



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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HALLOWEEN PARTY!

SEE THE STAFF AS THEY BECOME VERY SCARY CHARACTERS!

Music, Dancing and Laughter Galore

If you feel inclined please dress in costume of your scariest character!!!!

Music through the decades..... 1930's – 1990's

Wednesday, October 31, at 1:30 pm

At the Needham Senior Center

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

This is not to be missed. Staff will be dressed in costume of their scariest character. If you dare, we encourage you to join in the fun and come in costume! We will also have on hand some Halloween masks if you choose to wear one. We will be playing the most popular songs of the decades to include the 30's, 40's, 50's, 60's, 70's, 80's and 90's. Our Zumba instructor, line dancers and ballroom dancer class participants will be here to dance and you are welcome to join in.

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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.**

TRIPS WITH THE FRIENDS WINNIPESAUKEE SCENIC RAILROAD TURKEY TRAIN

Monday, October 15th

Back by Popular Demand! Join the Friends of Needham Elderly for a two-hour Scenic Railroad Turkey Train ride around Lake Winnepesaukee while enjoying a full Turkey Dinner with all the fixings! The day starts with a stop at the Christmas Tree Shops and ends with a stop at Apple Hill Farms – a perfect Fall adventure. Your motor coach will depart at 8:15am from Linden and Chambers, Linden St, Needham, MA and at 8:30am from the Senior Center, 83 Pickering St, Needham, MA. We return at approximately 6:15pm/6:45pm. For reservations, please contact the Trips Dept. at 781-455-7555, ext 209. Full payment due upon reservation please—cost is \$76.00 including tips. Please make checks payable to “F.O.N.E” and mail to: Needham Senior Center, 83 Pickering St, Needham, MA 02492, Attn: Trips.

This tour does require a minimum of 40 passengers to operate – so tell your friends and book early (No refunds if cancellation is received within 10 days prior to departure, unless a replacement can be found.)

UPCOMING TRIPS:

Thursday, November 8th – Foxwoods Casino – \$23.

December – (Date to be confirmed if enough are interested) – Boston Pops – Register your interest now – Call 781-455-7555, ext. 209.

PLAY READING GROUP - THE COUNCIL PLAYERS BEGINS

Thursday, October 4th • 1:00-3:00 pm!

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 don't want a huge commitment? Then the COUNCIL PLAYERS may be just what you are looking for. The group meets for 7 weeks and will present a group performance in November at the Needham Public Library. 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.

IT'S FRIDAY, ENTERTAINMENT LIVE WITH THE “HOLLYWOOD QUIZ SHOW” BY TAD TRAVIS!

Friday, October 19th • 1:30pm

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

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

**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.

NEWS FROM THE FRIENDS – SAVE THE DATE!

Needham's new Senior Center is under construction! To make sure this new building is fully outfitted and equipped, the Friends of Needham Elderly (FONE) have established an "Enrichment Fund" to raise money to provide additional equipment, furniture and amenities that were not included in the Town's budget. As part of this effort, they are planning a fundraising event to be held on October 17th from 6:30-9:00pm. Details will be available and posted soon, so stay tuned!

FRIENDS OF NEEDHAM ELDERLY

2012 MEMBERSHIP/DONATION FORM

Name: _____ Date: ____/____/____

Address: _____

Membership for 2012	\$ 25.00
Donation	\$ _____
Memorial* (Please see below)	\$ _____
Total Enclosed	\$ _____

*Name of Deceased _____

If acknowledgement to family is desired, please provide the following information:

Name of Deceased Family and Address _____

Please make checks payable to: Friends of Needham Elderly and mail to: FONE, 83 Pickering Street, Needham, MA 02492.

Not sure if your membership is up-to-date? Check the label of this Senior Compass. If there is a star (*) next to your name your membership is current. If your membership is not current or you have never been a member, we urge you to join us!

FRIENDS OF THE NEEDHAM ELDERLY DONATIONS

DONORS

- Ann and Amen Dermarderosian
- Beulah and Gary R. Green

- Nancy Hartman
- Valeska H. Howell
- Earle Woodman

IN MEMORY OF

- Alvera Emanuello in memory of Marjorie Hunter
- Marguertie Ryan in memory of Shiela Ryan

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, October 1st

Ninety Nine Restaurant, Walpole

Monday, October 29th

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!!

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.

