



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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## JOIN US IN SEPTEMBER AS WE CELEBRATE NATIONAL SENIOR CENTER MONTH

"IT HAPPENS AT MY SENIOR CENTER. MY LIFE. MY TIME. MY WAY."

At the Needham Senior Center

**There are no fees for the following programs.**

**Please RSVP to 781-455-7555 for all events  
you plan on attending so we can plan appropriately.**

We have been very busy planning several BIG fun and interesting events for you to enjoy. These events are not to be missed! At the Needham Senior Center we take our lead from you! Without you we wouldn't have the multitude of services and program offerings we do. In fact, it is often volunteers like you who lead our programs and support groups. We value your thoughts, ideas and concerns. You are leading the way. We, your Senior Center family of friends and staff, are here for you and we look forward to seeing you!

## MBTA SENIOR CITIZEN OR (T.A.P.) CHARLIE CARD PASS EVENT Wednesday, September 5th • 1:30 - 3:00pm

At the Needham Senior Center

**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.



On a dark and stormy night...  
GLOBAL will make  
the blood flow...

## OUR BIG EVENT! MYSTERY THEATRE DINNER PARTY

Friday, September 14th • 1:00 - 3:00pm

At the Needham Senior Center

**Seating is limited so be sure to RSVP by  
Monday, September 10th to 781-455-7555**

You have received an "Invitation to Murder!" Not your typical dinner party, this party is something different and is especially entertaining. If you have been to a Mystery Theatre Dinner Party you know how much fun this is. As you arrive to the Senior Center you'll be greeted by outlandish and interesting characters/actors. Later motives will pop up – clues will be discovered – and then – a murder will occur! Who committed this crime? While you enjoy your delicious meal, actors around you perform and you'll all get a chance to solve the crime, with the help of our comic detective guiding you all the way! This is a big event and we will be utilizing all of our space at the Senior Center so RSVP early!



## Uncork The CLUE



Join us for murder among the vines  
Saturday, February 27th, 1993.

Dine while solving perplexing clues  
and drinking hailing tobsobor

CULBERTSON WINERY  
2375 Mason California Blvd., Tiburon, CA 94921  
(909) 699-0999



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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.

## HOMEOWNER AND HOUSING OPTIONS

PLEASE JOIN US FOR BOTH OR EITHER DAY OF INFORMATIVE PRESENTATIONS BY LOCAL EXPERTS.

**Numerous vendor tables at both events. Every table offers a free raffle gift cards for: gas, groceries, restaurants or movie tickets.**

Refreshments will be served.

**Sign-up is required; call 781-455-7555, ext.205**

### A TWO-DAY EVENT

**Wednesday, September 12th and Thursday, September 20th  
1:30 – 4:00pm**

At the Needham Council on Aging and Senior Center

Do you have a plan? We live in a time of greater longevity and nowadays our children and relatives often live far from us. To live well and to live the way we choose, we must learn about the options and prepare a plan. How do you want to live the latter portion of your life? Do you want remain living in your home with assistance or services? Or do you want to downsize and move into an apartment or house that is situated in a community geared toward meeting the needs of an older adult? During this two-day event you will learn about both options. You will also hear the cost associated with in-home and residential options and learn about programs available to help you finance your care. This event will give you the tools YOU need so that YOU choose what direction YOU want to take.

**Day 1, Wednesday, September 12th** – A panel of speakers will talk about the various retirement community living options, including: 55+ Communities, Continuing Care Retirement Communities and Assisted Living. After the talk, you will have an opportunity to meet with representatives at their tables and obtain literature from various residential options. Please note the Needham Senior Center will have sign-up sheets at every table whereby you can sign up for a tour to see that particular facility. The tours will depart from the Needham Senior Center and take place in October and November.

**Day 2, Thursday, September 20th** – A panel of speakers will talk about the multitude of services available for the older adult who chooses to remain living in their own home or apartment. After the talk you will have an opportunity to stop by numerous tables with representatives from home-based agencies to include home modification services. Home modification is an extremely important aspect to remaining in your own home as bathrooms, doors, etc. often need to be updated.

