



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**

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(Boutique)

ANNUAL FRIENDS MEETING & SUMMER SOCIAL

Monday, July 22nd • 2PM

Needham Senior Center • 83 Pickering Street

EVERYONE, PLEASE JOIN US

ELECT for the FY 2014

Friends of Needham Elderly Board of Directors

REFRESHMENTS • DOOR PRIZES

Friends of Needham Elderly
83 Pickering Street, Needham, MA 02492
needhamfone@comcast.net
www.needhamfone.com

Sign-up is requested – please call 781-455-7555.
There is no fee for this program.



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COUNCIL
ON AGING

Needham

**Council on Aging
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**Advisory Board
Members**

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Ann DerMarderosian
Jack Donna
Marjorie Gaultitz
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.**

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:

JULY	AUGUST
Monday, July 1 Bamboo, Dedham	Monday, August 5 Bertucci's, Norwood
Monday, July 8 Bella Costa, Framingham	Monday, August 12 The Chateau, Norwood
Monday, July 15 Cracker Barrel, Wrentham	Monday, August 19 Naked Fish, Waltham
Monday, July 22 Sherborn Inn, Sherborn	Monday, August 26 Ninety Nine, Walpole
Monday, July 29 Skipjack's, Patriot Place, Foxboro	<i>Enjoy!</i>

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.

SHOPPING EXPERIENCE IN NEEDHAM:

**Friday, 7/19 – Volante Farms
Friday, 8/16 – Trader Joe's**

Departure from the Senior Center will be 10:30am.

Please call 781-455-7555 to sign up. If you require a pick up at your home in Needham, please inform the receptionist and be sure to provide your phone number.

GROCERY SHOPPING

To participate in our regular, independent grocery shopping service, which provides transportation from one's Needham home to Roche Bros and Sudbury Farms, please call 781-455-7555 for more information.

IT'S FRIDAY ENTERTAINMENT LIVE TIMES TWO

At the Needham Senior Center. **Sign-up is required. Call (781) 455-7555. There is no fee for this program.**

SINGER - JULIE A. ZIELSKI A TRIBUTE TO THE PHANTOM OF THE OPERA

Friday, July 12th • 1:30 pm

Ms. Zielski will perform selections from The Phantom of the Opera and other hit songs from Broadway shows such as Les Misérables, Oklahoma and South Pacific. Julie A. Zielski was classically trained as a vocalist during her youth. She formed her own "moonlight and roses" band "RareBlend" and performed as lead singer with her band at many nightclubs and restaurants in the New England area.

PIANIST - RICK SCALESE

Friday, August 23rd • 1:30 pm

Rick Scalese has performed throughout the New England region as well as in Berlin, Prague and Salzburg. He is a private piano teacher for the Lexington Pops Chorus, an organist for St. Theresa's Church in Lexington, and recently served as the Associate Music Director at Reagle Players in Waltham. He is a summa cum laude graduate of Boston University with a degree in composition. He will play musical pieces by Rodgers and Hammerstein, Strauss, Chopin, Liszt and Gershwin.

GLOUCESTER HARBOR CRUISE, SHOPPING AND LUNCH

Thursday, July 25th • 8:30 am

Escape for the day and join the Friends of Needham Elderly (FONE) for a lovely Seaside cruise of Gloucester Harbor, picturesque Rockport shopping and a bayside Gloucester House lunch.

Coach departs Linden and Chambers at 8:30 am and the Senior Center at 8:45 am and arrives back at approx 4.30 pm. This trip is limited to the first 42 people, upon your payment, so phone now to reserve your space at 781-455-7555, ext 209 - DON'T MISS THE BOAT! Please make checks of \$77.00 payable to F.O.N.E and mail to 83 Pickering St. Needham, MA, 02492. Let us know if you would like chicken or haddock for lunch and also your pick up location when booking please. Sorry, no refunds unless a replacement can be found 10 days before departure - This trip requires 30 to operate. Everyone Welcome!

LIFELONG LEARNING

ART HISTORY TIMES TWO

Offsite location: Avery Crossings • 110 West Street
There is no fee or sign-up required for this program.