MOVIES AT 1:00PM

At the Needham Senior Center

SPECIAL MOVIE: THE TRICENTENNIAL NEEDHAM MOVIE

Special Film Event "Big Little Town: The Story of Needham"
Film Discussion led by Producers
Kathryn Dietz and Marc Mandel.
Also attending... Gloria Greis,
Director of the Needham
Historical Society

Monday October 15th 1:00pm

At the Needham Senior Center

**No fee. Sign-up required.
Seating is limited.**

As a finale to the Needham 300 celebration, this documentary is a colorful history of Needham. The documentary tells the story of Needham, whose people arrived just 10 years after the Pilgrims, and who established their community more than a half century before there was even a United States. It is the story of how, over three centuries, the town transformed from a sleepy farming community to a thriving mill center, to an industrial showcase, to a highly desirable suburb of Boston. Narrated by former Needham resident and broadcaster Natalie Jacobson, the documentary is a professional quality film of 64 minutes. Producers Kathryn Dietz and Marc Mandel spent 16 months making this film and shot more than 100 hours of footage.

Friday, October 5th

Singin' In the Rain, 1952

Friday, October 12th

The Affair of the Diamond
Necklace, 2001

Monday, October 15th

The Young Victoria, 2009

Friday, October 26th

Vertigo, 1958

Monday, October 29th

A Letter to Three Wives, 1949

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, October 5th

Jamaica Plain Pond

Friday, October 12th

Rose Fitzgerald Kennedy
Greenway, Boston

Friday, October 26th

Arnold Arboretum,
Jamaica Plain

Sign-up is required.

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

ART CLASS – 6 WEEKS

TAUGHT BY

RAMUNE JAUNISKIS

Mondays • 12:00-1:30 pm

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!

DON'T WAIT UNTIL IT'S TOO LATE!

INFORMATIONAL LECTURE “MEDICARE OPEN ENROLLMENT”

Thursday, October 11th • 5:30pm

Offsite Location: At the Needham Public Library 1139 Highland Avenue

Sign-up Required. (781) 455-7555.

Sponsored by the Needham Council on Aging

Medicare plans change every year! This year from October 15 – December 7. It's time to compare Medicare plans to make sure you have the right health and prescription drug coverage for you. During this Open Enrollment Period, you can look for a different Medicare plan, which might have better coverage, higher quality and lower cost than your current plan. If you change plans, the new coverage will begin January 1, 2013. If you wish to stay in your current plan in 2013, you do not have to do anything. Dorene Nemeth, Regional Director, Metrowest SHINE Program, will be available on Thursday, October 11, starting at 5:30pm at the Needham Public Library to answer your questions.

ASSISTIVE HEARING DEVICES

Thursday, October 25th • 1-3:00pm

At the Needham Senior Center

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

Please join us on Thursday, October 25th for a presentation by Jonathan O'Dell from the Communication Access Training and Technology Services Department of the Massachusetts Commission for the Deaf and Hard of Hearing. Mr. O'Dell will present information on the various options for assistive hearing devices. He will cover hearing aids, cochlear implants, smart phones and listening systems, among other topics. He will also take your questions. This is your opportunity to learn about this in an objective forum. We urge you to attend this informative program. Please call to register: 781-455-7555.

LOW VISION GROUP

Friday, October 19th • 10:00 am

At the Needham Senior Center

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

The group meets at the Needham Senior Center on the third Friday of every month. The group provides an opportunity for newly blind and visually impaired persons to come together to discuss issues relating to their vision loss. We address how to use specialized equipment in the home or on the job; how to maintain independence; aging and vision loss, and the effects of vision loss on family and friends. If you need a ride, call the Senior Center at 781-455-7555.

HOARDING SUPPORT GROUP

At the Needham Senior Center

There is no fee for this program.

To sign up, call Sherry Jackson, Associate Director at 781-455-7555.

Lorraine G., a hoarder herself, has formed this support group for people with hoarding behaviors. The group meets every Monday from 2-4 pm. She participated in a new approach to this problem with the Boston University Cognitive Behavior Therapy treatment program. She states, "This is a problem that can be worked on. Most people have been accumulating items for 20 to 30-plus years and expectations need to be realistic." The support group will be utilizing the book, "Buried in Treasures" by David F. Tolin, Randy O. Frost and Gail Steketee and a workbook titled "Treatments That Work."

