



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.

Friends Board of Directors

Pat White
Jay Kaplan
Jan Dorsey
Chairs

Sylvia Shuman
Secretary

Carol Ditmore
Treasurer

Isabelle Avedikian
Stephen Cadigan
Betsy Tedoldi

Jamie Brenner Gutner
Ex Officio

Roma Jean Brown
Ex Officio

Friends Programs

Jackie Julian-Martin
(Trip Coordinator)

Nancy Wetherell
Judi Finkle
(Boutique)

HOLIDAY HAPPENINGS AT THE NEEDHAM SENIOR CENTER

HELP US DECORATE THE SENIOR CENTER FOR THE HOLIDAY SEASON

Wednesday, December 5th • 12:30 - 2:30 pm

At The Needham Senior Center

Calling all elves – we need your expertise! Please help us decorate the Senior Center in holiday cheer. We'll have donut holes, eggnog and cider to help get us in the holiday spirit. As many of you know, our Center is a home-away-from-home, so let's make our home sparkle this holiday season.

ANNUAL HOLIDAY PARTY

FEATURING THE WONDERFUL VOICES OF THE
NEEDHAM RETIRED MEN'S CLUB CHORAL GROUP

Tuesday, December 18th • 1:30 pm

At The Needham Senior Center

Come one, come all. Please join us for our Annual Holiday Party. The Needham Retired Men's Choral Group will entertain us and get us in the holiday spirit! Enjoy the music or sing along. Feast on delicious desserts and enjoy a visit from a special guest!

ANNUAL POLICE UNION – SENIOR CITIZENS DINNER

Sunday, December 16th • 12:00 pm

At the VFW Hall

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

To reserve your seat, call 781-455-7555.

NEW YEAR'S NEEDHAM

PRESENTING THE OLDE KIDS, AN NINETEEN-PIECE BIG BAND.

Monday, December 31st • 1:00 – 2:30 pm

Since the Senior Center has limited space, this event will be held offsite. The venue makes for a spectacular location to present this awesome 19-piece band. Celebrate 2013 with us in the Great Room, called Powers Hall, at Town Hall!

Would you like to dance but don't have a partner?

Not to worry, we have extra dancers that are waiting to dance with "you"!

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

If you would like to purchase a \$5.00 New Year's Needham Button this will allow you to attend all other Needham First Night Activities.

Buttons can be purchased at the Needham Senior Center, Town Hall and library.

Powers Hall at town hall was restored to replicate its original 1911 design. The acoustics are phenomenal. The room has chandelier lighting, a stage, plenty of room to dance and a balcony for an overhead viewing. The Olde Kids is a nineteen-piece band, including: 5 Saxes, 4 trombones, 4 trumpets, rhythm (piano, bass, guitar, and drums). The band's lead singer is female vocalist Mara Castle, whose favorite role model by far is Rosemary Clooney. Also singing are two male horn players. They are comprised of musicians who are retired business executives, accountants, teachers, lawyers and a retired officer with the CIA or FBI. The band's repertoire is from the swing era – '30s and '40s. The band will also take requests. So come on down, request your favorite tune, dance or simply enjoy the music.





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

Joan DeFinis, MBA
Outreach Worker

Penny Gordon, BA
*Volunteer and Transportation
Program Coordinator*

Dorene Nemeth, MBA
Kathy Worhach
SHINE

Clif Holbrook
Building Monitor

Elwyn Cotter
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.

VOLUNTEER APPRECIATION CELEBRATION

Thursday, December 6th • 1:00 – 2:30 pm

Needham Council on Aging and Senior Center

For further information contact Penny Gordon, Transportation and Volunteer Coordinator at 781-455-7555, ext.204

FRIENDS' TRIPS PROGRAM

THE FRIENDS OF THE NEEDHAM ELDERLY would love to thank everyone who joined us on our trips this year. We had so much fun, made new friends and shared lots of happy memories – THANKS SO MUCH!

Our next trip on **FRIDAY, DECEMBER 14th** to the 4:00 pm performance of the BOSTON POPS has virtually sold out already. However, if you are still interested in going please register your interest by telephoning the Senior Center Trips Department on 781-455-7555 ext. 209 and we will add you to our wait list or try to purchase more tickets up front for that performance. Again, they will be sold on a first come, first serve basis on receipt of your check and availability of tickets from the Boston POPS. At present we have 34 people registered and we hope to have more of you join us. Ticket prices, including the coach trip to and from the concert, range from \$79.00 - \$94.00 for first balcony seats.