THE AMERICAN WEST
Wednesday, July 3rd • 10:30 am

American artists have been like America itself – pioneering, bold, and independent, especially in the western frontiers where artists were confronted with a totally new and unbelievably beautiful landscape, alien culture and dramatically different life style. It fascinated everyone, especially the jaded and complacent Europeans who were enthralled and fascinated by the Western American experience. It was all over in just 75 years: from exploration thru pioneers, cowboys, gold miners, settlers, and the Indian Wars. Please join Art Matters for a look at a very brief but special time in our nation's history through the eyes of artists who tried to capture it.

EDGAR DEGAS
Wednesday, August 7th • 10:30 am

Known as the “Great Bear” of Paris, Edgar Degas was witty, urbane, chauvinistic, and misogynistic. He was an aristocrat who detested aristocrats, especially female aristocrats. He became known for painting ballerinas, “those little rats,” but is also known for the use of dramatic diagonals, dynamic off-centered compositions, and for elevating the humble pastel into the realm of fine art. His many contributions to the revolution that would be called Impressionism would help to change the art world forever.

BOOK REVIEW TIMES TWO

at the Needham Senior Center *Sign-up is recommended. Call 781-455-7555.*

"TOUCH AND GO" BY LISA GARDNER
Monday, July 15th • 1:00 pm

This exciting new thriller takes place in and around Boston and centers around the abduction of a couple and their teenaged daughter who live in the elite section of Boston's Back Bay. They have a seemingly perfect life, but have vanished without a trace! There are no witnesses, no apparent motive and no ransom demands. This psychological thriller does not disappoint! Where love, safety and family is concerned, it's all touch and go!

"RULES OF CIVILITY" BY AMOR TOWLES
Monday, August 26th • 1:00 pm
Presented by Gail Rice

The action takes place in 1930's New York City and the novel is truly a love letter to Manhattan as well as an homage to F.Scott Fitzgerald. Our Gatsby-like hero, a man named Tinker is a Wall Street man of great grace and good fortune. The narrator of the story is a woman named Katy who rises from lowly secretary to conquer the book and magazine publishing field. This fascinating novel revolves around Manhattan in the days when people could easily re-invent themselves and where anything was possible!

FOXWOODS CASINO TRIP

Tuesday, August 20, 2013 • 7:45am/8:00am

This popular trip is only \$25.00 including a \$10.00 food coupon or Free Festival Buffet & \$15 Keno, so please register early to avoid disappointment!

Escape the heat and enjoy someone else's a/c - Foxwoods Resort Casino and Resort in Mashantucket, CT 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). Approximate 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:** - Trip requires 30 passengers to operate and Foxwoods reserves the right to change program without notice.

**ART CLASS
FOR ALL LEVELS**
TAUGHT BY
PROFESSIONAL ARTIST
RAMUNE JAUNISKIS

**3 week class on
Monday, July 8th,
July 22nd and
August 5th
3:45-5:15 pm**

Offsite Location:
Needham Public Library
Community Room,
1139 Highland Avenue
Fee is \$12.00.

**Pre-registration required
(781-455-7555).**

Join us for art in an informal atmosphere at the Needham Library community room. Students should bring their own materials and ideas for projects. Each student will work on projects of their own choosing with guidance and suggestions from the instructor. All levels are welcome. Ramune Jauniskis, longtime watercolor teacher at the Stephen Palmer Senior Center, is currently teaching art in Belmont, Brookline, Needham, and Wellesley. She is a teacher and craftsman selling her work in local stores and on the Cape.

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 information call the Needham Senior Center at 781-455-7555.

COMPUTER LESSONS BY APPOINTMENT

Thursdays • 12 - 3 pm
At the Needham Senior Center

FRIDAY FLICKS

At the Needham Senior Center

at 1:00 pm

No fee or sign-up required.

JULY

Friday, July 5th

Sliding Doors (1997)

Gwyneth Paltrow misses her subway train and her life changes, or does she not. We get to watch her story unfold both ways.

Friday, July 19th

La Bayadere (2013)

Performance of scenes from the Paris Opera Ballet production.

Friday, July 26th

Waking Ned Devine (1998)

AUGUST

Friday, August 2nd

Arbitrage (2012)

Friday, August 9th

Brooklyn Castle (2012)

Friday, August 16th

Flight (2012)

Friday, August 30th

**By the Light of
the Silvery Moon (1953)**

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

Sign up today to receive your Compass by email. Please contact Jamie Brenner at 781-455-7555 or jgutner@needhamma.us

FREE LEGAL ASSISTANCE

Boston College

Elder Law Project

Friday, July 26th 1-3 pm

At the Needham Senior Center. To make your appointment, call 781-455-7555.

