



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' TRIPS PROGRAM

THANKS TO EVERYONE FOR A SELL-OUT TRIP TO THE  
SCALLOP FESTIVAL – A VERY YUMMY, SPECIAL DAY!

**Please join us on our NOVEMBER trip to  
FOXWOODS on THURSDAY 8 NOVEMBER, 2012.**

This popular trip is only \$23.00 including a \$10.00 food coupon or Free Festival Buffet & \$15 Keno, so please register early to avoid disappointment. Foxwoods Resort Casino and Resort in Mashantucket, Connecticut offers a great day out – boasting casinos, restaurants, hotel, entertainment or spa, museum or shops, there is something for everyone. Our motor coach departs Linden & Chambers, Linden St, Needham, MA, 7:45 am or 8:00 am from the Senior Center, 83 Pickering St, Needham, MA 02492. Casino Time 10:15 am - 4:15 pm, (Please meet in the bus lobby at 4:00 pm for departure). Approx. return 6:30 pm/7:00 pm. For reservations, please contact: Trip Desk at 781 455 7555, ext 209.

Full payment is due upon reservation. Please make check 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) Please note: This trip required 30 passengers to operate and Foxwoods reserves the right to change program without notice.

**FOR DECEMBER: - The Friends are off to the  
BOSTON POPS on Friday, December 14th at 4.00 pm.**

**Please register NOW (Tel 781-455-7555, ext 209)**

All tickets will require payment up front upon registration (non refundable). We need 36 people to operate this trip and tickets will be distributed on a first come, first serve basis, upon payment. So please book now to avoid disappointment. The cost of this trip, including transport, will be between \$79.00 - \$94.00 depending on seating preference. We are planning to reserve 12 tickets at \$59.00 first balcony, center back and 24 tickets nearer the stage, first balcony, left hand side at \$74.00. Please state your ticket price preference.

## AN ANNUAL TRIBUTE LECTURE EVENT "THE PRO'S AND CON'S OF QUESTION 2 – MEDICATION TO END LIFE"

IN MEMORY OF DR. DORATHEA WILLGOOSE, FOUNDER OF THE NEEDHAM  
COUNCIL ON AGING AND SENIOR CENTER

**Friday, November 2nd • 1:30 pm**

At the Needham Senior Center

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

**Refreshments will be served.**

Would you like to learn more about this proposed law before casting your vote? If yes, at this lecture you will hear about the pros and cons of ballot "question #2 – Medication to End Life". Presenting is Attorney Jim Gross, President of Compassion and Choices and Attorney, Patricia Stewart, Chair Elder Outreach Massachusetts Against Doctor-Prescribed Suicide. Both speakers will take questions from the audience following their presentations. A YES VOTE would enact the proposed law allowing a physician licensed in Massachusetts to prescribe medication, at the request of a terminally-ill patient meeting certain conditions, to end that person's life. A NO VOTE would make no change in existing laws. Join us for an informative and thought provoking afternoon.





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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.

**VETERANS' APPRECIATION DAY  
IN HONOR OF OUR VETERANS, THEIR FAMILIES AND FRIENDS**

FILM, FOLLOWED BY OUR FAMOUS ANNUAL  
HOT HOMEMADE APPLE PIE A-LA-MODE

**Wednesday, November 7th • 1:00 pm**

At the Needham Senior Center

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

**RSVP by calling 781-455-7555.**

Join us for our annual Veterans' appreciation event and party. The film, "The Search for Kennedy's PT 109," is a 54 minute documentary movie produced by National Geographic in 2002. Dr. Robert Ballard, famous for discovering the watery remains of the Titanic, unearths the wreck of John F. Kennedy's legendary World War II patrol-torpedo boat. This intriguing film includes compelling wartime footage and eyewitness accounts of Kennedy's heroism aboard the ill-fated ship that was cut in half by a Japanese destroyer in the murky waters off the Solomon Islands. After the film you will have an opportunity to reminisce with each other while enjoying homemade hot apple pie!