The coach leaves Linden and Chambers, Needham, MA at 2:30 pm and the Senior Center at 2:45 pm. Please phone us to let us know your pick-up location at 781-455-7555, ext. 209. The performance lasts approx. two hours and we hope to be back between 6:45 and 7:00 pm-ish.

HAPPY HOLIDAYS FROM THE FRIENDS, THANK YOU FOR YOUR SUPPORT AND WE LOOK FORWARD TO SEEING YOU ALL NEXT YEAR

And feel free to let us know if you would like us to make a special trip somewhere!

NARRATED HISTORIC TOUR OF NEEDHAM

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

This is a REPEAT of the tour which took place in August, 2012.

Due to the overwhelming interest in participating in this excursion, we are glad to be able to offer the same tour on two different days.

**Friday, December 7th and Friday, December 14th
10:00am – 12:00pm**

Board the Council on Aging Van for a narrated Historic Tour of your town. Gloria Greis, of the Needham Historical Society will narrate our tour. Participants will find out about the Bank Robbery, the Odd Fellows' Fire, the Mark(ed) Tree, and the valley where the dirt was excavated and used to fill in Boston's Bay neighborhood, among other elements of the town's past. Gloria will share with us her insight, history and tidbits of information that have helped form the town we live in today. Sign up is required and is limited to 14 passengers. Please note, watch for future editions of your Compass as more tours will take place in the coming months. Be on the lookout for when a repeat of the Neighborhood Tour will take place and a sequel to the Historic Tour will be scheduled.

**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 THE NEEDHAM ELDERLY DONATIONS

DONORS

- Betty and Gerald Anderson
- John Donna
- David Garland
- Golden Law Center
- Jack and Ethel Gurkin
- Robert and Peggy Hageroot
- Sande Lafaver
- Joan Macewen
- Edith Piper
- Elio Semprucci
- Florence Volk

IN MEMORY OF

- Richard and Jennie Burns in memory of Helen Krawiecki
- Valborg Eklund from Barbara Ryan

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!

TABLE OF CONTENTS

Art Class	4	Lunch & Learn Lecture	4
Art History	5	Monday's Lunch Bunch	3
Arthritis Exercise Class	5	Movies	3
Ballroom Dancing Lessons	5	Narrated Historic Tour of Needham	2
Better Balance Better Bones	5	New Year's Entertainment a	
Compass Collating	6	19 piece BIG band!	1
Computer Lessons	4	Police Union Dinner	1
Creative Writing Group	4	Representative Denise Garlick	
Current Events Group	6	Office Hours	5
Dance Classes	5	Senior Strength Exercise	5
Elder Abuse Hotline	6	Shine Update – Medicare and	
Exercise Classes	5	Prescription Drugs	6
Friends Update	3	Table Tennis	5
Holiday Party	1	Tai Chi	5
Hoarding Support Group	5	Trips	2
Inclement Weather	4	Veteran's Aid and Attendance Program	4
Job Search and Resume Workshop	4	Volunteer Appreciation Celebration	2
Line Dancing Class	5	Yoga	5
Low Vision Support Group	4	Zumba	5

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, December 3

Outback Steakhouse,
Norwood

Monday, December 10

Morse Tavern, Natick

Monday, December 17

One Bistro, Norwood

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, December 7th

"Dave", 1993

Kevin Kline and

Sigourney Weaver in a witty political comedy.

Friday, December 14th

"Ghost Town", 2008

Ricky Gervais and Tea Leoni in a hilarious ghost tale.

Monday, December 17th

"The King's Speech", 2011

Starring Colin Firth.

Friday, December 21st

"The Lucky One", 2012

Zac Efron and Blythe Danner, Iraq vet seeks his guardian angel.

Friday, December 28th

"The Queen of Versailles", 2012

Couple builds house with ten kitchens.

ART CLASS – 2 WEEKS

TAUGHT BY

RAMUNE JAUNISKIS

**Mondays • 12:00-1:30 pm
December 10th, 17th**

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!

COMPUTER LESSONS

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

LOW-VISION SUPPORT GROUP

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

At the Needham Senior Center

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. The group addresses topics about how to use specialized equipment in the home or on the job; how to maintain independence, aging and vision loss, or the effects of vision loss on family and friends. If you need a ride, call the Senior Center, 781-455-7555.

