



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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## VOLUNTEER SPOTLIGHT: FALL IS HERE!



### THINKING ABOUT VOLUNTEERING?

#### Benefits of Volunteering

One of the best ways to make new friends and strengthen existing relationships is to commit to a shared activity together. Volunteering is a great way to meet new people, especially if you are new to an area. Volunteering also strengthens your ties to the community and broadens your support network, exposing you to people with common interests, neighborhood resources, and fun and fulfilling activities.

#### Current Volunteer Opportunities

We offer several volunteer opportunities that involve working with seniors. Our Friendly Visitor Program matches volunteers with seniors to share a cup of tea, watch a Red Sox game on television or take a short walk. Usually the volunteer meets the senior at the senior's home, but the connection may also take place at the Senior Center. The Friendly Visitor Program offers volunteers a unique opportunity to make a powerful and rewarding difference in one life – a difference the volunteer will see at each meeting.

**For additional information on becoming a Friendly Visitor Volunteer, please contact: Joan M. DeFinis, Social Services, 781-455-7555 ext. 212.**

*We also are seeking individuals to volunteer with Center-based activities such as managing our Reception Desk or helping to serve a hot and nutritious noontime meal.*

*For more information on volunteering as a Receptionist or Meals Server, please contact Penny Gordon at: 781-455-7556 x204.*



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SENIOR CENTER HOURS: MONDAY - FRIDAY 9:00 AM - 4:00 PM



# COUNCIL ON AGING

Needham

## Council on Aging Co-Chairs

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Van Drivers

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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.

## TABLE TENNIS Mondays, Wednesdays and Thursdays

9:00am – 11:30am  
Needham Senior Center  
No fee or sign-up required.

## FRIENDS OF NEEDHAM ELDERLY 2013 MEMBERSHIP/DONATION FORM

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

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

Membership (January 1 - December 31, 2013) \$ 25.00

Memorial\* (Please see below) \$ \_\_\_\_\_ Donation \$ \_\_\_\_\_ 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 symbol (#) next to your name your membership is current. If your membership is not current or you have never been a member, we urge you to join us!**

## FRIENDS OF THE NEEDHAM ELDERLY DONATIONS

### GENERAL

- Bill & Marie Aldrich
- Debbie Anastas
- Mildred Brooks
- Lois Butler
- Martha L. Caridi
- Marie Casey
- Susan E. Consilvio
- Roberta Crocker
- Mary & Paul Demos
- Ann DerMarderosian
- Ann Fierimonte
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- Beulah R. Green
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- Paulette Harwood
- Helen C. Hoffman
- Tom & Clare Hourihan
- Paul Howard
- Jin-Lan Hsia
- Robert A. Jeffery
- Debra & James Krasnow
- Carol Lang
- Anne Elizabeth Leonard
- George & Anne Madaus
- Isabel M. Martino
- Daniel P. Matthews

- Mrs. Samuel R. Payson
- John S. Ratto
- Betty Soderholm
- Burton Stern
- Virginia H. Tierney
- Pauline Valway
- Florence Volk
- Eleanor Weekes
- Warren Wells

### MEMORIALS

- Richard & Jennie Burns in Memory of Wilbur T. Hooven III
- Alvera Emanuello in Memory of Leo Treggiari

- Mildred Graf in Memory of John B. Graf
- Anna M. Hicks in Memory of Willard E. Hicks, Jr.
- Sande Lafaver in Memory of Gil Lafaver
- Jim Rennie in Memory of Leo Treggiari
- Elsie Robinson in Memory of Herbert Robinson
- Marie Santry in Memory of Dan Santry

## RIVER BOAT SIGHT SEEING CRUISE ON THE CHARLES RIVER

*Please join the Friends of Needham Elderly on our next fun TRIP - Everyone Welcome!*

**Tuesday, September 17th • 7:45am/8:00am**

Enjoy a 60-minute, fully narrated sightseeing cruise along the Charles River on a River Boat. Your Captain and Crew will both educate and entertain you on the historic and cultural sights of Boston and Cambridge. Take in Boston's splendors as we relax and become tourists for the day (without the driving!)