**SHRED-A-THON BY APPOINTMENT**

**Thursday, November 29th • 9:30 am-11:30 am**

At the Needham Senior Center

*Corner of Pickering Street and May Street, in the parking lot.*

**Each box of paper is \$5. The size of the box is approximately 15" x 12" x 10".**

**Sign-up is required. Call 781-455-7555 to schedule your drop-off appointment.**

Looking to get rid of old papers but don't just want to toss them in the trash? The Senior Center will host a shred-a-thon in the parking lot on the corner of Pickering Street and May Street.

**AARP DRIVING COURSE**

**Monday, November 9th • 11:45 am-4:00 pm**

At the Needham Senior Center

**Sign-up is required, space is limited. Call 781-455-7555.**

**Payment is due on the day of class.**

**AARP member fee is \$12.00. Non AARP fee is \$14.00.**

**Veterans and/or their spouses of any age with military I.D. are free.**

The AARP Driver Safety Program is a 4-hour course to provide you with the information you need to tackle today's driving challenges. You will learn how to deal with aggressive drivers, learn about new traffic laws and rules of the road, how to compensate for changes in vision, hearing and reaction time, and how to handle problem situations such as left turns, right-of-way, and freeway traffic, trucks and blind spots. You will also learn proper use of anti-lock brakes, air bags, and safety belts. In Massachusetts, if you are over the age of 65 you automatically get a 25% discount on your insurance. If you are wondering if this class will give you a further discount, you should check with your insurance carrier.

**WE NEED YOUR HELP!**

We need volunteers to bake one or more homemade Apple Pies for our Needham Senior Citizen Veterans! If you are able contribute one or more homemade apple pies for our Veteran's Appreciation Party on Wednesday, November 7th, please call Sherry at the Needham Senior Center at 781-455-7555. We assure you that the pies will be appreciated and enjoyed!

**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.

## FRIENDS OF THE NEEDHAM ELDERLY DONATIONS

### DONORS

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- The Mahoney Family & The Brady Family
- Mary M. McCarthy in memory of Donald McCarthy
- Jane M. Walsh in memory of Charles F. Walsh

### IN MEMORY OF

- Shirley M. Hayes in memory of her husband, Richard Hayes

## FRIENDS OF NEEDHAM ELDERLY 2012 MEMBERSHIP/DONATION FORM

Name: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Address: \_\_\_\_\_

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

\*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!**

## SAVE THE DATE! VOLUNTEER APPRECIATION CELEBRATION Thursday, December 6th

If you volunteer for the Needham Council on Aging and Senior Center then we want to celebrate YOU!! Mark your calendar and plan to attend our annual Volunteer Appreciation Celebration on Thursday, December 6, 2012. Watch for your December Compass for details.

## 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!

## MONDAY'S LUNCH BUNCH

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

**Monday, November 5**  
Bamboo, Dedham

**Monday, November 19**  
Agostino's, Natick

**Monday, November 26**  
Olive Garden, Patriot Place,  
Foxboro

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 1:00 PM

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

**Friday, November 9**  
"Waitress," 2007, 104m

**Friday, November 23**  
"The Best Exotic Marigold Hotel," 2012, 124m

**Monday, November 26**  
"A Midnight Clear," 1992, 107m

**Friday, November 30**  
"A Letter to Three Wives,"  
1949, 103m

## FRIENDS BOUTIQUE PLEA ELECTION DAY IS CLOSE!

The Friends boutique needs items to sell. Please send in your finds. We appreciate your help. Baked goods accepted on November 5th or 6th.

## THE WALKING CLUB

**Sign-up is required.**

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

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.

**November 2nd**

Walden Pond, Concord MA

**November 9th**

Cowassock Woods and  
Ashland Town Forest,  
Framingham

## THE COUNCIL PLAYERS PERFORMANCE

FACILITATED BY JUDIE  
STRAUSS

**Friday, November 16th  
1:30 pm**

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

The Council Players, a play reading group, has been rehearsing for weeks, and the time has arrived for their grand performance. On behalf of our own drama group, please join us for a terrific performance. We look forward to seeing you! We give a big thank-you to Judie Strauss for volunteering to facilitate this group.

## SUPPORT GROUP

**Weight Management,  
Hoarding, Low Vision**

Call 781-455-7555

## LIFELONG LEARNING PROGRAMS

### ART HISTORY: "VINCENT VAN GOGH"

**Wednesday, November 7th • 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.**

Van Gogh's life is one of the most dramatic, romantic, and tragic stories in all of art history. His paintings are passionate, beautiful and they succeed in sharing with us, briefly, the experience of his madness. His career was very short, but his gifts and his influence very great. Join us for a look at his work and the brief but brilliant flame that was his life. Nothing is stranger than the truth.