LUNCH AND LEARN LECTURE “VETERAN’S AID AND ATTENDANCE PROGRAM”

Wednesday, December 12th • 12:00 pm

At the Needham Senior Center

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

The Veteran’s Aid and Attendance Program awards pensions to wartime veterans, their spouses, or their surviving spouses to help pay for home healthcare, assisted living, nursing home or memory care when the need for such care is not service related. At this lecture you will learn about this program and have an opportunity to have your questions answered.

JOB SEARCH SKILLS TRAINING PROGRAM FOR THE MATURE WORKER

RESUME WORKSHOP

December 10th • 2:00 - 4:00 PM

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

Are you over 55 years old and job searching?

Need some help on how to update your resume?

Interested in learning how to use the Internet to find and apply for employment?

Please join us for an engaging resume workshop, designed specifically for the mature worker. The workshop will be led by Rebecca L. Cadima a human resources professional with over 15 years’ experience. Ms. Cadima will present specific strategies and resume formats to enable participants to compete in today’s challenging job market. At the conclusion of the workshop, each participant will be invited to sign-up for a one on one computer-based follow-up session on how to apply for jobs and submit resumes online.

JOB AND RESUME COMPUTER APPOINTMENTS

Mondays • 3:00 pm

beginning on December 17

(no appointments December 24 or 31)

To make your individual appointment call 781-455-7555

There is no fee for this service.

CREATIVE WRITING GROUP

10:30 – 11:30 am

The group meets on the 2nd and 4th Tuesday of the 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!

INCLEMENT WEATHER CONDITIONS

Winter has arrived! When we have a snowstorm, stay tuned to your local TV channel for school closings. If the Needham public schools are closed, the Senior Center will also be closed. If the Needham Schools are on a two-hour delay, the Senior Center will open at 10:30 am.

EXERCISE AND DANCE CLASSES

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

COST OF COUNCIL ON AGING AND SENIOR CENTER

EXERCISE CLASSES IS \$32.00 PER 8-WEEK CLASS.

Although the following 8-week classes began in November, you can still join during the month of December! 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.

TAI CHI CLASS

Mondays • 9:00am

YOGA

Mondays • 9:00am

LINE DANCING CLASS

Mondays • 12:00pm

SENIOR STRENGTH

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

THE ARTHRITIS EXERCISE CLASS

**Tuesdays and Thursdays
2:00 pm**

BETTER BALANCE, BETTER BONES

Wednesdays • 2:45 pm

ZUMBA

Thursdays • 10:00 am

BALLROOM DANCING CLASS:

“STUDENTS’ CHOICE”

**4 Weeks, Tuesdays • 2:00 pm
Begins December 4th**

Offsite location:

The YMCA on Chestnut Street

Cost for each 4-week class is \$16.00

Instructor: Betty Hood

The Council on Aging would like to thank the Needham YMCA for letting us use this space in order to host this wonderful program. Please wear shoes that allow movement on a wood floor – not rubber soles.

LIFELONG LEARNING PROGRAM

ART HISTORY: “ANIMALS IN ART PART 1”

Wednesday, December 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.

Animals in Art – Beasts of Fame & Fable. Humans are the only animals that communicate with art. But we love animals, and we especially love art about animals. Many creatures indeed are so important to us that we have imbued them with mythical abilities and magical symbolism that has greatly influenced much of our culture and religion. Join us for a journey around the world and throughout history to appreciate how connected we are with the beasts of fame and fable and how we have cultivated these myths and fables to connect us to one another in art.

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

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, December 3rd
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.

HOARDING SUPPORT GROUP

Mondays • 2:00 pm

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

Lorraine G., a hoarder herself, has formed a support group at the Needham Senior Center for people with hoarding behaviors. The group meets every Monday from 2-4 p.m. 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.”



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,
December 11th
9:15am

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!

SHINE UPDATE – MEDICARE AND PRESCRIPTION DRUGS

Question: Does it matter which pharmacy you use?

Answer: For many Medicare plans, the pharmacy you use could make a big difference in the cost of your drugs!