EXERCISE AND DANCE CLASS INFORMATION UPDATE

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

Please note if you are new to the Senior Center you may always try a class for free.

Although the following classes began in September, you can still join during the month of October! You may always try a class for free before signing up. If you would like to sign up for a class, contact Sherry Jackson, Associate Director at the Needham Council on Aging and Senior Center at 781-455-7555, ext. 205.

EXERCISE AND DANCE CLASS LISTING

Tai Chi Class – Mondays • 9:00am

Yoga – Mondays • 9:00am

Line Dancing Class – Mondays • 12:00pm

Senior Strength Exercise Class –

Mondays • 10:15 am and Fridays • 9:15am

The Arthritis Exercise Class – Tuesdays and Thursdays • 2:00pm

Better Balance, Better Bones – Wednesdays • 2:45pm

Zumba – Thursdays • 10:00am

BALLROOM DANCING CLASS – “WALTZ”

4 Weeks Tuesdays • 2:00 pm

Begins October 9th

Offsite location: The YMCA on
Chestnut Street

Cost for this 4-week class is \$16.00

Instructor: Betty Hood

TABLE TENNIS

**Mondays, Wednesdays and
Thursdays**

9:00am – 11:30am

At the Needham Senior Center

No fee or sign-up required.

Table tennis is more than good fun! Playing a game or two is GREAT exercise and an enjoyable, social, active indoor sport. All are welcome at any playing level – old pros, intermediates and especially beginners. You may just become a champ!

CREATIVE WRITING GROUP

10:30 – 11:30 am 2nd and 4th Tuesday of every month

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!

MAH JONG, A 4-WEEK CLASS

Tuesdays,

9:30 - 11:30am

Begins October 9th

At the Needham Senior Center

Sign-up is required.

**Cost for the class is \$20.00
for all four sessions.**

Interested in learning mah jong? It is a strategic game, and once you have learned the rules, the ability to excel is limitless. After four sessions you will know if mah jong is for you. The class is taught by an experienced teacher. To register, call 781-455-7555.

FREE LEGAL ASSISTANCE

**BOSTON COLLEGE
ELDER LAW PROJECT**

Friday, October 26th

1:00 pm

At the Needham Senior Center

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

REPRESENTATIVE DENISE GARLICK OFFICE HOURS

**Monday, October 1st
10:45am - 12:00pm**

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.

HELP THE FRIENDS SAVE \$\$\$ ON PAPER AND POSTAGE!!

Sign up today to receive your Compass by email. Please contact Sherry Jackson at 781-455-7555 or sjackson@town.needham.ma.us



COUNCIL
ON AGING
Needham

STEPHEN PALMER
SENIOR CENTER
83 Pickering Street
Needham, MA 02492
781-455-7555

SENIOR CENTER
DROP-IN HOURS:
9:00 am - 4:00 pm
Monday thru Friday

THE ELDER ABUSE HOTLINE

To report or ask questions about suspected abuse of an elder, please call the hotline at 1-800-922-2275. For more info. call the Needham Senior Center at 781-455-7555.

COMPASS NEWSLETTER LABELING AND COLLATING

Tuesday,
October 16th
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 5-WEEK CLASS

Tuesdays at 9:30 am • Begins October 2nd
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 3 (1950 -1990)

Wednesday, October 3rd • 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.

In the second half of the 20th century, America breaks free of its European bonds to defy convention, and then dominate the entire art world. There was an explosion of creativity on this side of the ocean. American Art grows up and demonstrates its own unique personality—innovative, and sometimes controversial. But whether you swear by it, or at it, it is always fun. Join us for a look at how art in America evolved in the modern era, from Pop Art to Grandma Moses, how it took the seat of power with all its new directions, energy and nerve. You can't "like" it all, but you may go home with more than you thought. Where in the world do you think it is going next?

CELEBRATE DIVERSITY IN HONOR OF NATIONAL POLISH-AMERICAN HERITAGE MONTH

PRESENTATION AND ETHNIC LUNCHEON

Monday, October 22nd • 12:00pm

At the Needham Senior Center

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

October is National Polish-American Month. Join us as we celebrate Polish history, culture and pride. Since 1608, when the first Polish settlers arrived at Jamestown, VA, Polish people have been an important part of America's history and culture. Frederic Chopin a composer and virtuoso pianist. Alan Greenspan served as Chairman of the Federal Reserve of the United States. Josef Hofmann invented windshield wipers, shock absorbers for vehicles and the oil burning furnace. Others include: Jack Benny, Peter Falk, Barbara Walters, Paul Newman, Larry King, Gloria Steinem, Neil Diamond, and Martha Stewart.