### BOOK REVIEW OF "MY NAME IS MARY SUTTER"

**BY ROBIN OLIVEIRA**

PRESENTED BY GAIL RICE

**Thursday, November 8th • 1:00 pm**

At the Needham Senior Center

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

Set against the backdrop of the Civil War, this novel centers around a young midwife named Mary Sutter who dreams of becoming a surgeon. Determined to overcome the prejudices against women in medicine, Mary travels to Washington, D.C. to help tend the wounded in the Civil War. Under the guidance of two surgeons, who both have very strong feelings for her, Mary resists her mother's pleas to return home to help with the difficult birth of her twin sister's baby and decides instead to pursue her medical career against all odds. A vivid, dramatic novel about love, medicine and the Civil War, "My Name is Mary Sutter" features an indomitable, memorable heroine whom the reader will root for until the very end!

## IT'S FRIDAY, ENTERTAINMENT LIVE WITH PIANIST AND SINGER, KRISANTHI PAPPAS

**Friday, November 16th • 1:30 pm**

At the Needham Senior Center

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

Join us for a terrific afternoon with Pianist and Singer Krisanthi Pappas who will perform all the great American classics: George Gershwin, Cole Porter, Rodgers and Hammerstein, Irving Berlin and Jerome Kern. Krisanthi is well versed and will also perform songs of 60s, 70s and will sing songs that she has written as well. At the performance she will supply the audience with song titles so that you can make your favorite song requests. Based in the Boston area, Krisanthi is a full-time entertainer playing an average 150 performances a year throughout New England and New York City. In January of 2011 she performed for Governor Deval Patrick's Inaugural Celebration. She has also performed around the U.S. and Caribbean. Krisanthi is the songwriter and singing voice heard on many New England television and radio jingles.

## WEIGHT MANAGEMENT SUPPORT GROUP – 5 WEEKS

**Mondays • 12:45 pm • Begins November 19th**

**Cost: \$20.00. Payment is due at the first class.**

Instructor: Pearl Pressman

**To sign up or for more information, call Sherry Jackson, Associate Director  
at 781-455-7555.**

Are you fed up with your increasing weight? Do you reach for food when you're bored, tired, stressed, or anxious, instead of when you're hungry? This program will teach you how to make doable lifestyle changes to achieve your weight-loss goals. The group will be led by Pearl Pressman, a Certified Weight Management Consultant, who has lost over 100 pounds. Pearl is a member of the National Weight Loss Registry and has worked as a Weight Watchers group leader.

# 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 – 7 WEEKS

**Thursdays • 10:00-11:00 am**  
**Begins November 8th**

Offsite location:

Christ Episcopal Church  
1132 Highland Avenue

**Cost is \$28.00**

Instructor: Louise Carbone

## LINE DANCING CLASS – 5 WEEKS

**Mondays • 12:00-1:00 pm**  
**Begins November 19th**

Offsite Location: The Baptist Church,  
838 Great Plain Avenue

**Cost is \$20.00**

Instructor: Regina Sharpe

## BALLROOM DANCING CLASS – “WALTZ” 4 WEEKS

**Tuesdays • 2:00 pm**  
**Begins November 6th**

Offsite location:

The YMCA on Chestnut Street

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

Instructor: Betty Hood

## SENIOR STRENGTH EXERCISE CLASS

**5 Weeks**

**Mondays • 10:15 am**  
**Begins November 19th.**

**Cost is \$20.00**

**9 weeks**

**Fridays • 9:15 am**  
**Begins November 2nd.**

**Cost is \$36.00**

At the Needham Senior Center  
Instructor: Pearl Pressman

## YOGA – 7 WEEKS

**Mondays • 9:00 am**  
**Begins November 19th**

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 – 6 WEEKS

**Mondays • 9:00 am**  
**Begins November 5th**

Offsite location:

