



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 Programs

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## LIFELONG LEARNING PROGRAMS

### ART HISTORY "ITALIAN RENAISSANCE"

**Wednesday, January 2nd • 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.*

### MEET THE AUTHOR - CAITRIN LYNCH

**Wednesday, January 16th • 1:00 pm**

At the Needham Senior Center

*No fee or sign-up required.*

Please join Olin College anthropologist Caitrin Lynch for a presentation about her new book, "Retirement on the Line: Age, Work, and Value in an American Factory." The book is an in-depth study of Vita Needle Company, a workplace in Needham which employs primarily senior citizens. Professor Lynch will talk about the value and meaning of work for older citizens, and the profound insights regarding societies view about aging and employment.

### ART HISTORY "LEONARDO DA VINCI"

**Wednesday, February 6th • 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.*

## IT'S FRIDAY ENTERTAINMENT LIVE WITH SINGER AND ENTERTAINER TOMMY RULL

At the Needham Senior Center

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

**Friday, January 11th • 1:30 pm**

Presenting "A Musical Journey Through The Years" – Frank Sinatra, Barry Manilow, Cole Porter, Englebert, Louis Armstrong, Lou Rawls, Dean Martin, Neil Diamond and many more.

## SAVE THE DATE! FRIDAY, MARCH 1ST.

NEEDHAM'S ART IN BLOOM AND  
ENTERTAINMENT LIVE WITH MAGIC BY JACK RYAN

**Art in Bloom Exhibit • 12-4 pm**

**Entertainment • 1:30-2:30 pm**

At the Needham Senior Center.

*No fee.*

**Sign-up is recommended for Entertainment. Call 781-455-7555.**





COUNCIL  
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.

**LETTER FROM FRIENDS OF NEEDHAM ELDERLY**

What a year we will have in 2013!! Because of the generosity of the Town of Needham, the State of Massachusetts, local businesses community organizations, and individual donors like you, we will have a new Senior Center with the necessary enhancements to make it a truly wonderful place! It is under construction and should be ready for occupancy by the Fall. Drive by and take a look.

What do we need now? More than ever, we need your dues and donations! Over the years, we have used this revenue to fund the printing and distribution of the Senior Compass which gives us information on all the excellent programs, events and services that the Needham Council on Aging provides each month. Your dues and donations also contribute to the operation of the new van and assist the Council on Aging with other expenses and support throughout the year. The money that has been raised for the new center is for the building itself and will not contribute to the above needs. We must continue to collect yearly dues and donations to maintain this level of support for the Needham Council on Aging.

Please use the enclosed envelope to send in your 2013 dues now! Let's be sure that we continue to be an active and successful support group for the Needham Council on Aging.

Thank you!

Friends of Needham Elderly Board of Directors

*Pat White, Jay Kaplan, Jan Dorsey, Sylvia Shuman, Carol Ditmore, Isabel Avedikian, Stephen Cadigan, Betsy Tedoldi*

**TAX COUNSELING SPONSORED BY AARP AND THE COA**

At the Needham Senior Center

**WHAT YOU NEED TO KNOW ABOUT SCHEDULING AN APPOINTMENT!**

Call the Senior Center to schedule a tax appointment anytime AFTER February 1, 2013. If you call before this date we will not be able to book your appointment. On the day of your appointment bring the following 3 items: (1) a copy of your 2012 tax return, (2) all income statements received including Social Security, and (3) any state or federal tax forms you received in the mail. Counselors are trained by the IRS.

**LUNCH AND LEARN LECTURE – TIMES TWO**

At the Needham Senior Center

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

**FINDING HOPE AND JOY IN THE PAIN OF LOSS**  
PRESENTED BY KIM ADAMS, CERTIFIED PROFESSIONAL LIFE COACH

**Wednesday, January 9th • 12:00 pm**

Snow date: January 30th • 12:00 pm

You will learn and understand the link between love and loss, as well as ways to experience joy, hope, and healing in a difficult situation.

**PRESENTATION BY THE  
NEEDHAM HEALTH DEPARTMENT**

PRESENTED BY NURSES, DONNA CARMICHAEL AND DONNA VIGLIANO

**Tuesday, February 12th • 11am**

Come learn about the Needham Health Department and hear about the array of nursing services available to you.

## HOUSING OPTIONS TOURS BEGIN

Please reserve your seat early space is limited.