After the river tour our group will be escorted to the ever-popular Cheesecake Factory for a fantastic luncheon offering over 40 items. The Cheesecake Factory is located directly in the Cambridgeside Galleria, where we will have time after to enjoy some shopping or browsing the area. The coach leaves Linden and Chambers St, Needham, MA, at 8.30am and the Senior Centre, 83 Pickering St at 8.45am. (Please indicate your pick up location). The coach will return at approximately 4:00pm/4:30pm.

**For Reservations, please contact: The Trip Desk at 781 455 7555, Ext 209.** To reserve your seat, please mail full payment to the Senior Centre, 83 Pickering St, Needham, MA 02492. Please make check payable to F.O.N.E for \$66.00 (including all tips, cruise, lunch and transport).

This trip requires a minimum of 30 passengers to operate (No refunds if cancellation is received within 10 days prior to trip, unless a replacement can be found). **Book early to avoid disappointment!**

# NATIONAL SENIOR CENTER MONTH

September isn't just the month when energetic schoolchildren go back to class, it's also National Senior Center Month! The senior center as we know it today was first introduced in New York City in 1943. Seventy years later there are nearly 11,000 senior centers in the U.S. that serve over a million adults every day helping older adults from all walks of life continue to thrive in their communities.

The Needham Council on Aging's Senior Center was the first in Massachusetts, and the 20th in the nation, to achieve national accreditation in 1999 and is only one of a handful of Centers in the Nation to have gone through the process three times completing the last reaccreditation in December 2011. Participants who attend programs are primarily 60 years of age or older with services also being offered to family members and others as needed. We provide advocacy for the senior population on the local, regional, state, and national levels, to assure that needs and interests are being met, and that the quality of life for our residents is at an optimal level, in an environment that fosters independence.

The Senior Center is the focal point for aging service issues in our community and acts as a gateway to information and services that support and enable a multigenerational group (ages generally ranging from 60 to over 100) to maintain health, independence and highest level of functioning in many aspects of life. A person can access multiple services in one place, to include but not limited to, meal and nutrition programs, health and wellness programs, transportation services, health and public benefits counseling, volunteer opportunities, social and recreational activities, educational, art and intergenerational programs. The Council on Aging and Senior Center fulfills this role by offering relevant programs and services for people of varied ages wherever they may reside: in their own homes; congregate housing; assisted living facilities or in some cases nursing facilities. The functions of the department are not confined by walls.

During Senior Center Month 2013 we excitedly look forward to the new chapter in our future. In the Fall, after more than 20 years of working towards our goal, we will be moving into The Center at the Heights where programs and services will continue to evolve and grow to meet the needs of our residents, families, community partners and participants of all ages. The best is yet to come!

## 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:

### SEPTEMBER

**Monday, September 2nd**  
**CLOSED:** Labor Day

**Monday, September 23rd**  
One Bistro • Norwood

**Monday, September 9th**  
Noon Hill Grill • Medfield

**Monday, September 30th**  
Chateau • Waltham

**Monday, September 16th**  
Olive Garden • Framingham



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.

**ART CLASS  
FOR ALL LEVELS**  
TAUGHT BY  
PROFESSIONAL ARTIST  
**RAMUNE JAUNISKIS**  
**Four Week Session**  
**Sept 9 and 16**  
**12:00-1:30pm**  
**October 7 and 21**  
**12:00-1:30pm**  
Offsite Location:  
Needham Public Library  
Community Room,  
1139 Highland Avenue  
**Cost is \$16.00**  
**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.

## COMPUTER LESSONS BY APPOINTMENT

**Thursdays**  
**12:00 - 3:00 pm**  
At the Needham Senior Center

### George J. Doherty & Sons Funeral Home

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1305 Highland Ave. • Needham, MA  
781-444-0687

For more information: [www.gfdoherty.com](http://www.gfdoherty.com)

## FRIDAY FLICKS

At the Needham Senior Center  
**at 1:00 pm**

*No fee or sign-up required.*

**Friday, September 6th**  
**Silver Linings Play Book**  
**(2012) 122 m.**

A bi-polar man raises a ruckus until he meets a kindred spirit.  
Jennifer Lawrence,  
Bradley Cooper

**Friday, September 13th**  
**Hyde Park on the Hudson**  
**(2012) 94 m.**

The true story of FDR's love affair at his family estate.  
Bill Murray, Laura Linney