All Medicare drug plans and Medicare Advantage plans (HMOs, PPOs) have network pharmacies. Most pharmacies accept most plans. However, if you go to a pharmacy that isn't in your plan's network, your drugs will not be covered. If you find that your pharmacy does not accept your plan, you should go to one that does. This year about half of the Medicare drug plans have preferred pharmacies in addition to network pharmacies. If your plan has preferred pharmacies, you may save money by using those pharmacies. Your prescription drugs may cost much less at a preferred pharmacy. There are plans where a drug may cost \$0 at a Preferred Pharmacy, but may cost \$7 at a Non-Preferred Pharmacy. Some plans also offer a mail-order program that allows you to get up to a 90-day supply of your covered prescription drugs sent directly to your home. This is sometimes a cheaper and easier way to fill your prescriptions.

**MEDICARE OPEN ENROLLMENT ENDS DECEMBER 7th!
IF YOU WANT TO CHANGE YOUR MEDICARE PLAN,
DON'T WAIT!
CALL 1-800-MEDICARE NOW!**

**CURRENT EVENTS GROUP
Meets on the first, third and fifth Tuesday of every month
10:30 - 11:30 am**

At the Needham Senior Center
There is no fee for this group.

We have two enthusiastic co-leader volunteers that facilitate the group. If you are interested in talking with others about today's headlines or what should be in today's headlines, please join us. This group is a friendly place to equally share information with one another in a supportive environment.



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
- Family owned and operated
- Up to 7days/week Physical Therapy, Occupational Therapy, & Speech Therapy
- Dedicated dementia unit
- In house therapists
- Skilled nursing care with specialties in medically complex cases

135 Ellis Avenue • Norwood, MA 02062 • 781-762-6880
www.TheEllis.com

DECEMBER 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY												
<p>9-11:30 Table Tennis 3</p> <p>9:00 Pool</p> <p>9:00 Tai Chi # 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: Outback Steakhouse, Norwood</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>1:30 Canasta #3</p> <p>2:00 Hoarding Support Group</p>	<p>4</p> <p>9:00 Pool</p> <p>9:15 Bridge – Women</p> <p>9:15 Easy Yoga</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 "Students Choice" #1</p> <p>2:00 Arthritis Exercise</p>	<p>5</p> <p>9:00 Pool</p> <p>9:00 Keep Well Clinic</p> <p>9-11:30 Table Tennis</p> <p>9:15 P & R Exercise</p> <p>10:30 Art History: Animals in Art, Part I #3</p> <p>11:45 Lunch</p> <p>12:00 Bridge – Women #3</p> <p>12:30 Decorate the COA</p> <p>1:00 Bridge – Men</p> <p>1:00 Bridge Class</p> <p>2:45 Better Balance Better Bones</p>	<p>6</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 Volunteer Appreciation Party</p> <p>1:00 Cribbage – Men</p> <p>2:00 Arthritis Exercise with Randi</p> <p>No Duplicate Bridge Today</p>	<p>7</p> <p>9:00 Pool</p> <p>9:15 Quilting</p> <p>9:15 Senior Strength Exercise</p> <p>10:00 Narrated Historic Tour of Needham</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: Dave, 1993</p>												
<p>9-11:30 Table Tennis 10</p> <p>9:00 Pool</p> <p>9:00 Tai Chi # 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: Morse Tavern, Natick</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>1:30 Canasta #3</p> <p>2:00 Resume Workshop</p> <p>2:00 Hoarding Support Group</p>	<p>11</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>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 "Students Choice" #1</p> <p>2:00 Arthritis Exercise</p>	<p>12</p> <p>9:00 Pool</p> <p>9-11:30 Table Tennis</p> <p>9:15 P & R Exercise</p> <p>11:45 Lunch</p> <p>12:00 Lunch and Learn: Veteran's Aid and Attendance Program</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>13</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 Cribbage – Men</p> <p>1:00 Bridge – Duplicate</p> <p>2:00 Arthritis Exercise with Randi #1</p> <p>6:45 COA Board Meeting</p>	<p>14</p> <p>9:00 Pool</p> <p>9:15 Quilting</p> <p>9:15 Senior Strength Exercise</p> <p>10:00 Narrated Historic Tour of Needham</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: Ghost Town, 2008</p> <p>4:00 Trip to The Boston Pops</p>												
<p>9-11:30 Table Tennis 17</p> <p>9:00 Pool</p> <p>9:00 Tai Chi # 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: One Bistro, Norwood</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: The King's Speech, 2011</p> <p>1:00 Bridge – Men</p> <p>1:30 Canasta #3</p> <p>2:00 Hoarding Support Group</p> <p>3:00 Job and Resume Computer Appointment</p>	<p>18</p> <p>9:00 Pool</p> <p>9:15 Bridge – Women</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>1:30 Holiday Party</p> <p>2:00 Ballroom Dancing "Students Choice" #1</p> <p>2:00 Arthritis Exercise</p>	<p>19</p> <p>9:00 Pool</p> <p>9:00 Keep Well Clinic</p> <p>9-11:30 Table Tennis</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>20</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 Bridge – Duplicate</p> <p>1:00 Cribbage – Men</p> <p>2:00 Arthritis Exercise with Randi #1</p>	<p>21</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>1:00 Movie: The Lucky One, 2012</p>												
<p>9-11:30 Table Tennis 24</p> <p>9:00 Pool</p> <p>11:45 Lunch</p> <p>SENIOR CENTER CLOSSES AT 12:00 PM IN OBSERVANCE OF CHRISTMAS</p>	<p>25</p> <p>CLOSED IN OBSERVANCE OF CHRISTMAS</p>	<p>26</p> <p>9:00 Pool</p> <p>9-11:30 Table Tennis</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>No Better Balance Better Bones Class Today</p>	<p>27</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 Bridge – Duplicate</p> <p>1:00 Cribbage – Men</p> <p>2:00 Arthritis Exercise with Randi #1</p>	<p>28</p> <p>9:00 Pool</p> <p>9:15 Senior Strength Exercise</p> <p>9:15 Quilting</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 Queen of Versailles, 2012</p>												
<p>9-11:30 Table Tennis 31</p> <p>9:00 Pool</p> <p>9:00 Yoga with Sandi</p> <p>9:00 Walking Club</p> <p>11:45 Lunch</p> <p>1:00 New Years Eve Party: The Olde Kids Big Band #11</p> <p>1:00 Bridge – Men</p> <p>2:00 Hoarding Support Group</p>	<p>CALENDAR OF PROGRAMS AND EVENTS</p> <p>Needham Council on Aging and Senior Center</p> <p>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> <tr> <td>#4 Baptist Church • 858 Great Plain Ave.</td> <td></td> <td>#11 Town Hall, Powers Hall 1471 Highland Ave.</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	#4 Baptist Church • 858 Great Plain Ave.		#11 Town Hall, Powers Hall 1471 Highland Ave.
#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														
#4 Baptist Church • 858 Great Plain Ave.		#11 Town Hall, Powers Hall 1471 Highland Ave.														