Christ Episcopal Church  
1132 Highland Avenue

**Cost: \$24.00**

Instructor: Scott Brumit

## THE ARTHRITIS EXERCISE CLASS – 8 WEEKS

**Tuesdays • 2:00 pm**  
**Begins October 30th**

At the Needham Senior Center

Instructor: Lisa Cadigan

**Thursdays • 2:00 pm**  
**Begins November 1st**

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 November 14th**

At the Needham Senior Center

**Cost: \$50.00**

Instructor: Leslie Worris

## ART CLASS – 4 WEEKS

TAUGHT BY

RAMUNE JAUNISKIS

**Mondays • 12:00-1:30 pm**  
**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!

## 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!

## REPRESENTATIVE DENISE GARLICK OFFICE HOURS

**Monday, November 5th**  
**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.

**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)



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,  
November 13th  
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!

## LECTURE FINANCIAL EXPLOITATION

PRESENTATION OFFERED BY SHEILA PRANSKY,  
COORDINATOR OF SENIOR PROGRAMS AT THE NORFOLK DISTRICT  
ATTORNEY MICHAEL W. MORRISSEY'S OFFICE

**Thursday, November 15th • 1:00 pm**

At the Needham Senior Center

**Sign-up is required. 781-455-7555. There is no fee for this event.**

Join us for an informative talk regarding current information on scams and how to spot and avoid becoming a victim of identity theft and financial exploitation. Several FTC bulletins will be available to participants containing valuable information to help safeguard their identity and guidelines for action should they have a problem. A question and answer period will follow the presentation. All are welcome.

## HOUSING OPTIONS TOURS BEGIN

**Please reserve your seat early space is limited.**

**To sign-up for either or both tours call 781-455-7555**

In September the Needham Council on Aging and Senior Center held a Housing Options Event, whereby participants learned about all kinds of housing options. As promised we are coordinating tours to area senior housing communities. This month we invite you to tour either or both of the following communities

## TRADITIONS OF DEDHAM

**Friday, November 16th**

**Departs the Needham Senior Center at 11:30 am**

On this tour you will be treated to lunch, a tour and will be entertained with a Western Hoe-Down show. Traditions of Dedham offers spacious apartments chock-full of amenities, including the ability to cook on your own or use of their gourmet dining facilities, in-house laundry services, 24-hour security, and a range of daily living services that you can tap into should you have a temporary health issue or something that requires long-term attention.

## NEW POND VILLAGE

**Wednesday, November 28th**

**Departs the Needham Senior Center at 10:00 am**

This morning tour will include coffee and New Pond's tasty own signature coffee cake. New Pond Village resides amongst a 30-acre wooded suburban setting, complete with nature trails and convenient parking. Spacious one, two and three-bedroom apartment homes with full kitchens, balconies and walk-in closets. Also, on-site banking, a country store, library, exercise facility, fine dining and full activities program.



## 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

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- Short Term, Long Term & Dementia Units
- Up to 7days/week Physical Therapy, Occupational Therapy, & Speech Therapy
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- Dedicated dementia unit
- Skilled nursing care with specialties in medically complex cases