**Friday, September 20th**  
**Quartet (2012) 90 m.**

Maggie Smith and her usual accomplices offer a comedy of retired singers asked for one last song.  
Maggie Smith, Tom Courtenay

**Friday, September 27th**  
**Life of Pi (2012) 127 m.**

A shipwrecked boy shares a lifeboat with an unusual survivor: a fearsome tiger.  
Suraj Sharma, Irrfan Khan

## HEARING SCREENINGS WITH MASS AUDIOLOGY

**Monday, September 16th**  
**1:30-3:00pm**

At the  
Needham Senior Center

*There is no fee for this program.*

Are you experiencing difficulty with your hearing? If so, you will be able to schedule a 10-minute appointment and have your hearing checked. The audiologist will screen your hearing with an audiometer. If you already have a hearing aid, the audiologist will check your aid, replace the batteries and answer any questions that you may have. Mass Audiology has been family owned and operated for over 44 years.

**Sign-up is required; to make your appointment please call 781-455-7555.**

# DANCE AND EXERCISE CLASSES

To sign up for classes, call the Needham Senior Center at (781) 455-7555.  
Payment is due at the first class.

## ZUMBA

**Thursdays • 10:00 am**  
September 5, 12, 19, 26

**Cost is \$16.00**  
**Instructor:**  
Louise Carbone

## TAI CHI

**Mondays • 9:00 am**  
September 23, 30  
October 7, 21, 28  
November 4

**Offsite location:**  
Christ Episcopal Church\*  
1132 Highland Avenue

**Cost is \$24.00**  
**Instructor:**  
Scott Brumit

## YOGA

### WITH SANDI

**Mondays • 9:00 am**  
September 9, 16, 23, 30  
**Cost is \$16.00**

**Instructor:** Sandi Levy

## SENIOR STRENGTH EXERCISE

**4 WEEK SESSION:**  
**Mondays • 10:15 am**  
Sept. 9, 16, 23, 30

**4 WEEK SESSION:**  
**Fridays • 9:15 am**  
Sept. 6, 13, 20, 27

**Cost for a 4 week class is \$16.00**  
**Instructor:**  
Pearl Pressman

## THE ARTHRITIS EXERCISE CLASS

**4 WEEK SESSION:**  
**Tuesdays • 2:00 pm**  
September 3, 10, 17, 24  
**Onsite at The Needham Senior Center**

**Instructor:** Lisa Cadigan  
**9 WEEK SESSIONS:**  
**Thursdays • 2:00 pm**  
September 5, 12, 19, 26  
October 3, 10, 17, 24, 31

**Cost for a 4 week class is \$16.00**  
**Cost for a 9 week class is \$36.00**

**Offsite location:**  
The YMCA\*  
380 Chestnut Street,  
Needham  
**Instructor:** Randi Sharek

## BALLROOM DANCING BEGINNING RUMBA

**Tuesdays • 2:00 pm**  
September 3, 10, 17, 24  
We'd all rather be dancing than sitting.

**Couples and singles welcome.**

Please wear shoes that allow movement on a wood floor – not rubber soles. For further information, please call 781-455-7555.

**Offsite location:**  
The YMCA\*  
380 Chestnut Street,  
Needham  
**Cost is \$16.00**  
**Instructor:** Betty Hood

## LINE DANCING CLASS

**7 WEEK SESSION:**  
**Mondays • 12:00 pm**

September 9, 16, 23, 30,  
Oct 7, 21, 28

**Offsite location:**  
Baptist Church\*  
858 Great Plain Avenue

**Cost for a 7 week class is \$28.00**  
**Instructor:**  
Manny Correia

## BETTER BALANCE

**8 WEEK SESSION:**  
**Wednesdays • 2:45pm**  
Sept. 11, 18, 25,  
Oct. 2, 9, 16, 23, 30

Prevent falls and enjoy your day to day activities. Have fun while learning to improve your balance and increase strength. Using balls, bands, weights and incorporating yoga, tai chi and dance, this class will help improve posture, flexibility, gait, mobility, stability, breath, endurance and help maintain your independence. This class helps improve joint stability and pain.

