:00 Keep Well Clinic 9-11:30 Table Tennis 10:30 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 style="text-align: right;">16</p> <p>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</p>	<p style="text-align: right;">17</p> <p>9:00 Pool 9:15 Senior Strength Exercise 9:15 Quilting 10:00 Low Vision 11:00 Tours Around Needham 11:45 Lunch 1:00 Board Games, Mah Jong, Scabble, etc. 1:00 Bridge – Men 1:00 Movie: W.E., 2011</p>
<p>9-11:30 Table Tennis 9:00 Pool 9:00 Yoga with Sandi 10:00 Walking Club 10:15 Senior Strength Ex. 11:30 Lunch Bunch: Conrad's, Norwood 11:45 Lunch 12:00 Line Dancing #4 12:45 Weight Management Support Group 1:00 Bridge – Men 1:00 Book Review: The Piano Teacher 1:15 Transitions As We Age Group #3 2:00 Hoarding Support Group</p> <p style="text-align: right;">20</p>	<p style="text-align: right;">21</p> <p>9:00 Pool 9:15 Compass Collating 9:15 Bridge – Women 10:30 Current Events Group 1:45 Lunch 12:45 Singing Group 1:00 Bridge – Men 1:00 Cribbage – Women 2:00 Ballroom Dancing “Tango” #1 2:00 Arthritis Exercise</p>	<p style="text-align: right;">22</p> <p>9:00 Pool 9-11:30 Table Tennis 10:30 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 style="text-align: center;">TRIP TO LOBSTERFEST, LOG CABIN, HOLYOKE, MA</p>	<p style="text-align: right;">23</p> <p>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</p>	<p style="text-align: right;">24</p> <p>9:00 Pool 9:15 Senior Strength Exercise 9:15 Quilting 11:45 Lunch 1:00 Bridge – Men 1:30 It's Friday Entertainment Live with Mel Simons</p> <p style="text-align: center;">No Movie or Board Games Today</p>
<p>9-11:30 Table Tennis 9:00 Pool 10:00 Walking Club 10:15 Senior Strength Ex. 11:30 Lunch Bunch: The Chateau, Waltham 12:00 Lunch and Learn: Enhancing Your Vision: Devices and Services for the Visually Impaired 12:00 Line Dancing #4 12:45 Weight Management Support Group 1:00 Bridge – Men 1:15 Transitions As We Age Group #3 No Yoga Today</p> <p style="text-align: right;">27</p>	<p style="text-align: right;">28</p> <p>9:00 Pool 9:15 Bridge – Women 10:30 Creative Writing Group 11:45 Lunch 12:00 Bridge – Women #3 12:45 Singing Group 1:00 Bridge – Men 1:00 Cribbage – Women 2:00 Ballroom Dancing “Tango” #1 2:00 Arthritis Exercise</p>	<p style="text-align: right;">29</p> <p>9:00 Pool 9-11:30 Table Tennis 10:30 P & R Exercise 11:45 Lunch 12:00 Bridge – Women #3 1:00 Bridge – Men 1:00 Bridge Class 2:00 Sing-a-Long and Ice Cream Summer Sundae Party 2:45 Better Balance Better Bones</p>	<p style="text-align: right;">30</p> <p>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</p>	<p style="text-align: right;">31</p> <p>9:00 Pool 9:15 Senior Strength Exercise 9:15 Quilting 11:45 Lunch 1:00 Board Games, Mah Jong, Scabble, etc. 1:00 Bridge – Men 1:00 Movie: The Social Network, 2010</p>

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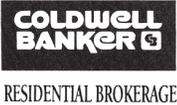
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