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# NOVEMBER 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p align="center"><b>CALENDAR OF PROGRAMS AND EVENTS</b> Needham Council on Aging and Senior Center 83 Pickering Street • Needham, MA 02492 • 781-455-7555 • www.needhamma.gov <b>Please Note: Items in bold indicate that sign-up is required.</b> <b>Offsite Locations of Programs</b></p> <p>#1 Charles River YMCA 380 Chestnut Street</p> <p>#2 Needham Public Library 1139 Highland Avenue</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 Avenue</p> <p>#7 Wingate Nursing Home 589 Highland Avenue</p> <p>#8 Presbyterian Church 1458 Great Plain Avenue</p> <p>#9 North Hill 865 Central Ave.</p> <p>#10 Needham Public High School 60 Webster Street</p>			<p align="right">1</p> <p>9:00 Pool 9-11:30 Table Tennis <b>9:30 Piano Lessons</b> 10:00 Knitting 10:00 Whist <b>10:00 Zumba #6</b> <b>11:45 Lunch</b> <b>12:00 Computer Lessons</b> <b>1:00 Play Reading</b> 1:00 Bridge – Duplicate 1:00 Cribbage – Men <b>2:00 Arthritis Exercise with Lisa #1</b></p>	<p align="right">2</p> <p>9:00 Pool 9:15 Quilting <b>9:15 Senior Strength Exercise</b> <b>10:15 Walking Club: Walden Pond</b> <b>10:30 P &amp; R Exercise</b> <b>11:45 Lunch</b> 1:00 Bridge – Men <b>1:30 Annual Willgoose Lecture: "Pros and Cons of Question 2 – Medication to End Life"</b> <b>No Movie or Board Games Today</b></p>
<p align="right">5</p> <p>9-11:30 Table Tennis 9:00 Pool <b>9:00 Tai Chi Class #6</b> <b>9:00 Yoga with Sandi</b> <b>9:00 Walking Club</b> <b>10:15 Senior Strength Ex.</b> 10:45 Rep. Denise Garlick Office Hours <b>11:30 Lunch Bunch: Bamboo, Dedham</b> <b>11:45 Lunch</b> <b>12:00 Line Dancing #4</b> <b>12:00 Art Class #2</b> <b>12:45 Weight Management Support Group</b> 1:00 Bridge – Men 1:15 Transitions As We Age Group #3 2:00 Hoarding Support Group</p>	<p align="right">6</p> <p>9:00 Pool 9:15 Bridge – Women 10:30 Current Events Group <b>11:45 Lunch</b> 12:45 Singing Group 1:00 Bridge – Men 1:00 Cribbage – Women <b>2:00 Ballroom Dancing "Waltz" #1</b> <b>2:00 Arthritis Exercise with Randi</b></p> <p align="center"><b>ELECTION DAY</b></p>	<p align="right">7</p> <p>9:00 Pool 9:00 Keep Well Clinic 9-11:30 Table Tennis <b>9:15 Exercise</b> <b>10:30 Art History: Vincent Van Gogh #3</b> <b>11:45 Lunch</b> 12:00 Bridge – Women #3 <b>1:00 Veterans Appreciation Party</b> 1:00 Bridge – Men 1:00 Bridge Class <b>2:45 Better Balance</b> <b>Better Bones</b></p>	<p align="right">8</p> <p>9:00 Pool 9-11:30 Table Tennis <b>9:30 Piano Lessons</b> 10:00 Knitting <b>10:00 Zumba #6</b> <b>11:45 Lunch</b> <b>12:00 Computer Lessons</b> <b>1:00 Play Reading</b> <b>1:00 Book Review with Gail Rice: "My Name is Mary Sutter"</b> 1:00 Bridge – Duplicate <b>2:00 Arthritis Exercise with Lisa #1</b> COA Board Meeting <b>TRIP TO FOXWOODS</b></p>	<p align="right">9</p> <p>9:00 Pool 9:15 Quilting <b>9:15 Senior Strength Exercise</b> <b>10:15 Walking Club: Cowasock Woods and Ashland Town Forest, Framingham</b> <b>10:30 P &amp; R Exercise</b> <b>11:45 Lunch</b> <b>11:45 AARP Driving Program</b> 1:00 Bridge – Men 1:00 Scabble 1:00 Movie: Waitress, 2007 <b>No Mah Jong Today</b></p>