## CELEBRATE DIVERSITY IN HONOR OF LATINO HERITAGE

**Friday, September 28th • 12:00 pm**

At the Needham Senior Center

**Sign-up is required. RSVP by September 24th. There is no fee for this event.**

National Latino Heritage Month is celebrated September 15 to October 15 in the United States. Latino Heritage Week was approved by President Lyndon Johnson and was expanded by President Ronald Reagan in 1988 to cover a 30-day period. America celebrates the culture and traditions of those who trace their roots to Spain, Mexico and the Spanish-speaking nations of Central America, South America and the Caribbean. From sports to government to entertainment and science, Hispanic Americans have played important roles in America's history, its values, and culture. To name a few: Supreme Court Justice Sonia Sotomayor, Astronaut Michael Lopez-Alegria, dancer and actor Rita Moreno, artist Pablo Picasso and Red Sox baseball player Manny Ramirez who was named the Most Valuable Player of the World Series as the Red Sox won their first title since 1918. Join us for this interesting presentation and luncheon. All are welcome to attend. Pre-registration is required – call 781-455-7555.

**For the latest news on a new Senior Center,  
visit our website at [www.needhamfone.com](http://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.

## TRIPS WITH THE FRIENDS

### Our next Friends Trip is **FRIDAY, SEPTEMBER 21ST** **THE BOURNE SCALLOP FESTIVAL and CAPE COD** **CANAL CRUISE**

Join us for the largest Seafood Festival in New England! The Festival features a Scallop Luncheon (or Roasted Chicken), live entertainment, craft booths, a Home Expo Show and 90-minute Cape Cod Canal Cruise from lovely Onset Harbor, highlighting the area's beauty and historic points of interest. Our motor coach leaves Linden and Chambers at 9:15am and the Senior Center at 9:30am, returning at approx. 6:15pm/6:30pm. The cost of the trip is \$64.00 (including tips). **RESERVE YOUR SPACE 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: Trips Dept, 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). Tour requires a minimum of 30 passengers to operate, so phone today and book your space!

### UPCOMING TRIP - SAVE THE DATE AND BOOK EARLY! Monday, October 15th

Back by popular demand

#### LAKE WINNIPESAUKEE SCENIC RAILROAD – "TURKEY TRAIN"

2-hour scenic train ride and scrumptious Turkey Dinner with all the fixings!

### FRIENDS OF THE NEEDHAM ELDERLY DONATIONS

#### DONORS

- Elizabeth Bond
- Jin-Lan Hia
- Clare & Thomas Hourihan
- Jackie Lundell
- Helen Marsman
- Peter Matthews
- Laura & Samuel Payson
- Betty Soderholm

#### IN HONOR OF

- In Honor of Ann Madaus from Joseph & Patricia Foley

#### IN MEMORY OF

- Anonymous in memory of Barbara Burns
- Anonymous in memory of Peter Ligor

- Vera Alperin in memory of Roberta Kolovson's Brother
- Naomi R Levy in memory of Marjorie Hunter
- Helen Marsman in memory of Sylvia Drapkin

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## MONDAY'S LUNCH BUNCH

Try someplace new, socialize, and enjoy a good meal. Meet at the Senior Center at 11:30am, board our van and take a ride to:

### Monday, September 3

Closed for Labor Day

### Monday, September 10

Noonhill Grill, Medfield

### Monday, September 24

The Aegean, Framingham

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!!

### MOVIES AT 1:00PM

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

### Friday, September 7th

"Up in the Air," 2009

### Monday, September 10th

"Intolerable Cruelty," 2003

### Friday, September 21st

"The Lovely Bones," 2009

## FRIENDS BOUTIQUE

The Boutique is looking for donations. We can use costume jewelry, re-gifted items, Christmas items or anything else you are able to donate.