DANCE AND EXERCISE CLASSES

All classes take place at the Needham Senior Center unless otherwise indicated.

Sign-up is required – call 781-455-7555. Payment is due on the first week of class.

ZUMBA

Thursdays • 10:00 am

SESSION I – 4 WEEKS

July 11, 18, 25,

August 1

Cost is \$16.00

SESSION II – 4 WEEKS

August 8, 15, 22, 29

Cost is \$16.00

Instructor:

Louise Carbone

TAI CHI

Mondays • 9:00 am

SESSION I – 3 WEEKS

July 8, 15, 22

Cost is \$12.00

SESSION II – 3 WEEKS

August 12, 19, 26

Cost is \$12.00

Offsite location:

Christ Episcopal Church
1132 Highland Avenue

Instructor: Scott Brumit

BETTER BALANCE, BETTER BONES

Wednesdays

2:45 pm

**JULY & AUGUST –
6 WEEKS**

July 10, 24, 31

August 7, 14, 21

Cost is \$40.00

Instructor: Leslie Worris

YOGA

Mondays • 9:00 am

SESSION I – 3 WEEKS

July 1, 15, 22

SESSION II – 4 WEEKS

August 5, 12, 19, 26

**Cost for a 3 week
class is \$12.00**

**Cost for a 4 week
class is \$16.00**

Instructor: Sandi Levy

SENIOR STRENGTH EXERCISE

Mondays • 10:15 am

SESSION I –

MONDAYS – 5 WEEKS

July 1, 8, 15, 22, 29

SESSION II –

MONDAYS – 4 WEEKS

August 5, 12, 19, 26

Instructor:

Pearl Pressman

Fridays • 9:15 am

SESSION III –

FRIDAYS – 4 WEEKS

July 5, 12, 19, 26

SESSION IV –

FRIDAYS – 5 WEEKS

August 2, 9, 16, 23, 30

Cost for a 4 week

class is \$16.00

Cost for a 5 week

class is \$20.00

Instructor:

Pearl Pressman

THE ARTHRITIS EXERCISE CLASS

Tuesdays • 2:00 pm

SESSION I –

TUESDAYS – 5 WEEKS

July 2, 9, 16, 23, 30

SESSION II –

TUESDAYS – 4 WEEKS

August 6, 13, 20, 27

Instructor: Lisa Cadigan

Thursdays • 2:00 pm

SESSION III –

THURSDAYS – 3 WEEKS

July 11, 18, 25

Cost for a 3 week

class is \$12.00

Cost for a 4 week

class is \$16.00

Cost for a 5 week

class is \$20.00

Offsite location:

The YMCA on

Chestnut Street

Instructor: Randi Sharek

LINE DANCING CLASS

Mondays • 12:00 pm

SESSION I – 5 WEEKS

July 1, 8, 15, 22, 29

SESSION II – 4 WEEKS

August 5, 12, 19, 26

Offsite location:

Baptist Church,

858 Great Plain Avenue

Cost for a 4 week

class is \$16.00

Cost for a 5 week

class is \$20.00

Instructor:

Manny Correia

SUPPORT GROUPS

**For dates and times,
call (781) 455-7555**

At the Needham
Senior Center:

- Hoarding Support Group
- Low Vision Support Group

WEIGHT MANAGEMENT SUPPORT GROUP

Mondays • 12:45 pm

SESSION I – 5 WEEKS

July 1, 8, 15, 22, 29

SESSION II – 4 WEEKS

August 5, 12, 19, 26

Cost for a 4 week

class is \$16.00

Cost for a 5 week

class is \$20.00

Location:

The Needham
Senior Center

Instructor:

Pearl Pressman

Sign-up is required.

**Payment is due at
the first class.**

LUNCH AND LEARN LECTURE TIMES TWO

At the Needham Senior Center.

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

THE NEEDHAM HEALTH DEPARTMENT

Presented by nurses Donna Carmichael and Donna Vigliano

Thursday, July 18th • 12 pm

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

DISCOVER ROAD SCHOLAR, THE NEW ELDERHOSTEL

Wednesday, August 7th • 12 pm

During the program there will be a drawing for a \$50 gift certificate to be used toward a future Road Scholar program!