**Cost is \$50.00**  
**Instructor:**  
Leslie Worris

*\*The Council on Aging would like to thank all off-site locations for making space available to us.*

## 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**  
September 9, 16, 23, 30  
**Cost is \$16.00**

## WALKING CLUB

*Sign-up is required.*

### **Friday, September 6th** **CASTLE ISLAND, BOSTON**

Castle Island is one of the most popular destinations for Boston residents and visitors alike. It features opportunities for both recreation and historical learning. We will depart the Center at 10 a.m. Don't forget to bring your money and appetite so that you can enjoy the wonderful hot dogs before returning to the Center.

### **Friday, September 27th** **THE ROSE FITZGERALD**

#### **KENNEDY GREENWAY, BOSTON**

To start the day we will meet at the Senior Center at around 10:15 and walk over to the train to board the 10:59 train for Boston. After walking the beautiful Greenway we will make our way to the North End to enjoy a delicious Italian Meal. So along with your walking shoes bring your money and sense of fun.

## HOUSING OPTIONS TOUR

**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.*

### **CABOT PARK VILLAGE NEWTON**

#### **Wednesday, September 4th • Departs at 10:30am**

*Lunch and transportation will be provided by Cabot Park Village.*

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

Cabot Park Village is an independent living community and home to over 100 active seniors. Rental apartments are available in a number of arrangements and each is complete with a full kitchen. Cabot Park Village provides a maintenance free lifestyle, which includes an elegant setting, exceptional dining, delightful entertainment, stimulating learning opportunities, weekly housekeeping service, 24-hour concierge service, and conveniently scheduled transportation.

### **NORUMBEGA POINT AT WESTON**

#### **Friday, September 27th • Departs at Noon**

*Lunch and transportation will be provided. Please reserve your seat early, as space is limited.*

Norumbega Point at Weston an independent & assisted living community located on the banks of the Charles River in Weston. Norumbega Point captures the essence of the finest residential neighborhoods with a close-knit community of just 93 one and two bedroom apartments. Come enjoy lunch, take a tour and meet a neighborhood of new friends in our gracious, secure and private community.

## NARRATED NEIGHBORHOOD TOUR OF NEEDHAM

#### **Friday, September 27th • Departs at 10:30am**

Board the Council on Aging Van for a narrated tour of Needham's Neighborhoods. When you read the Needham newspapers and places in and around town are mentioned, do you wonder what they look like, or where they are? Learn about your town on this narrated tour. We will ride from the Needham Heights neighborhood to Birds Hill, Ridge Hill Reservation and point out many other locals in-between. Along the way you will see the Needham Recycle and Transfer Station (aka dump), DeFazio Field, and the Public Works Building, as well, with other points of interest such as Volente Farms, Needham Historic Society, the five elementary schools, Middle School, High School, Memorial Field, and the Vietnam Memorial. Sign up required. Trip is limited to 13 passengers.

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

Sign up today to receive your Compass by email. Call the Senior Center at 781-455-7555, speak with the receptionist and sign up today.

## SHOPPING EXPERIENCE IN NEEDHAM

### **Friday, September 20th** **10:30am**

#### **Volante Farms**

*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 a ride from one's Needham home to Roche Bros and Sudbury Farms, please call 781-455-7555 for more information.

## 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.



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 TBD

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!

## DON'T IGNORE YOUR MEDICARE MAIL!

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should be receiving information from your plan by the end of September. It is important to understand and save this information because it explains the changes in your plan for 2014.

During the annual Medicare Open Enrollment (October 15th - December 7th), you will have a chance to change your plan for next year. SHINE Counselors can help you understand your plan changes, as well as other options you may have. Make your SHINE appointment early!

## DON'T WAIT UNTIL IT'S T W LATE!

Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health insurance programs. To schedule a SHINE appointment, call your local Senior Center. For other SHINE related matters, call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible.

## ADDITIONAL FALL CLASSES AND WORKSHOPS

### ART HISTORY: ANCIENT CIVILIZATIONS

**Wednesday, September 4th  
10:30am**

No fee required to sign up.

### WELLESLEY-WESTON LIFETIME LEARNING

Various programs, Fall 2013  
For information please contact  
info@wwllcourses.org.

### JEWISH COMMUNITY CENTER CLASSES AND PROGRAMS

Various programs, Fall 2013  
For Information please contact  
bostonjcc.org/register.