## COMPUTER LESSONS

The Council on Aging offers computer lessons on Thursdays 12-3pm by appointment. To make your 45-minute appointment please call 781-455-7555.

## THE WALKING CLUB

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 and give you an opportunity to walk with other walking clubs. We will also explore trails outside the local area, offering transportation via our van.

**Friday, Sept. 7**

Castle Island, Boston

**Friday, Sept. 14**

Cutler Park, Needham

**Friday, Sept. 28**

Lake Waban, Wellesley College

**Sign-up is required.**

**Call Sherry at the  
Needham Senior Center  
at 781-455-7555.**

## ART CLASS – 8 WEEKS

TAUGHT BY

RAMUNE JAUNISKIS

**Mondays • 12:00-1:30 pm**

**September 10, 17**

**October 15, 29**

**November 5, 26**

**December 10, 17**

Offsite Location: Needham

Public Library, Community

Room, 1139 Highland Avenue

**Pre-registration is required.**

**Fee is \$32.00.**

**To sign up contact Sherry  
Jackson, 781-455-7555.**

Students bring their own materials and ideas for projects. Each student will work on projects of their own choosing with guidance from professional artist and teacher Ramune Jauniskis.

## LOW VISION GROUP

**Friday, September 21st  
10:00 am**

At the Needham Senior Center  
**No sign-up required. If you  
need a ride, call the Senior  
Center, 781-455-7555.**

## LUNCH AND LEARN LECTURE

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

**There is no fee required.**

## INFORMATIONAL LECTURE AND FILM

**IF YOU HAVEN'T PARTICIPATED IN SAGES AND SEEKERS YET,  
IT'S NOT TOO LATE.**

**PRESENTED BY FOUNDER, ELLY KATZ AND  
PREVIOUS NEEDHAM SENIOR PARTICIPANTS**

**Friday, September 7th • 11:00am**

Sages and Seekers is a project designed to bring together teens and older adults, to share their unique gifts. In tribal cultures, elders have a vital and important role; they are the keepers of the memories and the wisdom. You, our Seniors, have so much to offer the world; your maturity, history and experience allows for a larger perspective on life for the younger generations to learn from. Learn about our 8-week program at Needham High School, where you will share your history and wisdom and the teen will write a paper about your life which will be read in front of the group. Memorable and moving. If after the program you think you would like to volunteer as a sage, we welcome your interest and will provide you with further details. Questions: Contact Elly Katz, Founder 508-444-8821 or Sherry Jackson, Associate Director at the Needham Senior Center, 781-455-7555 ext. 205.

## POWERFUL TOOLS FOR CAREGIVERS – A SIX-WEEK WORKSHOP

**Wednesdays • 10:30am-12:00pm.**

**Begins on September 19th.**

Powerful Tools for Caregivers is an educational workshop designed to provide you with the tools you need to take care of yourself.

**Pre-registration is required by calling 781-455-7555.**

**The Needham Council on Aging thanks Springwell Inc. for securing grant  
funding to provide this workshop free of charge.**

**To learn more about this program before signing up, contact:**

**Emily Kuhl, Caregiver Advisor at Springwell, 617-972-5606.**

This program helps family caregivers improve self-confidence, balance their lives, and locate helpful resources. Caregivers will develop a wealth of self-care tools to reduce personal stress, change negative self-talk, communicate their needs to family members and healthcare or service providers, communicate more effectively in challenging situations, recognize the messages in their emotions, deal with difficult feelings, and make tough caregiving decisions. Classes consist of six sessions held once a week. Two experienced Class Leaders conduct the workshop with interactive lessons, discussions and brainstorming activities that will help you take the "tools" you choose and put them into action for your life. Participants will also receive a book, The Caregiver Helpbook, developed specifically for the class.

## WEIGHT MANAGEMENT SUPPORT GROUP – 8 WEEKS

**Mondays • 12:45 pm**

**Begins September 10th**

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

**Instructor: Pearl Pressman**

To sign up or to obtain further information, call Sherry Jackson, Associate Director at 781-455-7555.