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

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.

### EDELWEISS VILLAGE, WEST ROXBURY

**Monday, January 14th**

**Departs the Needham Senior Center at 10:30 am**

Edelweiss Village is West Roxbury's premier not-for-profit assisted living community and offers the best of all worlds; worry-free living, a quiet setting with easy access to the city, and endless opportunities to enjoy an active, vibrant lifestyle in a secure community. Edelweiss Village offers 62 monthly rental apartments with a range of services and amenities including respite stays. After the tour you will be treated a light lunch of soup and sandwiches. Our caring, dedicated staff welcomes you.

### GROVE MANOR ESTATES, BRAINTREE MA

**Thursday, January 31, 2013**

**Departs the Needham Senior Center at 11:00 am**

Grove Manor Estates is owned and operated by the Anthony Franchi Family which has over 40 years' experience delivering quality and compassionate assistance to seniors. We offer a comfortable homelike environment in a serene setting situated just minutes from Routes 3, 93 and 128. We provide a full range of residential options: independent living, assisted living, or memory care. We will also provide you with a tasty lunch.

### EMERITUS AT WILSON MOUNTAIN, DEDHAM

**Thursday, February 7th**

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

Emeritus at Wilson Mountain offers a homelike setting and cheerful smiles from our professional staff who greets you every day. Our caring staff offers the assistance you need while respecting your independence. We offer independent, assisted and Alzheimer's living community, friendship suites, short-stay respite care and on-site rehabilitation. We have a peaceful setting, restaurant-style dining experience, activities and beautiful surroundings. This tour will include lunch in our restaurant style dining room.

### AVERY CROSSINGS, NEEDHAM

**Tuesday, February 19th**

**Departs the Needham Senior Center at 9:30 am**

Avery Crossings is a residential community of 60 independent and assisted living apartments. Each apartment includes a full kitchen, accessible bath and an emergency call system. The monthly fee includes three gourmet meals daily, linen service, housekeeping, transportation and more. Personal care assistance and medication management are available if needed.

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

## SHOPPING EXPERIENCE IN NEEDHAM:

Departure from the Senior Center at 10:30 am. Please call 781-455-7555 to sign up. If you require being picked up at your home in Needham, please ask for Penny after speaking with receptionist.

### Friday, January 11th

Shop at Volente Farms:  
Greenhouse, Farm Kitchen,  
and local groceries.

### Friday, February 8th

Shop at Trader Joe's: a unique  
shopping experience.

### For Weekly Grocery Shopping

For shopping to Roche Bros and  
Sudbury Farms call 781-455-7555.

## MOVIES AT 1:00 PM

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

### January 4th

Bernie, 2012

Jack Black, Shirley MacLaine  
A true story of the 'nicest'  
man in east Texas.

### January 18th

Hopscotch, 1980

Walter Matthau, Glenda Jackson  
Demoted CIA man gets back  
at boss.

### January 25th

My Big Fat Greek Wedding, 2002  
Nia Vardalos

### February 1st

The End of the Affair, 2000  
Graham Greene novel.  
Julianne Moore seeks amends  
with God for illicit affair.

### February 8th

Moscow on the Hudson, 1984  
Robin Williams  
Russian musician defects at  
Bloomingdales.

### February 22nd

Moonrise Kingdom, 2012  
Hot ticket movie about  
12 year old lovers who escape  
into wilderness.

**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)

## MONDAY'S LUNCH BUNCH

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

Meet at the Senior Center at 11:30 am, board our van and take a ride to:

**Monday, January 7**  
Bertucci's, Needham

**Monday, January 14**  
Spiga, Newton

**Monday, January 28**  
New Garden, Needham

**Monday, February 4**  
Not Your Average Joe's, Needham

**Monday, February 11**  
Jonathan's Grill, Newton

**Monday, February 25**  
Mick Morgan's, Newton

You will pay the cost of your meal separately at the restaurant. Enjoy!!

## ART CLASS – 8 WEEKS

**Mondays 12:00-1:30 pm**  
**January 14 & 28,**  
**Feb 11 & 25,**  
**March 11, 25, and**  
**April 8 & 22**

Offsite Location:  
Needham Public Library  
Community Room  
1139 Highland Avenue  
**Fee is \$32.00.**

**Pre-registration is required.**  
**To sign up, call 781-455-7555.**

Students bring their own materials and ideas for projects and receive guidance from the instructor.