Where in the world do you want to go? Join us for a presentation about "Adventures in Lifelong Learning" with Road Scholar Ambassador Rochelle Kruger. Road Scholar, the world's leading provider of educational travel opportunities for adults, offers over 6,000 programs annually that explore subjects ranging from astronomy and aviation to winemaking and zoology. Rochelle has traveled to many fascinating locations including Alaska's Inside Passage, where the small boat was surrounded by 50 whales, and to Duxbury, MA for another wonderful program. In addition, intergenerational programs are offered for grandparents and their grandchildren, some just a car ride away.

FRIENDS OF THE NEEDHAM ELDERLY DONATIONS

GENERAL

- John J Naughton, Jr.
- Morton & Janet Parker

IN MEMORY OF

- Eileen Thompson
in memory of
Richard Peterson

JOB SEARCH SKILLS FOR THE MATURE WORKER INTERVIEWING WORKSHOP

Friday, July 19th • 2-4 pm

Please register at 781-455-7555 or e-mail

Joan DeFinis at jdefinis@needhamma.gov

Has it been awhile since you interviewed for a job? Are you unfamiliar with the Phone Screening Interview? Two experienced Human Resources professionals will help you understand the stages of interviewing today; how to prepare for the most likely questions, non-verbal communication, the match challenge, etc.

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

www.NeedhamSeniors.com

FOR REAL SERVICE
IN REAL ESTATE



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

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.