## 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](mailto:sjackson@town.needham.ma.us)

## EXERCISE AND DANCE CLASSES

To secure your space for any of the following classes, call 781-455-7555.

*Please note, you may always try a class for free.*

### ZUMBA – 8 WEEKS

**Thursdays • 10:00-11:00 pm**

**Begins September 13th**

Offsite location: Christ Episcopal Church, 1132 Highland Avenue

**Cost is \$32.00**

Instructor: Louise Carbone

### LINE DANCING CLASS – 8 WEEKS

**Mondays • 12:00-1:00 pm**

**Begins September 10th**

Offsite Location: The Baptist Church, 838 Great Plain Avenue

**Cost: \$32.00**

Instructor: Manny Correia

### BALLROOM DANCING CLASS – “WALTZ”

**4 Weeks Tuesdays • 2:00 pm**

**Begins September 4th**

Offsite location: The YMCA on Chestnut Street

**Cost for this 4-week class is \$16.00**

Instructor: Betty Hood

### SENIOR STRENGTH EXERCISE CLASS – 8 WEEKS

**Mondays • 10:15 am**

**Begins September 10th**

**Fridays • 9:15 am**

**Begins September 7th**

At the Needham Senior Center

**Cost for either 8-week session is \$32.00**

**Cost for both sessions is \$64.00**

Instructor: Pearl Pressman

### YOGA – 7 WEEKS

**Mondays • 9:00 am**

**Begins September 10th**

At the Needham Senior Center

**Cost: \$28.00**

Instructor: Sandi Levy

Students need to bring a sticky mat for floor and standing yoga poses.

### TAI CHI CLASS – 7 WEEKS

**Mondays • 9:00 am**

**Begins September 10th**

Offsite location: Christ Episcopal Church, 1132 Highland Avenue

**Cost: \$28.00**

Instructor: Scott Brumit

### THE ARTHRITIS EXERCISE CLASS – 8 WEEKS

**Tuesdays • 2:00 pm**

**Begins September 4th**

At the Needham Senior Center

Instructor: Lisa Cadigan

**Thursdays • 2:00 pm**

**Begins September 6th**

Offsite Location: Charles River YMCA at 380 Chestnut Street

Instructor: Randi Sharek

**Cost for either 8-week session is \$32.00**

**Cost for both sessions is \$64.00**

### BETTER BALANCE BETTER BONES – 8 WEEKS

**Wednesdays • 2:45 pm**

**Begins September 19th**

At the Needham Senior Center

**Cost: \$50.00**

Instructor: Leslie Worris

## REPRESENTATIVE DENISE GARLICK OFFICE HOURS

**Monday,**

**September 10th**

**10:45 am - 12:00 pm**

At the Needham Senior Center

Representative Denise Garlick or a member of her staff will be available to hear your concerns and to answer any questions.

## PLAY READING – THE COUNCIL PLAYERS

FACILITATED BY  
JUDIE STRAUSS

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 October a play reading group will begin that will meet once a week during the day 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.

## HOARDING SUPPORT GROUP

At the Needham Senior Center

For dates and times of group call Sherry Jackson, Associate Director at 781-455-7555.



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,  
September 18th  
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!

# LIFELONG LEARNING PROGRAMS

## SPANISH CLASS FOR BEGINNERS – A 4-WEEK CLASS

Tuesdays at 9:30 am • September 4th

**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 “AMERICAN ART PART 2” – (1900 -1950)

Wednesday, September 5th • 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.**

The center of the art world has always been Europe, and American artists have, by necessity, mostly followed those evolutions. The American independent spirit pushed the boundaries of acceptable traditions, and in the early part of the 20th century Americans begin to develop their own unique voice; the Ash Can School, the flowering of photography, and the consciousness of Social Realism were just some of the new developments that reflected the history of those times. Join us for a look at how American Art grew from the baby in the back seat to an adolescent growing, experimenting, gaining attention and earning respect.