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

OCTOBER 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY									
<p>9-11:30 Table Tennis 1</p> <p>9:00 Pool</p> <p>9:00 Tai Chi Class #6</p> <p>9:00 Yoga with Sandi</p> <p>9:00 Walking Club</p> <p>10:15 Senior Strength Ex.</p> <p>10:45 Rep. Denise Garlick Office Hours</p> <p>11:30 Lunch Bunch: Ninety-Nine Restaurant, Walpole</p> <p>11:45 Lunch</p> <p>12:00 Line Dancing #4</p> <p>12:45 Weight Management Support Group</p> <p>1:00 Bridge – Men</p> <p>1:15 Transitions As We Age Group #3</p> <p>2:00 Hoarding Support Group</p>	<p>2</p> <p>9:00 Pool</p> <p>9:15 Bridge – Women</p> <p>9:30 Spanish Class</p> <p>10:30 Current Events Group</p> <p>11:45 Lunch</p> <p>12:45 Singing Group</p> <p>1:00 Bridge – Men</p> <p>1:00 Cribbage – Women</p> <p>2:00 Arthritis Exercise with Randi</p> <p>No Ballroom Dancing Today</p>	<p>3</p> <p>9:00 Pool</p> <p>9:00 Keep Well Clinic</p> <p>9-11:30 Table Tennis</p> <p>10:30 Art History: American Art 1950-1990, Part 3 #3</p> <p>10:30 Powerful Tools for Caregivers</p> <p>11:45 Lunch</p> <p>12:00 Bridge – Women #3</p> <p>1:00 Bridge – Men</p> <p>1:00 Bridge Class</p> <p>2:45 Better Balance Better Bones</p>	<p>4</p> <p>9:00 Pool</p> <p>9-11:30 Table Tennis</p> <p>9:30 Piano Lessons</p> <p>10:00 Knitting</p> <p>10:00 Whist</p> <p>10:00 Zumba #6</p> <p>11:45 Lunch</p> <p>12:00 Computer Lessons</p> <p>1:00 Play Reading</p> <p>1:00 Bridge – Duplicate</p> <p>1:00 Cribbage – Men</p> <p>2:00 Arthritis Exercise with Lisa #1</p>	<p>5</p> <p>9:00 Pool</p> <p>9:15 Quilting</p> <p>9:15 Senior Strength Exercise</p> <p>10:15 Walking Club: Jamaica Plain Pond</p> <p>10:30 P & R Exercise</p> <p>11:45 Lunch</p> <p>1:00 Bridge – Men</p> <p>1:00 Board Games, Mah Jong, Scabble, etc.</p> <p>1:00 Movie: Singin' In the Rain, 1952</p>									
<p>8</p> <p>CLOSED IN OBSERVANCE OF COLUMBUS DAY</p>	<p>9</p> <p>9:00 Pool</p> <p>9:15 Bridge – Women</p> <p>9:15 Easy Yoga</p> <p>9:30 Spanish Class</p> <p>9:30 Mah Jong Class</p> <p>10:15 Senator Ross Office Hours</p> <p>10:30 Creative Writing Group</p> <p>11:45 Lunch</p> <p>12:45 Singing Group</p> <p>1:00 Bridge – Men</p> <p>1:00 Cribbage – Women</p> <p>2:00 Ballroom Dancing "Waltz" #1</p> <p>2:00 Arthritis Exercise with Randi</p>	<p>10</p> <p>9:00 Pool</p> <p>9-11:30 Table Tennis</p> <p>10:30 Exercise</p> <p>10:30 Powerful Tools for Caregivers</p> <p>11:45 Lunch</p> <p>12:00 Bridge – Women #3</p> <p>1:00 Bridge – Men</p> <p>1:00 Bridge Class</p> <p>2:45 Better Balance Better Bones</p>	<p>11</p> <p>9:00 Pool</p> <p>9-11:30 Table Tennis</p> <p>9:30 Piano Lessons</p> <p>10:00 Knitting</p> <p>10:00 Zumba #6</p> <p>11:45 Lunch</p> <p>12:00 Computer Lessons</p> <p>1:00 Play Reading</p> <p>1:00 Bridge – Duplicate</p> <p>2:00 Arthritis Exercise with Lisa #1</p> <p>5:30 Lecture: Medicare's Open Enrollment #2</p> <p>7:00 COA Board Meeting</p>	<p>12</p> <p>9:15 Quilting</p> <p>9:15 Senior Strength Exercise</p> <p>10:15 Walking Club: Rose Fitzgerald Kennedy Greenway, Boston</p> <p>10:30 P & R Exercise</p> <p>11:45 Lunch</p> <p>1:00 Bridge – Men</p> <p>1:00 Board Games, Mah Jong, Scabble, etc.</p> <p>1:00 Movie: The Affair of the Diamond Necklace, 2001</p>									