## WEIGHT MANAGEMENT SUPPORT GROUP – 8 WEEKS

**Mondays • 12:45-1:45 pm**  
**Begins on January 7th**  
**Cost: \$32.00 Payment is due at the first class.**  
Instructor: Pearl Pressman  
**To sign up, call 781-455-7555.**

## RINGIN THE NEW YEAR WITH A DANCE OR EXERCISE CLASS

At the Needham Senior Center  
**To sign up, call the Needham Senior Center at 781-455-7555.**  
Payment is due at the first class.

## LINE DANCING CLASS – 8 WEEKS

**Mondays • 12:00-1:00 pm**  
**Begins January 7th**  
Offsite location: The Baptist Church,  
835 Great Plain Avenue  
**Cost: \$32**  
Instructor: Manny Correia

## SENIOR STRENGTH EXERCISE CLASS – 8 WEEKS

**Mondays • 10:15 am**  
**Begins January 7th**  
**Fridays • 9:15 am**  
**Begins January 4th**  
**Cost for each 8-week session is \$32**  
**Cost for both sessions is \$64**  
Instructor: Pearl Pressman

## TAI CHI CLASS – 6 WEEKS

**Mondays • 9:00 am**  
**Begins January 7th**  
Offsite location:  
Christ Episcopal Church  
1132 Highland Avenue  
**Cost: \$24**  
Instructor: Scott Brumit

## YOGA – 8 WEEKS

**Tuesdays • 9:00 am**  
**Begins January 28th**  
**Cost: \$32**  
Instructor: Sandi Levy  
At the Needham Senior Center  
Please bring a mat to the class.

## THE ARTHRITIS FOUNDATION EXERCISE CLASS – 8 WEEKS

**Tuesdays • 2:00 pm**  
**Begins January 8th**  
Instructor: Lisa Cadigan  
At the Needham Senior Center

**Thursdays • 2:00 pm**  
**Begins January 3rd**  
Instructor: Randi Sharec  
Offsite location:  
The YMCA on Chestnut Street  
**Cost for each 8 week session is \$32**  
**Cost for both sessions is \$64**

## BETTER BALANCE BETTER BONES – 8 WEEKS

**Wednesdays • 2:45 pm**  
**Begins January 16th**  
**Cost: \$50**  
Instructor: Leslie Worris

## ZUMBA – 8 WEEKS

**Thursdays • 10:00-11:00 pm**  
**Begins January 3rd**  
Offsite location:  
Christ Episcopal Church  
1132 Highland Avenue  
**Cost: \$32**  
Instructor: Louise Carbone

## CIRCUIT BREAKER LECTURE

HOSTED AND PRESENTED BY SENATOR RICHARD J. ROSS AND MR. BRIAN LYNCH OF THE MASSACHUSETTS DEPARTMENT OF REVENUE

**Monday, February 25th • 11:30 am**  
At the Needham Senior Center  
**No fee or sign-up required.**

The Senior Circuit Breaker Tax Credit provides senior citizens age 65+ with a real estate property tax credit.

## VALENTINES PARTY WITH THE TWINS

**Thursday, February 14th • 1:30 pm**  
At the Needham Senior Center

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



Lyn and Jan DeBenedictis, a dynamic vocal duo will perform a musical line-up of show tunes, musical comedy, jazz and popular songs. The DeBenedictis identical twins have performed all over New England and have been in commercials as well.

**FREE LEGAL ASSISTANCE  
BOSTON COLLEGE ELDER LAW PROJECT**

**Friday, January 25th • 1:00 pm**

At the Needham Senior Center

**To make an appointment, call 781-455-7555.**

**AARP DRIVING COURSE**

**Monday, January 28th • 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.**

**IN HONOR OF NATIONAL BLACK HISTORY MONTH**

**THE FILM "THE COLOR PURPLE" DIRECTED BY STEVEN SPIELBERG**

Intermission with refreshments

**Friday, February 8th • 1:00 pm**

At the Needham Senior Center

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

The Color Purple is a 1985 American period drama film, based on the Pulitzer Prize-winning novel of the same name by Alice Walker. The film stars Danny Glover, Desreta Jackson, Margaret Avery, Oprah Winfrey, Adolph Caesar, Rae Dawn Chong, and introducing Whoopi Goldberg as Celie Harris. The film tells the story of a young African American girl named Celie Harris and shows the problems African American women faced during the early 1900s, including poverty, racism, and sexism. Celie is transformed as she finds her self-worth through the help of two strong female companions.