## BOOK REVIEW OF “THE GLASS ROOM” BY SIMON MAWER

PRESENTED BY GAIL RICE

Monday, September 24th • 1:00 pm

At the Needham Senior Center

**A suggested donation of \$4.00 is appreciated. Sign-up is recommended.**

This amazing novel set against the backdrop of 1920s and 1930s central Europe centers around a couple named Viktor and Liesel Landauer. They have just managed to build a magnificent new home with a brilliant modernist architect, and the home has become a masterpiece brimming with hope and optimism prior to the storm clouds of pre World War II. But later, as the Nazis begin to enter their country, the family must abandon their beautiful new home and escape to America as quickly as they possibly can. Brimming with much passion, numerous dark secrets and gorgeous architecture, The Glass Room contains it all!



## Golden Law Center

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• In house therapists

• Family owned and operated

• Dedicated dementia unit

• Skilled nursing care with specialties in medically complex cases

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# SEPTEMBER 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
<p><b>CLOSED IN OBSERVANCE OF LABOR DAY</b></p>	<p>9:00 Pool</p> <p>9:15 Bridge – Women</p> <p><b>9:30 Spanish Class</b></p> <p>10:30 Current Events Group</p> <p><b>11:45 Lunch</b></p> <p>12:45 Singing Group</p> <p>1:00 Bridge – Men</p> <p>1:00 Cribbage – Women</p> <p><b>2:00 Ballroom Dancing “Waltz” #1</b></p> <p><b>2:00 Arthritis Exercise with Lisa</b></p>	<p>9:00 Pool</p> <p>9:00 Keep Well Clinic</p> <p>9-11:30 Table Tennis</p> <p><b>10:30 Exercise</b></p> <p><b>10:30 Art History: American Art, Part 2 #3</b></p> <p><b>11:45 Lunch</b></p> <p>12:00 Bridge – Women #3</p> <p>1:00 Bridge – Men</p> <p>1:00 Bridge Class</p> <p><b>1:30-3 National Senior Center Month: “MBTA Charge Card”</b></p>	<p>9:00 Pool</p> <p>9-11:30 Table Tennis</p> <p>10:00 Knitting</p> <p>10:00 Whist</p> <p><b>10:00 Zumba #6</b></p> <p><b>11:45 Lunch</b></p> <p><b>12:00 Computer Lessons</b></p> <p>1:00 Bridge – Duplicate</p> <p>1:00 Cribbage – Men</p> <p><b>2:00 Arthritis Exercise with Randi #1</b></p> <p style="text-align: center;"><b>STATE PRIMARY ELECTION</b></p> <p><b>No Piano Lessons Today</b></p>	<p>9:00 Pool</p> <p>9:15 Quilting</p> <p><b>9:15 Senior Strength Exercise</b></p> <p><b>10:15 Walking Club: Castle Island, Boston</b></p> <p><b>11:00 Lunch &amp; Learn Lecture “Sages &amp; Seekers”</b></p> <p><b>11:45 Lunch</b></p> <p>1:00 Bridge – Men</p> <p>1:00 Board Games, Mah Jong, Scabble, etc.</p> <p>1:00 Movie: Up in the Air, 2009</p>
10	11	12	13	14