COMPASS NEWSLETTER LABELING AND COLLATING

**Tuesday,
August 13th
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!

JULY 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY												
<p>9:00 Pool 1 9:00 Yoga w/ Sandi 10:00 Walking Club 10:15 Senior Strength 10:45 Rep. Denise Garlick Office Hours 11:30 Lunch Bunch Bamboo, Dedham 11:45 Lunch 12:00 Line Dancing #4 12:45 Weight Management Support Group 1:00 Friends Meeting 1:30 Canasta 2:00 Hoarding Support Group NO TAI CHI TODAY</p>	<p>9:00 Pool 2 9:15 Bridge – Womens 10:30 Current Events 11:45 Lunch 1:00 Bridge – Men 1:00 Cribbage – Women 2:00 Arthritis Exercise w/ Lisa</p>	<p>9:00 Pool 3 9:00 Keep Well Clinic 9:00 Table Tennis 10:30 Art History #3 “The American West” 11:45 Lunch 12:00 Bridge – Women #3 1:00 Bridge Lesson Groups 1:00 Bridge – Men</p>	<p>4 SENIOR CENTER CLOSED IN OBSERVANCE OF INDEPENDENCE DAY</p>	<p>9:00 Pool 5 9:00 Table Tennis 9:15 Senior Strength 9:15 Quilting 11:45 Lunch 1:00 Bridge – Men 1:00 Board Games Mah Jong, Scrabble 1:00 Movie “Sliding Doors” (1997)</p>												
<p>9:00 Pool 8 9:00 Table Tennis 9:00 Tai Chi Class #6 10:00 Walking Club 10:15 Senior Strength 11:30 Lunch Bunch Bella Costa, Framingham 11:45 Lunch 12:00 Line Dancing #4 12:45 Weight Management Support Group 1:00 Bridge – Men 1:30 Canasta 2:00 Hoarding Support Group 3:45 Art Class #2 NO YOGA TODAY</p>	<p>9:00 Pool 9 9:15 Bridge – Women 10:30 Creative Writing 11:45 Lunch 12:45 Singing Group 1:00 Bridge – Men 1:00 Cribbage – Women 2:00 Arthritis Exercise w/ Lisa</p>	<p>9:00 Pool 10 9:00 Table Tennis 10:30 Exercise 11:45 Lunch 12:00 Bridge – Women #3 1:00 Bridge Lesson Groups 1:00 Bridge – Men 2:45 Better Balance Better Bones</p>	<p>9:00 Pool 11 10:00 Knitting 10:00 Whist 10:00 Zumba 11:45 Lunch 12:00 Computer Lessons 1:00 Cribbage – Men 1:00 Bridge – Duplicate 2:00 Arthritis Exercise with Randi #1</p>	<p>9:00 Pool 12 9:00 Table Tennis 9:15 Senior Strength 9:15 Quilting 11:45 Lunch 1:00 Bridge – Men 1:30 Entertainment Live with “Julie A. Zielski - A Tribute to The Phantom of the Opera” NO BOARD GAMES TODAY</p>												
<p>9:00 Pool 15 9:00 Tai Chi Class #6 9:00 Yoga w/ Sandi 10:00 Walking Club 10:15 Senior Strength 11:30 Lunch Bunch Cracker Barrel, Wrentham 11:45 Lunch 12:00 Line Dancing #4 12:45 Weight Management Support Group 1:00 Book Review w/ Gail- “Touch and Go” 1:30 Canasta 2:00 Hoarding Support Group</p>	<p>9:00 Pool 16 9:15 Bridge – Women 10:30 Current Events 11:45 Lunch 12:45 Singing Group 1:00 Bridge – Men 1:00 Cribbage – Women 2:00 Arthritis Exercise w/ Lisa</p>	<p>9:00 Pool 17 9:00 Table Tennis 9:00 Keep Well Clinic 10:30 Exercise 11:45 Lunch 12:00 Bridge – Women #3 1:00 Bridge Lesson Groups 1:00 Bridge – Men NO BETTER BALANCE BETTER BONES TODAY</p>	<p>9:00 Pool 18 10:00 Knitting 10:00 Whist 10:00 Zumba 11:45 Lunch 12:00 Computer Lessons 12:00 Lunch and Learn “The Needham Health Department” 1:00 Cribbage – Men 1:00 Bridge – Duplicate 2:00 Arthritis Exercise with Randi #1</p>	<p>9:00 Pool 19 9:00 Table Tennis 9:15 Senior Strength 9:15 Quilting 11:45 Lunch 1:00 Bridge – Men 1:00 Board Games Mah Jong, Scrabble 1:00 Movie “La Bayadere” (2013) 2:00 Job Search Skills</p>												