**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,  
February 12th  
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!

**EATON FUNERAL HOME ~ A TRADITION OF CARING**

Family Owned & Operated - Serving  
Needham and Surrounding Communities Since 1818  
Funeral Trusts & Pre-Planning  
Honoring all Religions, Faiths, Customs and Cultures

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465 Centre St., 617-244-2034

**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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**THE ELLIS**  
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- Short Term, Long Term & Dementia Units
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- In house therapists
- Skilled nursing care with specialties in medically complex cases

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www.TheEllis.com

# JANUARY 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 <b>CLOSED IN OBSERVANCE OF NEW YEARS DAY</b>	2 9:00 Pool 9:00 Keep Well Clinic 9-11:30 Table Tennis <b>9:15 P &amp; R Exercise</b> 10:30 Art History: Italian Renaissance #3 <b>11:45 Lunch</b> 12:00 Bridge – Women #3 1:00 Bridge – Men <b>2:45 Better Balance Better Bones</b>	3 9:00 Pool <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> 1:00 Cribbage – Men <b>2:00 Arthritis Exercise with Randi #1</b>	4 9:00 Pool 9-11:30 Table Tennis 9:15 Quilting <b>9:15 Senior Strength Exercise</b> <b>10:30 P &amp; R Exercise</b> 10:45 Rep. Denise Garlick Office Hours <b>11:45 Lunch</b> 1:00 Bridge – Men 1:00 Board Games, Mah Jong, Scabble, etc. 1:00 Movie: Bernie, 2012
9:00 Pool <b>9:00 Tai Chi # 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: Bertucci's, Needham</b> <b>Lunch</b> <b>11:45 Line Dancing #4</b> <b>12:00 Art Class #2</b> <b>12:45 Weight Management Support Group</b> 1:00 Friend's Meeting 1:30 Canasta #3 2:00 Hoarding Support Group <b>3:00 Job and Resume Computer Appointment</b>	8 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 Arthritis Exercise with Lisa</b>	9 9:00 Pool 9-11:30 Table Tennis <b>9:15 P &amp; R Exercise</b> <b>11:45 Lunch</b> <b>12:00 Lunch and Learn: Finding Hope and Joy in the Pain of Loss</b> 12:00 Bridge – Women #3 1:00 Bridge – Men <b>2:45 Better Balance Better Bones</b>	10 9:00 Pool <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> 1:00 Cribbage – Men <b>2:00 Arthritis Exercise with Randi #1</b>	11 9:00 Pool 9-11:30 Table Tennis 9:15 Quilting <b>9:15 Senior Strength Exercise</b> <b>10:30 P &amp; R Exercise</b> <b>10:30 Shop at Volente Farms</b> <b>11:45 Lunch</b> 1:00 Bridge – Men <b>1:30 Entertainment Live with Singer and Entertainer Tommy Rull</b> <b>No Movie or Board Games Today</b>