<p>9-11:30 Table Tennis 15</p> <p>9:00 Pool</p> <p>9:00 Tai Chi Class #6</p> <p>9:00 Yoga with Sandi</p> <p>9:00 Walking Club</p> <p>10:15 Senior Strength Ex.</p> <p>11:45 Lunch</p> <p>12:00 Line Dancing #4</p> <p>12:00 Art Class #2</p> <p>12:45 Weight Management Support Group</p> <p>1:00 Bridge – Men</p> <p>1:00 Movie: Big Little Town: The Story of Needham</p> <p>1:00 The Young Victoria, 2009</p> <p>1:15 Transitions As We Age Group #3</p> <p>2:00 Hoarding Support Group</p> <p>TRIP WINNIPESAUKEE SCENIC RAILROAD TURKEY TRAIN</p>	<p>16</p> <p>9:00 Pool</p> <p>9:15 Compass Collating</p> <p>9:15 Bridge – Women</p> <p>9:15 Easy Yoga</p> <p>9:30 Spanish Class</p> <p>9:30 Mah Jong Class</p> <p>10:30 Current Events Group</p> <p>11:45 Lunch</p> <p>12:45 Singing Group</p> <p>1:00 Bridge – Men</p> <p>1:00 Cribbage – Women</p> <p>2:00 Ballroom Dancing "Waltz" #1</p> <p>2:00 Arthritis Exercise with Randi</p>	<p>17</p> <p>9:00 Pool</p> <p>9:00 Keep Well Clinic</p> <p>9-11:30 Table Tennis</p> <p>10:30 Exercise</p> <p>10:30 Powerful Tools for Caregivers</p> <p>11:45 Lunch</p> <p>12:00 Bridge – Women #3</p> <p>1:00 Bridge – Men</p> <p>1:00 Bridge Class</p> <p>2:45 Better Balance Better Bones</p>	<p>18</p> <p>9:00 Pool</p> <p>9-11:30 Table Tennis</p> <p>9:30 Piano Lessons</p> <p>10:00 Knitting</p> <p>10:00 Whist</p> <p>10:00 Zumba #6</p> <p>11:45 Lunch</p> <p>12:00 Computer Lessons</p> <p>1:00 Play Reading</p> <p>1:00 Bridge – Duplicate</p> <p>1:00 Cribbage – Men</p> <p>2:00 Arthritis Exercise with Lisa #1</p>	<p>19</p> <p>9:00 Pool</p> <p>9:15 Senior Strength Exercise</p> <p>9:15 Quilting</p> <p>10:00 Low Vision Support Group</p> <p>11:45 Lunch</p> <p>1:00 Bridge – Men</p> <p>1:00 Board Games, Mah Jong, Scabble, etc.</p> <p>1:30 Entertainment Live with the "Hollywood Quiz Show" by Tad Travis</p>									
<p>9-11:30 Table Tennis 22</p> <p>9:00 Pool</p> <p>9:00 Tai Chi Class #6</p> <p>9:00 Yoga with Sandi</p> <p>9:00 Walking Club</p> <p>10:15 Senior Strength Ex.</p> <p>12:00 Line Dancing #4</p> <p>12:00 Celebrate Diversity Month in Honor of Polish-American Heritage Month</p> <p>12:45 Weight Management Support Group</p> <p>2:00 Hoarding Support Group</p> <p>No Springwell Lunch Today</p>	<p>23</p> <p>9:00 Pool</p> <p>9:15 Bridge – Women</p> <p>9:15 Easy Yoga</p> <p>9:30 Spanish Class</p> <p>9:30 Mah Jong Class</p> <p>10:30 Creative Writing Group</p> <p>11:45 Lunch</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>2:00 Ballroom Dancing "Waltz" #1</p> <p>2:00 Arthritis Exercise with Randi</p>	<p>24</p> <p>9:00 Pool</p> <p>9-11:30 Table Tennis</p> <p>10:30 Exercise</p> <p>10:30 Powerful Tools for Caregiver's