<p>9-11:30 Table Tennis</p> <p>9:00 Pool</p> <p><b>9:00 Yoga with Sandi</b></p> <p><b>9:00 Tai Chi Class #6</b></p> <p><b>9:00 Walking Club</b></p> <p><b>10:15 Senior Strength Ex.</b></p> <p>10:45 Rep. Denise Garlick Office Hours</p> <p><b>11:30 Lunch Bunch: Noonhill Grill, Medfield</b></p> <p><b>11:45 Lunch</b></p> <p><b>12:00 Art Class #2</b></p> <p><b>12:00 Line Dancing #4</b></p> <p><b>12:45 Weight Management Support Group</b></p> <p>1:00 Bridge – Men</p> <p>1:00 Movie: Intolerable Cruelty, 2003</p> <p>1:15 Transitions As We Age Group #3</p> <p>2:00 Hoarding Support Group</p>	<p>9:00 Pool</p> <p>9:15 Bridge – Women</p> <p><b>9:30 Spanish Class</b></p> <p>10:15 Senator Ross Office Hours</p> <p>10:30 Creative Writing Group</p> <p><b>11:45 Lunch</b></p> <p>12:45 Singing Group</p> <p>1:00 Bridge – Men</p> <p>1:00 Cribbage – Women</p> <p><b>2:00 Ballroom Dancing “Waltz” #1</b></p> <p><b>2:00 Arthritis Exercise with Lisa</b></p>	<p>9-11:30 Table Tennis</p> <p><b>11:45 Lunch</b></p> <p>12:00 Bridge – Women #3</p> <p><b>1:30 National Senior Center Month: “Housing Options Event” Part I of II, 30+ Free Gift Card Raffles!</b></p> <p><b>No Pool, Men’s Bridge or Classes Today</b></p>	<p>9:00 Pool</p> <p>9-11:30 Table Tennis</p> <p><b>9:30 Piano Lessons</b></p> <p>10:00 Knitting</p> <p>10:00 Whist</p> <p><b>10:00 Zumba #6</b></p> <p><b>11:45 Lunch</b></p> <p><b>12:00 Computer Lessons</b></p> <p>1:00 Bridge – Duplicate</p> <p>1:00 Cribbage – Men</p> <p><b>2:00 Arthritis Exercise with Randi #1</b></p> <p>7:00 COA Board Meeting</p>	<p>9:15 Quilting</p> <p><b>9:15 Senior Strength Exercise</b></p> <p><b>10:15 Walking Club: Cutler Park, Needham</b></p> <p><b>1:00 National Senior Center Month: “Mystery Theatre Dinner Party”</b></p> <p><b>No Pool, Movie, Lunch, Board Games, or Bridge Today</b></p>
17	18	19	20	21
<p>9-11:30 Table Tennis</p> <p>9:00 Pool</p> <p><b>9:00 Walking Club</b></p> <p><b>10:15 Senior Strength Ex.</b></p> <p><b>11:45 Lunch</b></p> <p><b>12:00 Line Dancing #4</b></p> <p><b>12:00 Art Class #2</b></p> <p><b>12:45 Weight Management Support Group</b></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><b>No Tai Chi, Yoga or Lunch Bunch Today</b></p>	<p>9:00 Pool</p> <p>9:15 Compass Collating</p> <p>9:15 Bridge – Women</p> <p><b>9:30 Spanish Class</b></p> <p>10:30 Current Events Group</p> <p><b>11:45 Lunch</b></p> <p>12:45 Singing Group</p> <p>1:00 Bridge – Men</p> <p>1:00 Cribbage – Women</p> <p><b>2:00 Ballroom Dancing “Waltz” #1</b></p> <p><b>2:00 Arthritis Exercise with Lisa</b></p>	<p>9:00 Pool</p> <p>9:00 Keep Well Clinic</p> <p>9-11:30 Table Tennis</p> <p><b>10:30 Powerful Tools for Caregiver’s Workshop</b></p> <p><b>11:45 Lunch</b></p> <p>12:00 Bridge – Women #3</p> <p>1:00 Bridge – Men</p> <p>1:00 Bridge Class</p> <p><b>2:45 Better Balance Better Bones</b></p>	<p>10:00 Knitting</p> <p><b>10:00 Zumba #6</b></p> <p><b>11:45 Lunch</b></p> <p><b>12:00 Computer Lessons</b></p> <p><b>1:30 National Senior Center Month: “Housing Options Event” Part II of II, 30+ Free Gift Card Raffles!</b></p> <p><b>2:00 Arthritis Exercise with Randi #1</b></p> <p><b>No Pool, Duplicate Bridge, Cribbage, or Piano Lessons Today</b></p>	<p>9:00 Pool</p> <p><b>9:15 Senior Strength Exercise</b></p> <p>9:15 Quilting</p> <p>10:00 Low Vision Support Group</p> <p><b>11:45 Lunch</b></p> <p>1:00 Bridge – Men</p> <p>1:00 Board Games, Mah Jong, Scabble, etc.</p> <p>1:00 Movie: The Lovely Bones, 2009</p> <p style="text-align: center;"><b>TRIP: BOURNE SCALLOP FESTIVAL &amp; CAPE COD CANAL CRUISE</b></p>