9:00 Pool <b>9:00 Tai Chi # 6</b> <b>9:00 Walking Club</b> <b>10:15 Senior Strength Ex.</b> 10:30 Housing Options Tour "Edelweiss Village", West Roxbury <b>11:30 Lunch Bunch: Spiga, Newton</b> <b>Lunch</b> <b>11:45 Line Dancing #4</b> <b>12:00 Art Class #2</b> <b>12:45 Weight Management Support Group</b> 1:00 Advisory Meeting 1:30 Canasta #3 2:00 Hoarding Support Group <b>3:00 Job and Resume Computer Appointment</b> <b>No Yoga Today</b>	15 9:00 Pool 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 Arthritis Exercise with Lisa</b>	16 9:00 Pool 9:00 Keep Well Clinic 9-11:30 Table Tennis <b>9:15 P &amp; R Exercise</b> <b>11:45 Lunch</b> 12:00 Bridge – Women #3 1:00 Bridge – Men <b>1:00 Meet the Author "Caitrin Lynch"</b> <b>2:45 Better Balance Better Bones</b>	17 9:00 Pool <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> 1:00 Cribbage – Men <b>2:00 Arthritis Exercise with Randi #1</b>	18 9:00 Pool 9-11:30 Table Tennis <b>9:15 Senior Strength Exercise</b> 9:15 Quilting 10:00 Low Vision Support Group <b>11:45 Lunch</b> 1:00 Bridge – Men 1:00 Board Games, Mah Jong, Scabble, etc. 1:00 Movie: Hopscotch, 1980
21 <b>CLOSED IN OBSERVANCE OF MARTIN LUTHER KING JR. DAY</b>	22 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 Arthritis Exercise with Lisa</b>	23 9:00 Pool 9-11:30 Table Tennis <b>9:15 P &amp; R Exercise</b> <b>11:45 Lunch</b> 12:00 Bridge – Women #3 1:00 Bridge – Men <b>2:45 Better Balance Better Bones</b>	24 9:00 Pool <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> 1:00 Bridge – Duplicate 1:00 Cribbage – Men <b>2:00 Arthritis Exercise with Randi #1</b>	25 9:00 Pool 9-11:30 Table Tennis <b>9:15 Senior Strength Exercise</b> 9:15 Quilting <b>10:30 P &amp; R Exercise</b> <b>11:45 Lunch</b> <b>1:00 B.C. Legal</b> 1:00 Bridge – Men 1:00 Board Games, Mah Jong, Scabble, etc. 1:00 Movie: My Big Fat Greek Wedding, 2002
9:00 Pool <b>9:00 Tai Chi # 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: New Garden, Needham</b> <b>Lunch</b> <b>11:45 AARP Driving Course</b> <b>12:00 Art Class #2</b> <b>12:00 Line Dancing #4</b> <b>12:45 Weight Management Support Group</b> 1:30 Canasta #3 2:00 Hoarding Support Group <b>3:00 Job and Resume Computer Appointment</b>	29 9:00 Pool 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 Arthritis Exercise with Lisa</b>	30 9:00 Pool 9-11:30 Table Tennis <b>9:15 P &amp; R Exercise</b> <b>11:45 Lunch</b> 12:00 Bridge – Women #3 1:00 Bridge – Men <b>2:45 Better Balance Better Bones</b>	31 9:00 Pool <b>9:30 Piano Lessons</b> 10:00 Knitting 10:00 Whist <b>10:00 Zumba #6</b> <b>11:00 Housing Options Tour "Grove Manor Estates", Braintree</b> <b>11:45 Lunch</b> <b>12:00 Computer Lessons</b> 1:00 Cribbage – Men <b>2:00 Arthritis Exercise with Randi #1</b>	