Workshop</p> <p>11:45 Lunch</p> <p>12:00 Bridge – Women #3</p> <p>1:00 Bridge – Men</p> <p>1:00 Bridge Class</p> <p>2:45 Better Balance Better Bones</p>	<p>25</p> <p>9:00 Pool</p> <p>9-11:30 Table Tennis</p> <p>9:30 Piano Lessons</p> <p>10:00 Knitting</p> <p>10:00 Zumba #6</p> <p>11:45 Lunch</p> <p>12:00 Computer Lessons</p> <p>1:00 Play Reading</p> <p>1:00 Lecture: Assistive Hearing Devices</p> <p>1:00 Bridge – Duplicate</p> <p>1:00 Cribbage – Men</p> <p>2:00 Arthritis Exercise with Lisa #1</p>	<p>26</p> <p>9:00 Pool</p> <p>9:15 Senior Strength Exercise</p> <p>9:15 Quilting</p> <p>10:30 P & R Exercise</p> <p>10:15 Walking Club: Arnold Arboretum, Jamaica Plain</p> <p>11:45 Lunch</p> <p>1:00 Bridge – Men</p> <p>1:00 Board Games, Mah Jong, Scabble, etc.</p> <p>1:00 Movie: Vertigo, 1958</p> <p>1:00 B.C. Legal</p>									
<p>9-11:30 Table Tennis 29</p> <p>9:00 Pool</p> <p>9:00 Tai Chi Class #6</p> <p>9:00 Yoga with Sandi</p> <p>9:00 Walking Club</p> <p>10:15 Senior Strength Ex.</p> <p>11:30 Lunch Bunch: Charley's Saloon, Chestnut Hill</p> <p>11:45 Lunch</p> <p>12:00 Line Dancing #4</p> <p>12:00 Art Class #2</p> <p>12:45 Weight Management Support Group</p> <p>1:00 Movie: A Letter to Three Wives, 1949</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>30</p> <p>9:00 Pool</p> <p>9:15 Bridge – Women</p> <p>9:15 Easy Yoga</p> <p>9:30 Spanish Class</p> <p>9:30 Mah Jong Class</p> <p>10:30 Current Events Group</p> <p>11:45 Lunch</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>31</p> <p>9:00 Pool</p> <p>9-11:30 Table Tennis</p> <p>10:30 Exercise</p> <p>11:45 Lunch</p> <p>12:00 Bridge – Women #3</p> <p>1:00 Bridge – Men</p> <p>1:00 Bridge Class</p> <p>1:30 Halloween Party</p> <p>2:45 Better Balance Better Bones</p> <p>No Keep Well Clinic Today</p>	<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>Offsite Locations of Programs</p> <table border="0"> <tr> <td>#1 Charles River YMCA 380 Chestnut Street</td> <td>#5 NHA Community Room 5 Chambers Street</td> <td>#8 Presbyterian Church 1458 Great Plain Avenue</td> </tr> <tr> <td>#2 Needham Public Library 1139 Highland Avenue</td> <td>#6 Christ Episcopal Church 1132 Highland Avenue</td> <td>#9 North Hill 865 Central Ave.</td> </tr> <tr> <td>#3 Avery Crossings 110 West St.</td> <td>#7 Wingate Nursing Home 589 Highland Avenue</td> <td>#10 Needham Public High School 60 Webster Street</td> </tr> </table>		#1 Charles River YMCA 380 Chestnut Street	#5 NHA Community Room 5 Chambers Street	#8 Presbyterian Church 1458 Great Plain Avenue	#2 Needham Public Library 1139 Highland Avenue	#6 Christ Episcopal Church 1132 Highland Avenue	#9 North Hill 865 Central Ave.	#3 Avery Crossings 110 West St.	#7 Wingate Nursing Home 589 Highland Avenue	#10 Needham Public High School 60 Webster Street
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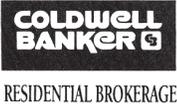
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