Also located in Newton at  
465 Centre St., 617-244-2034

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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
- Family owned and operated
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- Dedicated dementia unit
- In house therapists
- Skilled nursing care with specialties in medically complex cases

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www.TheEllis.com

# SEPTEMBER 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY			
2	3	4	5	6			
<b>CLOSED LABOR DAY</b>	9:00 Pool 9:15 Bridge – Womens <b>10:30 Current Events</b> <b>11:45 Lunch</b> 12:45 Singing Group 1:00 Bridge – Men 1:00 Cribbage – Womens <b>2:00 Arthritis Exercise w/ Lisa</b> <b>2:00 Ballroom Dancing #1 Rumba</b>	9:00 Pool 9:00 Keep Well Clinic 9:00 Table Tennis <b>9:15 Exercise P&amp;R</b> <b>10:30 Housing Option Tour</b> <b>11:45 Lunch</b> 12:00 Bridge – Women #3 1:00 Bridge – Men 1:00 Bridge Lesson Groups <b>2:45 Better Balance</b>	9:30 Piano Lessons 10:00 Knitting 10:00 Whist <b>10:00 Zumba</b> 10:30 Pool – Travel League <b>11:45 Lunch</b> <b>12:00 Computer Lessons</b> 1:00 Cribbage – Men 1:00 Bridge – Duplicate <b>2:00 Arthritis Exercise with Randi #1</b>	9:00 Pool 9:00 Table Tennis <b>9:15 Senior Strength</b> 9:15 Quilting <b>10:00 Walking Club Castle Island, Boston</b> 10:30 Exercise <b>11:45 Lunch</b> 1:00 Bridge – Men 1:00 Board Games 1:00 Mah Jong <b>1:00 Movie “Silver Linings Play Book” (2012)</b>			
9	10	11	12	13			
9:00 Pool 9:00 Walking Club 9:00 Table Tennis <b>9:00 Tai Chi Class #6</b> <b>9:00 Yoga w/ Sandi</b> <b>10:15 Senior Strength</b> <b>11:30 Lunch Bunch</b> Noonhill Grill, Medfield <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> <b>2:00 Hoarding Support Group</b>	9:00 Pool 9:15 Bridge – Womens <b>10:00 Creative Writing</b> <b>11:45 Lunch</b> 12:45 Singing Group 1:00 Cribbage – Womens 1:00 Bridge – Mens <b>2:00 Arthritis Exercise w/ Lisa</b> <b>2:00 Ballroom Dancing #1 Rumba</b>	9:00 Pool 9:00 Table Tennis <b>9:15 Exercise P&amp;R</b> <b>11:45 Lunch</b> 12:00 Bridge – Women #3 1:00 Bridge – Men 1:00 Bridge Lesson Groups <b>2:45 Better Balance</b>	10:00 Knitting 10:00 Whist <b>10:00 Zumba</b> 10:30 Pool – Travel League <b>11:45 Lunch</b> <b>12:00 Computer Lessons</b> 1:00 Cribbage – Men 1:00 Bridge – Duplicate <b>2:00 Arthritis Exercise with Randi #1</b>	9:00 Pool 9:00 Table Tennis <b>9:15 Senior Strength</b> 9:15 Quilting 10:30 Exercise <b>11:45 Lunch</b> 1:00 Bridge – Men 1:00 Board Games 1:00 Mah Jong <b>1:00 Movie “Hyde Park on the Hudson” (2012)</b>			
16	17	18	19	20			
9:00 Pool 9:00 Walking Club 9:00 Table Tennis <b>9:00 Tai Chi Class #6</b> <b>9:00 Yoga w/ Sandi</b> <b>10:15 Senior Strength</b> <b>11:30 Lunch Bunch</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> <b>1:30 Hearing Screening</b> <b>2:00 Hoarding Support Group</b>	9:00 Pool 9:15 Bridge – Womens <b>10:30 Current Events</b> <b>11:45 Lunch</b> 12:45 Singing Group 1:00 Bridge – Men 1:00 Cribbage – Womens <b>2:00 Arthritis Exercise with Lisa</b> <b>2:00 Ballroom Dancing #1 Rumba</b>	9:00 Pool 9:00 Table Tennis 9:00 Keep Well Clinic <b>11:45 Lunch</b> 12:00 Bridge – Women #3 1:00 Bridge – Men 1:00 Bridge Lesson Groups <b>2:45 Better Balance</b>	10:00 Knitting 10:00 Whist <b>10:00 Zumba</b> 10:30 Pool – Travel League <b>11:45 Lunch</b> <b>12:00 Computer Lessons</b> 1:00 Cribbage – Men 1:00 Bridge – Duplicate <b>2:00 Arthritis Exercise with Randi #1</b>	9:00 Table Tennis <b>9:15 Senior Strength</b> 9:15 Quilting <b>10:30 Low Vision Group</b> <b>10:30 Ex Park &amp; Rec</b> <b>11:45 Lunch</b> 1:00 Bridge – Men 1:00 Board Games 1:00 Mah Jong <b>1:00 Movie “Quartet” (2012)</b>			