# FEBRUARY 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY					
<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>				1 9:00 Pool 9-11:30 Table Tennis 9:15 Quilting <b>9:15 Senior Strength Exercise</b> <b>10:30 P &amp; R Exercise</b> <b>11:45 Lunch</b> 1:00 Bridge – Men 1:00 Board Games, Mah Jong, Scabble, etc. 1:00 Movie: The End of the Affair, 2000					
#1 Charles River YMCA 380 Chestnut Street  #2 Needham Public Library 1139 Highland Avenue  #3 Avery Crossings • 110 West St.  #4 Baptist Church • 858 Great Plain Ave.		#5 NHA Community Room 5 Chambers Street  #6 Christ Episcopal Church 1132 Highland Avenue  #7 Wingate Nursing Home 589 Highland Avenue		#8 Presbyterian Church 1458 Great Plain Avenue  #9 North Hill • 865 Central Ave.  #10 Needham Public High School 60 Webster Street  #11 Town Hall, Powers Hall 1471 Highland Ave.					
9-11:30 Table Tennis 9:00 Pool <b>9:00 Tai Chi # 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: Not Your Average Joe's, Needham</b> <b>11:45 Lunch</b> <b>12:00 Line Dancing #4</b> <b>12:45 Weight Management Support Group</b> 1:00 Friends Meeting 1:00 Bridge – Men 1:30 Canasta #3 2:00 Hoarding Support Group	4	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 Arthritis Exercise with Lisa</b>	5	9:00 Pool 9:00 Keep Well Clinic 9-11:30 Table Tennis <b>9:15 P &amp; R Exercise</b> 10:30 Art History: Leonardo Da Vinci #3 <b>11:45 Lunch</b> 12:00 Bridge – Women #3 1:00 Bridge – Men <b>2:45 Better Balance Better Bones</b>	6	9:00 Pool <b>9:30 Piano Lessons</b> 10:00 Knitting 10:00 Whist <b>10:00 Zumba #6</b> <b>11:30 Housing Options Tour "Emeritus at Wilson Mountain", Dedham</b> <b>11:45 Lunch</b> <b>12:00 Computer Lessons</b> 1:00 Cribbage – Men <b>2:00 Arthritis Exercise with Randi #1</b>	7	9:00 Pool 9-11:30 Table Tennis 9:15 Quilting <b>9:15 Senior Strength Exercise</b> <b>10:30 P &amp; R Exercise</b> <b>10:30 Shop at Trader Joe's</b> <b>11:45 Lunch</b> 1:00 Bridge – Men 1:00 Board Games, Mah Jong, Scabble, etc. <b>1:00 Movie: The Color Purple, 1985 In Honor of National Black History Month</b>	8
9:00 Pool <b>9:00 Tai Chi # 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: Jonathan's Grill, Newton</b> <b>11:45 Lunch</b> <b>12:00 Art Class #2</b> <b>12:00 Line Dancing #4</b> <b>12:45 Weight Management Support Group</b> 1:30 Canasta #3 2:00 Hoarding Support Group	11	9:00 Pool 9:15 Compass Collating 9:15 Bridge – Women 10:30 Creative Writing Group <b>11:00 Lunch and Learn Lecture "Needham Health Department"</b> <b>11:45 Lunch</b> 12:45 Singing Group 1:00 Bridge – Men 1:00 Cribbage – Women <b>2:00 Arthritis Exercise with Lisa</b>	12	9:00 Pool 9-11:30 Table Tennis <b>9:15 P &amp; R Exercise</b> <b>11:45 Lunch</b> 12:00 Bridge – Women #3 1:00 Bridge – Men <b>2:45 Better Balance Better Bones</b>	13	9:00 Pool <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> 1:00 Cribbage – Men <b>1:30 Valentines Party</b> <b>2:00 Arthritis Exercise with Randi #1</b> <b>No Duplicate Bridge Today</b>	14	9:00 Pool 9-11:30 Table Tennis <b>9:15 Senior Strength Exercise</b> 9:15 Quilting 10:00 Low Vision Support Group <b>11:45 Lunch</b> 1:00 Bridge – Men 1:00 Board Games, Mah Jong, Scabble, etc. 1:00 Movie: Moscow on the Hudson, 1984	15
<b>18</b>  <b>CLOSED IN OBSERVANCE OF PRESIDENTS DAY</b>	19	9:00 Pool 9:00 Keep Well Clinic 9-11:30 Table Tennis <b>11:45 Lunch</b> 12:00 Bridge – Women #3 1:00 Bridge – Men <b>2:45 Better Balance Better Bones</b>	20	9:00 Pool <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> 1:00 Cribbage – Men <b>2:00 Arthritis Exercise with Randi #1</b>	21	9:00 Pool 9-11:30 Table Tennis 9:15 Quilting <b>9:15 Senior Strength Exercise</b> <b>10:30 P &amp; R Exercise</b> <b>11:45 Lunch</b> 1:00 Bridge – Men 1:00 Board Games, Mah Jong, Scabble, etc. 1:00 Movie: Moonrise Kingdom, 2012	22		
9:00 Pool <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: Mick Morgan's, Newton</b> <b>11:30 Lecture "Circuit Breaker"</b> <b>11:45 Lunch</b> <b>12:00 Art Class #2</b> <b>12:00 Line Dancing #4</b> <b>12:45 Weight Management Support Group</b> 1:30 Canasta #3 2:00 Hoarding Support Group <b>No Tai Chi Today</b>	25	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 "Students Choice" #1</b> <b>2:00 Arthritis Exercise</b>	26	9:00 Pool 9-11:30 Table Tennis <b>9:15 P &amp; R Exercise</b> <b>11:45 Lunch</b> 12:00 Bridge – Women #3 1:00 Bridge – Men <b>2:45 Better Balance Better Bones</b>	27	9:00 Pool <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> 1:00 Cribbage – Men <b>2:00 Arthritis Exercise with Randi #1</b>	28		

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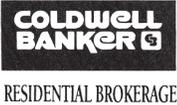


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