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The Center at The Heights • 300 Hillside Avenue • Needham Heights, MA 02494 • 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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NEW YEAR'S NEEDHAM - THE CENTER AT THE HEIGHTS

Tuesday, December 31 • 1:00 p.m.

The Center at The Heights

The town of Needham will come alive with music, dance and performances of all kinds on Tuesday, December 31st during the annual New Year's Needham celebration for all ages. The Center at the Heights is just one venue where the fun can be found. Please join us from 1:00 p.m. to 3:00 p.m. on December 31st where our special guest, George Lyons, will have you singing and tapping your toes.

COPING WITH THE HOLIDAY BLUES

Monday, December 9 • 1:30 p.m. - 3:30 p.m.

The Center at The Heights

What are the holiday blues and who is at risk for experiencing them? This presentation explores the definition, causes, symptoms and risk factors associated with seasonal feelings of sadness and loneliness.

Presentation will be facilitated by Judith Chaloux, BSHS/M, the Bereavement Coordinator for Beacon Hospice, an Amedisys company in Framingham, MA.

*There is no charge for this program, but registration is requested.
To register, please call 781-455-7555.*

THE CENTER AT THE HEIGHTS OPEN HOUSE

December 13, 2013 • 4:00 p.m. to 6:00 p.m.

The Council on Aging Board invites you to The Center at The Heights to view our new facility. Whether or not you have visited before, come take a walk-through with us and enjoy some light refreshments.



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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.



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SENIOR PROGRAMS

Registration for all programs take place at The Center at The Heights between 9:00 a.m. and 4:00 p.m., Monday through Friday.

For the month of December (Monday through Friday) Drop in Pool and Ping Pong

MONDAY

YOGA WITH SANDY ONGOING 8 WEEK SESSION

9:00 a.m.
Dec. 9, 16, 23, 30, Jan 6
Instructor: Sandi Levi

SENIOR STRENGTH TRAINING ONGOING 8 WEEK SESSION

10:15 a.m.
Dec. 2, 9, 16, 23, 30
Instructor: Pearl Pressman

TAI CHI ONGOING 6 WEEK SESSION

9:00 a.m.
Dec. 2, 9, 23, 30
Instructor: Scott Brumit

LINE DANCING ONGOING 8 WEEK SESSION

Noon
Dec. 2, 9, 16, 23, 30

WEIGHT MANAGEMENT ONGOING 8 WEEK SESSION

Noon
Dec. 2, 9, 16, 23, 30
Instructor: Pearl Pressman

ART CLASS ONGOING 6 WEEK SESSION

Noon-1:30 p.m.
Dec. 2, 16
Cost is \$16.00

Offsite Location:
Needham Library

WOMEN'S CRIBBAGE 1:00 p.m. - 3:00 p.m.

TUESDAY

DUPLICATE BRIDGE 9:15 a.m. - 11:30 a.m.

CREATIVE WRITING
Dec. 10, 24
10:00 a.m. - 11:30 a.m.

CURRENT EVENTS
Dec. 3, 17, 31
10:30 a.m. - Noon

MEN'S BRIDGE/
WOMEN'S CRIBBAGE
1:00 p.m. - 3:00 p.m.

ARTHRITIS EXERCISE CLASS ONGOING 8 WEEK SESSION

2:00 p.m.
Dec. 3, 10, 17, 31
Instructor: Lisa Cadigan

BALLROOM DANCING
2:00 p.m.
Dec. 3, 10, 17

Tango
Please wear shoes that give support and allow movement on a wood floor – no rubber soles.
Please register with at The Center at The Heights. Call 781-455-7555.

Offsite location:
Needham YMCA – Aerobics Room
380 Chestnut Street, Needham

WEDNESDAY

KEEP WELL CLINIC
9:00 a.m. - Noon
Dec. 4, 18

SENIOR EXERCISE
ONGOING SESSION
9:15 a.m.
Dec. 4, 11, 18

WEDNESDAY (CONTINUED)

BRIDGE

12:00 p.m. - 3:00 p.m.