Veterans Taxi

**Brand New Vehicles,
Now with Hybrid Options!**
Senior Discounts Available

781-235-1600

www.veteranstaxi.com

CR Louise Condon Realty, Inc.

"Needham's Home Town Brokers"™

781-449-6292

399 Chestnut Street • Needham, MA 02492 • www.condonrealty.com



**BRIARWOOD HEALTHCARE
& REHABILITATION CENTER**
AT 150 LINCOLN STREET

- ◆ An Eden Alternative Registered Home
 - ◆ Family Owned and Operated ◆ Secured Alzheimer's Program
 - ◆ Short Term Rehabilitation ◆ Long Term Care
- 781-449-4040**

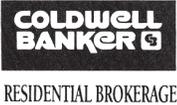
Relax and Enjoy
Healthy Foods at
R Roche Bros.
Your family deserves the best.

Martha M. McMahon, ABR, SRES®
Seniors Real Estate Specialist

781-343-4058

martha.mcmahon@nemoves.com

*One Chapel Street
Needham, MA 02492*



**KEEP YOUR LIFE SAVINGS
SAFE FOR LIFE.**

Needham Bank

YOUR FUTURE. OUR FOCUS.

MEMBER FDIC
MEMBER SIF



NEEDHAMBANK.COM 781-444-2100

SOSTEK
HOME CARE

617-244-8560

www.SostekHomeCare.com

Council on Aging Board Members

Carol deLemos
Colleen Schaller
Co-Chairs

Roma Jean Brown

Scott Brightman

Ed Cosgrove

Phyllis Fanger

Dan Goldberg

Susanne Hughes

Eilene Kleiman

Andrea Rae

Lianne Relich

Mary Elizabeth Weadock

**VISIT US ONLINE AT:
www.needhamma.gov**

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

FRIENDS OF NEEDHAM ELDERLY, INC.

83 Pickering Street
Needham, MA 02492

RETURN SERVICE REQUESTED

NON-PROFIT
ORGANIZATION
U.S. POSTAGE
PAID
BOSTON, MA
PERMIT #54486