<p>9:00 Pool 22 9:00 Tai Chi Class #6 9:00 Yoga w/ Sandi 10:00 Walking Club 10:15 Senior Strength 11:30 Lunch Bunch Sherborn Inn, Sherborn 11:45 Lunch 12:00 Line Dancing #4 12:45 Weight Management Support Group 1:30 Canasta 2:00 Annual Friends Meeting & Summer Social 3:45 Art Class #2 NO HOARDING SUPPORT GROUP TODAY</p>	<p>9:00 Pool 23 9:15 Bridge – Women 10:30 Creative Writing 11:45 Lunch 12:45 Singing Group 1:00 Bridge – Men 1:00 Cribbage – Women 2:00 Arthritis Exercise w/ Lisa</p>	<p>9:00 Pool 24 9:00 Table Tennis 10:30 Exercise 11:45 Lunch 12:00 Bridge – Women #3 1:00 Bridge Lesson Groups 1:00 Bridge – Men 2:45 Better Balance Better Bones</p>	<p>9:00 Pool 25 10:00 Knitting 10:00 Whist 10:00 Zumba 11:45 Lunch 12:00 Computer Lessons 1:00 Cribbage – Men 1:00 Bridge – Duplicate 2:00 Arthritis Exercise with Randi #1 GLOUSTER HARBOR CRUISE TRIP</p>	<p>9:00 Pool 26 9:00 Table Tennis 9:15 Senior Strength 9:15 Quilting 11:45 Lunch 1:00 Bridge – Men 1:00 Board Games Mah Jong, Scrabble 1:00 B.C. Legal 1:00 Movie “Waking Ned Devine” (1998)</p>												
<p>9:00 Pool 29 9:00 Table Tennis 10:00 Walking Club 10:15 Senior Strength 11:30 Lunch Bunch Skipjacks, Patriot Place, Foxboro 11:45 Lunch 12:00 Line Dancing #4 12:45 Weight Management Support Group 1:30 Canasta 2:00 Hoarding Support Group NO YOGA TODAY NO TAI CHI TODAY</p>	<p>9:00 Pool 30 9:15 Bridge – Women 10:30 Current Events 11:45 Lunch 12:45 Singing Group 1:00 Bridge – Men 1:00 Cribbage – Women 2:00 Arthritis Exercise w/ Lisa</p>	<p>9:00 Pool 31 9:00 Table Tennis 10:30 Exercise 11:45 Lunch 12:00 Bridge – Women #3 1:00 Bridge Lesson Groups 1:00 Bridge – Men 2:45 Better Balance Better Bones</p>	<p style="text-align: center;">CALENDAR OF PROGRAMS AND EVENTS Needham Council on Aging and Senior Center 83 Pickering Street • Needham, MA 02492 • 781-455-7555 www.needhamma.gov Please Note: Items in bold indicate that sign-up is required. Offsite Locations of Programs</p> <table style="width: 100%; border: none;"> <tr> <td>#1 Charles River YMCA 380 Chestnut Street</td> <td>#5 NHA Community Room 5 Chambers Street</td> <td>#9 North Hill • 865 Central Ave.</td> </tr> <tr> <td>#2 Needham Public Library 1139 Highland Avenue</td> <td>#6 Christ Episcopal Church 1132 Highland Avenue</td> <td>#10 Needham Public High School 60 Webster Street</td> </tr> <tr> <td>#3 Avery Crossings 110 West St.</td> <td>#7 Wingate Nursing Home 589 Highland Avenue</td> <td>#11 Town Hall, Powers Hall 1471 Highland Ave.</td> </tr> <tr> <td>#4 Baptist Church 858 Great Plain Ave.</td> <td>#8 Presbyterian Church 1458 Great Plain Avenue</td> <td></td> </tr> </table>		#1 Charles River YMCA 380 Chestnut Street	#5 NHA Community Room 5 Chambers Street	#9 North Hill • 865 Central Ave.	#2 Needham Public Library 1139 Highland Avenue	#6 Christ Episcopal Church 1132 Highland Avenue	#10 Needham Public High School 60 Webster Street	#3 Avery Crossings 110 West St.	#7 Wingate Nursing Home 589 Highland Avenue	#11 Town Hall, Powers Hall 1471 Highland Ave.	#4 Baptist Church 858 Great Plain Ave.	#8 Presbyterian Church 1458 Great Plain Avenue	
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AUGUST 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CALENDAR OF PROGRAMS AND EVENTS Needham Council on Aging and Senior Center 83 Pickering Street • Needham, MA 02492 • 781-455-7555 • www.needhamma.gov Please Note: Items in bold indicate that sign-up is required. Offsite Locations of Programs			1 9:00 Pool 10:00 Knitting 10:00 Whist 10:00 Zumba 11:45 Lunch 12:00 Computer Lessons 1:00 Cribbage – Men 1:00 Bridge – Duplicate NO ARTHRITIS EXERCISE TODAY	2 9:00 Pool 9:00 Table Tennis 9:15 Senior Strength 9:15 Quilting 10:45 Lunch 1:00 Bridge – Men 1:00 Board Games Mah Jong, Scrabble 1:00 Movie “Arbitrage” (2012)
#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.				