<p align="center"><b>CLOSED IN OBSERVANCE OF VETERANS DAY</b></p>	<p align="right">13</p> <p>9:00 Pool 9:15 Compass Collating 9:15 Bridge – Women <b>9:15 Easy Yoga</b> 10:30 Creative Writing Group <b>11:45 Lunch</b> 12:45 Singing Group 1:00 Bridge – Men 1:00 Cribbage – Women <b>2:00 Ballroom Dancing "Waltz" #1</b> <b>2:00 Arthritis Exercise with Randi</b></p>	<p align="right">14</p> <p>9:00 Pool 9-11:30 Table Tennis <b>9:15 Exercise</b> <b>11:45 Lunch</b> 12:00 Bridge – Women #3 1:00 Bridge – Men 1:00 Bridge Class <b>2:45 Better Balance</b> <b>Better Bones</b></p>	<p align="right">15</p> <p>9:00 Pool 9-11:30 Table Tennis <b>9:30 Piano Lessons</b> 10:00 Knitting 10:00 Whist <b>10:00 Zumba #6</b> <b>11:45 Lunch</b> <b>12:00 Computer Lessons</b> <b>1:00 Play Reading</b> <b>1:00 Lecture: Financial Exploitation</b> 1:00 Bridge – Duplicate 1:00 Cribbage – Men <b>2:00 Arthritis Exercise with Lisa #1</b></p>	<p align="right">16</p> <p>9:00 Pool <b>9:15 Senior Strength Exercise</b> 9:15 Quilting 10:00 Low Vision Support Group 11:30 Tour to Traditions of Dedham <b>11:45 Lunch</b> 1:00 Bridge – Men <b>1:30 Play Reading Performance #2</b> <b>1:30 It's Friday, Entertainment Live with Pianist and Singer, Krisanthi Pappas</b> <b>No Movie or Board Games Today</b></p>
	<p align="right">19</p> <p>9-11:30 Table Tennis 9:00 Pool <b>9:00 Tai Chi Class #6</b> <b>9:00 Yoga with Sandi</b> <b>9:00 Walking Club</b> <b>10:15 Senior Strength Ex.</b> 10:45 Rep. Denise Garlick Office Hours <b>11:30 Lunch Bunch: Agostino's, Natick</b> <b>11:45 Lunch</b> <b>12:00 Line Dancing #4</b> <b>12:45 Weight Management Support Group</b> 1:00 Bridge – Men 1:15 Transitions As We Age Group #3 2:00 Hoarding Support Group</p>	<p align="right">20</p> <p>9:00 Pool 9:15 Bridge – Women <b>9:15 Easy Yoga</b> 10:30 Current Events Group <b>11:45 Lunch</b> 12:45 Singing Group 1:00 Bridge – Men 1:00 Cribbage – Women <b>2:00 Ballroom Dancing "Waltz" #1</b> <b>2:00 Arthritis Exercise with Randi</b></p>	<p align="right">21</p> <p>9:00 Pool 9:00 Keep Well Clinic 9-11:30 Table Tennis <b>9:15 Exercise</b> <b>11:45 Lunch</b> 12:00 Bridge – Women #3 1:00 Bridge – Men 1:00 Bridge Class <b>2:45 Better Balance</b> <b>Better Bones</b></p>	<p align="center"><b>CLOSED IN OBSERVANCE OF THANKSGIVING</b></p>
<p align="right">26</p> <p>9-11:30 Table Tennis 9:00 Pool <b>9:00 Tai Chi Class #6</b> <b>9:00 Yoga with Sandi</b> <b>9:00 Walking Club</b> <b>10:15 Senior Strength Ex.</b> <b>11:30 Lunch Bunch: Olive Garden, Patriot Place, Foxboro</b> <b>11:45 Lunch</b> <b>12:00 Line Dancing #4</b> <b>12:00 Art Class #2</b> <b>12:45 Weight Management Support Group</b> 1:00 Movie: A Midnight Clear, 1992 1:00 Bridge – Men 1:15 Transitions As We Age Group #3 2:00 Hoarding Support Group</p>	<p align="right">27</p> <p>9:00 Pool 9:15 Bridge – Women <b>9:15 Easy Yoga</b> 10:30 Creative Writing Group <b>11:45 Lunch</b> 12:00 Bridge – Women #3 12:45 Singing Group 1:00 Bridge – Men 1:00 Cribbage – Women <b>2:00 Ballroom Dancing "Waltz" #1</b> <b>2:00 Arthritis Exercise with Randi</b></p>	<p align="right">28</p> <p>9:00 Pool 9-11:30 Table Tennis <b>9:15 Exercise</b> <b>11:45 Lunch</b> 12:00 Bridge – Women #3 1:00 Bridge – Men 1:00 Bridge Class <b>2:45 Better Balance</b> <b>Better Bones</b></p>	<p align="right">29</p> <p>9:00 Pool <b>9-11:30 Shred-A-Thon</b> 9-11:30 Table Tennis <b>9:30 Piano Lessons</b> 10:00 Tour to New Pond Village 10:00 Knitting <b>10:00 Zumba #6</b> <b>11:45 Lunch</b> <b>12:00 Computer Lessons</b> 1:00 Bridge – Duplicate 1:00 Cribbage – Men <b>2:00 Arthritis Exercise with Lisa #1</b></p>	

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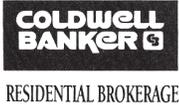
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