24	25	26	27	28
<p>9-11:30 Table Tennis</p> <p>9:00 Pool</p> <p><b>9:00 Tai Chi Class #6</b></p> <p><b>9:00 Yoga with Sandi</b></p> <p><b>9:00 Walking Club</b></p> <p><b>10:15 Senior Strength Ex.</b></p> <p><b>11:30 Lunch Bunch: The Aegean, Framingham</b></p> <p><b>11:45 Lunch</b></p> <p><b>12:00 Line Dancing #4</b></p> <p><b>12:45 Weight Management Support Group</b></p> <p><b>1:00 Book Review: “The Glass Room”</b></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>9:00 Pool</p> <p><b>9:15 Easy Yoga</b></p> <p>9:15 Bridge – Women</p> <p><b>9:30 Spanish Class</b></p> <p>10:30 Creative Writing Group</p> <p><b>11:45 Lunch</b></p> <p>12:00 Bridge – Women #3</p> <p>12:45 Singing Group</p> <p>1:00 Bridge – Men</p> <p>1:00 Cribbage – Women</p> <p><b>2:00 Ballroom Dancing “Waltz” #1</b></p> <p><b>2:00 Arthritis Exercise with Lisa</b></p>	<p>9:00 Pool</p> <p>9-11:30 Table Tennis</p> <p><b>10:30 Powerful Tools for Caregiver’s Workshop</b></p> <p><b>11:45 Lunch</b></p> <p>12:00 Bridge – Women #3</p> <p>1:00 Bridge – Men</p> <p>1:00 Bridge Class</p> <p><b>2:45 Better Balance Better Bones</b></p>	<p>9:00 Pool</p> <p>9-11:30 Table Tennis</p> <p><b>9:30 Piano Lessons</b></p> <p>10:00 Knitting</p> <p>10:00 Whist</p> <p><b>10:00 Zumba #6</b></p> <p><b>11:45 Lunch</b></p> <p><b>12:00 Computer Lessons</b></p> <p>1:00 Bridge – Duplicate</p> <p>1:00 Cribbage – Men</p> <p><b>2:00 Arthritis Exercise with Randi #1</b></p>	<p>9:00 Pool</p> <p><b>9:15 Senior Strength Exercise</b></p> <p>9:15 Quilting</p> <p><b>10:30 P &amp; R Exercise</b></p> <p><b>10:15 Walking Club: Lake Waban, Wellesley College</b></p> <p><b>12:00 National Senior Center Month: “Celebrate Diversity – Hispanic Heritage”</b></p> <p>1:00 Bridge – Men</p> <p><b>No Springwell Lunch Today</b></p>

## CALENDAR OF PROGRAMS AND EVENTS

Needham Council on Aging and Senior Center

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**Please Note: Items in bold indicate that sign-up is required.**

### Offsite Locations of Programs

#1 Charles River YMCA 380 Chestnut Street	#3 Avery Crossings 110 West St.	#5 NHA Community Room 5 Chambers Street	#7 Wingate Nursing Home 589 Highland Avenue	#9 North Hill 865 Central Ave.
#2 Needham Public Library 1139 Highland Avenue	#4 Baptist Church 858 Great Plain Avenue	#6 Christ Episcopal Church 1132 Highland Avenue	#8 Presbyterian Church 1458 Great Plain Avenue	#10 Needham Public High School 60 Webster Street

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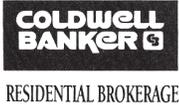
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