23	24	25	26	27			
9:00 Walking Club 9:00 Table Tennis <b>9:00 Tai Chi Class #6</b> <b>9:00 Yoga w/ Sandi</b> <b>10:15 Senior Strength</b> <b>11:30 Lunch Bunch</b> One Bistro, Norwood <b>11:45 Lunch</b> <b>12:00 Line Dancing #4</b> <b>12:45 Weight Management Support Group</b> 1:30 Canasta #3 <b>2:00 Hoarding Support Group</b>	9:15 Bridge – Womens <b>10:00 Creative Writing</b> <b>11:45 Lunch</b> 12:45 Singing Group 1:00 Bridge – Men 1:00 Cribbage – Womens <b>2:00 Arthritis Exercise with Lisa</b> <b>2:00 Ballroom Dancing #1 Rumba</b>	9:00 Pool 9:00 Table Tennis <b>9:15 Exercise P&amp;R</b> <b>11:45 Lunch</b> 12:00 Bridge – Women #3 1:00 Bridge – Men 1:00 Bridge Lesson Groups <b>2:45 Better Balance</b>	10:00 Knitting 10:00 Whist <b>10:00 Zumba</b> 10:30 Pool – Travel League <b>11:45 Lunch</b> <b>12:00 Computer Lessons</b> 1:00 Cribbage – Men 1:00 Bridge – Duplicate <b>2:00 Arthritis Exercise with Randi #1</b>	9:00 Pool 9:00 Table Tennis 9:15 Quilting <b>9:15 Senior Strength</b> 9:15 Quilting <b>10:00 Walking Club</b> <b>The Rose Fitzgerald Kennedy Greenway, Boston</b> <b>10:30 Neighborhood Tour</b> <b>11:45 Lunch</b> 1:00 Board Games Mah Jong, Scrabble <b>1:00 Movie “Life of Pi” (2012)</b>			
30	<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>Offsite Locations of Programs</b> <table style="width: 100%; border: none;"> <tr> <td style="width: 33%; vertical-align: top;"> <b>#1</b> Charles River YMCA 380 Chestnut Street  <b>#2</b> Needham Public Library 1139 Highland Avenue  <b>#3</b> Avery Crossings Assisted Living 110 West Street             </td> <td style="width: 33%; vertical-align: top;"> <b>#4</b> Baptist Church 858 Great Plain Ave.  <b>#5</b> NHA Community Room 5 Chambers Street             </td> <td style="width: 33%; vertical-align: top;"> <b>#6</b> Christ Episcopal Church 1132 Highland Avenue  <b>#7</b> Wingate Nursing Home 589 Highland Avenue             </td> </tr> </table>				<b>#1</b> Charles River YMCA 380 Chestnut Street <b>#2</b> Needham Public Library 1139 Highland Avenue <b>#3</b> Avery Crossings Assisted Living 110 West Street	<b>#4</b> Baptist Church 858 Great Plain Ave. <b>#5</b> NHA Community Room 5 Chambers Street	<b>#6</b> Christ Episcopal Church 1132 Highland Avenue <b>#7</b> Wingate Nursing Home 589 Highland Avenue
<b>#1</b> Charles River YMCA 380 Chestnut Street <b>#2</b> Needham Public Library 1139 Highland Avenue <b>#3</b> Avery Crossings Assisted Living 110 West Street	<b>#4</b> Baptist Church 858 Great Plain Ave. <b>#5</b> NHA Community Room 5 Chambers Street	<b>#6</b> Christ Episcopal Church 1132 Highland Avenue <b>#7</b> Wingate Nursing Home 589 Highland Avenue					
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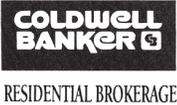
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