5 9:00 Pool 9:00 Yoga w/ Sandi 10:00 Walking Club 10:15 Senior Strength 11:30 Lunch Bunch Bertucci's, Norwood 11:45 Lunch 12:00 Line Dancing #4 12:45 Weight Management Support Group Friends Meeting 1:00 Canasta 2:00 Hoarding Support Group 3:45 Art Class #2 NO TAI CHI TODAY	6 9:00 Pool 9:15 Bridge – Women 10:30 Current Events 11:45 Lunch 12:45 Singing Group 1:00 Bridge – Men 1:00 Cribbage – Women 2:00 Arthritis Exercise w/ Lisa	7 9:00 Pool 9:00 Table Tennis 9:00 Keep Well Clinic 10:30 Exercise 10:30 Art History #3 “Edgar Degas” 11:45 Lunch 12:00 Lunch and Learn “Discover Road Scholar, the new Elderhostel” 12:00 Bridge – Women #3 1:00 Bridge Lesson Groups 1:00 Bridge – Men 2:45 Better Balance Better Bones	8 9:00 Pool 10:00 Knitting 10:00 Whist 10:00 Zumba 11:45 Lunch 12:00 Computer Lessons 1:00 Cribbage – Men 1:00 Bridge – Duplicate NO ARTHRITIS EXERCISE TODAY	9 9:00 Pool 9:00 Table Tennis 9:15 Senior Strength 9:15 Quilting 11:45 Lunch 1:00 Bridge – Men 1:00 Board Games Mah Jong, Scrabble 1:00 Movie “Brooklyn Castle” (2012)
12 9:00 Pool 9:00 Table Tennis 9:00 Tai Chi Class #6 9:00 Yoga w/ Sandi 10:00 Walking Club 10:15 Senior Strength 11:30 Lunch Bunch The Chateau, Norwood 11:45 Lunch 12:00 Line Dancing #4 12:45 Weight Management Support Group Bridge – Men 1:00 Friends Meeting 1:30 Canasta 2:00 Hoarding Support Group	13 9:00 Pool 9:15 Compass Collating 9:15 Bridge – Women 10:30 Creative Writing 11:45 Lunch 12:45 Singing Group 1:00 Bridge – Men 1:00 Cribbage – Women 2:00 Arthritis Exercise w/ Lisa	14 9:00 Pool 9:00 Table Tennis 10:30 Exercise 11:45 Lunch 12:00 Bridge – Women #3 1:00 Bridge Lesson Groups 1:00 Bridge – Men 2:45 Better Balance Better Bones	15 9:00 Pool 10:00 Knitting 10:00 Whist 10:00 Zumba 11:45 Lunch 12:00 Computer Lessons 1:00 Cribbage – Men 1:00 Bridge – Duplicate NO ARTHRITIS EXERCISE TODAY	16 9:00 Pool 9:00 Table Tennis 9:15 Senior Strength 9:15 Quilting 11:45 Lunch 1:00 Bridge – Men 1:00 Board Games Mah Jong, Scrabble 1:00 Movie “Flight” (2012) 2:00 Interviewing Workshop
19 9:00 Pool 9:00 Table Tennis 9:00 Tai Chi Class #6 9:00 Yoga w/ Sandi 10:00 Walking Club 10:15 Senior Strength 11:30 Lunch Bunch Naked Fish, Waltham 11:45 Lunch 12:00 Line Dancing #4 12:45 Weight Management Support Group Bridge – Men 1:30 Canasta 2:00 Hoarding Support Group	20 9:00 Pool 9:15 Bridge – Women 10:30 Current Events 11:45 Lunch 12:45 Singing Group 1:00 Bridge – Men 1:00 Cribbage – Women 2:00 Arthritis Exercise w/ Lisa TRIP TO FOXWOODS CASINO	21 9:00 Pool 9:00 Table Tennis 9:00 Keep Well Clinic 10:30 Exercise 11:45 Lunch 12:00 Bridge – Women #3 1:00 Bridge Lesson Groups 1:00 Bridge – Men 2:45 Better Balance Better Bones	22 9:00 Pool 10:00 Knitting 10:00 Whist 10:00 Zumba 11:45 Lunch 12:00 Computer Lessons 1:00 Cribbage – Men 1:00 Bridge – Duplicate NO ARTHRITIS EXERCISE TODAY	23 9:00 Pool 9:00 Table Tennis 9:15 Senior Strength 9:15 Quilting 11:45 Lunch 1:00 Bridge – Men 1:00 Board Games Mah Jong, Scrabble 1:30 Entertainment Live with “Pianist Rick Scalse” NO BOARD GAMES TODAY
26 9:00 Pool 9:00 Tai Chi Class #6 9:00 Yoga w/ Sandi 10:00 Walking Club 10:15 Senior Strength 11:30 Lunch Bunch Ninety Nine, Walpole 11:45 Lunch 12:00 Line Dancing #4 12:45 Weight Management Support Group 1:00 Book Review w/ Gail- “Rules of Civility” 1:30 Canasta 2:00 Hoarding Support Group	27 9:00 Pool 9:15 Bridge – Women 10:30 Creative Writing 11:45 Lunch 12:45 Singing Group 1:00 Bridge – Men 1:00 Cribbage – Women 2:00 Arthritis Exercise w/ Lisa	28 9:00 Pool 9:00 Table Tennis 10:30 Exercise 11:45 Lunch 12:00 Bridge – Women #3 1:00 Bridge Lesson Groups 1:00 Bridge – Men NO BETTER BALANCE BETTER BONES TODAY	29 9:00 Pool 10:00 Knitting 10:00 Whist 10:00 Zumba 11:45 Lunch 12:00 Computer Lessons 1:00 Cribbage – Men 1:00 Bridge – Duplicate NO ARTHRITIS EXERCISE TODAY	30 9:00 Pool 9:00 Table Tennis 9:15 Senior Strength 9:15 Quilting 11:45 Lunch 1:00 Bridge – Men 1:00 Board Games Mah Jong, Scrabble 1:00 Movie “By the Light of the Silvery Moon” (1953)

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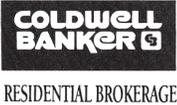
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