BETTER BALANCE

ONGOING 7 WEEK SESSION

2:45 p.m. - 3:45 p.m.

Dec. 4, 11, 18

Instructor: Leslie Worris

FITNESS HOOP CLASSES

6 WEEK SESSION

11:00 a.m. - 12:30 p.m.

Dec. 11, 18; Jan. 8, 15, 22, 29

Hooping is an easy, fun and a fantastic way to get fit. No experience necessary. Dress in comfortable clothes to allow you to move freely.

Cost is \$36.00

Instructor Louise Carbone

THURSDAY

ZUMBA

ONGOING 6 WEEK SESSION

10:00 a.m.

Dec. 5, 12, 19

Instructor: Louise Carbone

DUPLICATE BRIDGE

12:30 p.m. - 3:30 p.m.

Starting Nov. 7

ARTHRITIS EXERCISE

ONGOING 6 WEEK SESSION

2:00 p.m.

Dec. 5, 12, 19

Offsite Location:

The YMCA, 380 Chestnut Street
Please register at The Center at The Heights.

FRIDAY

SENIOR STRENGTH

ONGOING 6 WEEK SESSION

9:15 a.m.

Dec. 6, 13, 20

Instructor: Pearl Pressman

Cost is \$24

QUILTING

10:15 a.m.

SENIOR EXERCISE

10:30 a.m.

Dec. 6, 13

MAH JONG/BOARD GAMES

1:00 p.m. - 4:00 p.m.

MONDAY'S LUNCH BUNCH

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

Monday, 12/2 – Chateau, Waltham

Monday, 12/9 – One Bistro, Norwood

Monday, 12/16 – Bamboo, Dedham

Monday, 12/23 – Olive Garden,

Patriot Place, Foxboro

Monday, 12/30 – Grassfields, Waltham

Call the Senior Center at 781-455-7555, speak with the receptionist and sign up today.

ANNUAL POLICE UNION—Senior Citizens Dinner

**Sunday, December 8
12:00 p.m.**

At the VFW Hall

Sign-up is required. To reserve your seat, call 781-455-7555.

There is no fee for this event.

FINANCIAL EXPLOITATION AND IDENTITY THEFT

**Thursday, December 12
1:00 p.m. - 3:00 p.m.**

The Center at The Heights

Presentation offered by Sheila Pransky, Coordinator of Senior Programs at District Attorney Michael Morrissey's office. The presentation will focus on current information on scams, how to spot them, and how to avoid becoming a victim of identity theft and financial exploitation. Several FTC bulletins will be available to participants with valuable information to help safeguard their identity as well as guidelines for action, should they have a problem. A question and answer period will follow the presentation. All are welcome.

Sign-up is required.

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

CALLING ALL SCRABBLE PLAYERS!!!

Please join us Friday afternoons at 1:00 p.m. at The Center at The Heights for a relaxed and fun Scrabble experience. Everyone is welcome to join this new group – beginners and veterans alike, so don't be shy! Our first meeting will be Friday, December 14th. Please register at 781-455-7555. For transportation, call ext. 204 at least one day in advance.

SPRINGWELL'S HEALTHY LIVING WORKSHOP

Diabetes Self Management

Tuesday

December 17th

1:00 p.m. - 3:30 p.m.

The Center at The Heights
300 Hillside Avenue
Needham Heights, MA 02494

If living with diabetes is preventing you from really living, this 6-week workshop is for you! This workshop is for people with diabetes, pre-diabetes, or for people living with or caring for someone with diabetes. You will learn how to care for yourself and to prevent or delay the complications of diabetes. The emphasis is on healthy eating, meal planning and physical exercise. Other topics include blood sugar monitoring, dealing with low blood sugar, foot care, relaxation techniques, keeping track of medications, and planning for the future. You will learn how to communicate better with your doctor, family and friends, and how to deal with difficult emotions, stress, and depression. Participants will receive a copy of the book *Living a Healthy Life with Chronic Conditions*.

Sign-up is required. For registration call 781-455-7555.

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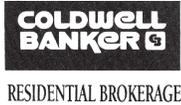


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www.needhamma.gov**

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

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