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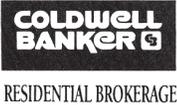
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**VISIT US ONLINE AT:
www.needhamma.gov**

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

FRIENDS OF THE NEEDHAM ELDERLY, INC.

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Needham Heights, MA 02494

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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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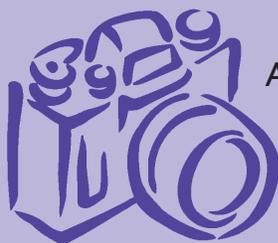
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CALLING ALL DIGITAL CAMERA BUFFS!



Wednesday, January 8 • 10:00 a.m. to Noon

Are all those buttons and dials on your new digital camera puzzling? Or maybe you've had the camera for a while but have taken all your photos on the auto setting. Come to this class to master the full ability of your camera. Learn about camera resolution and find out when and how to use white balance, ISO settings, f-stops, exposure controls, the flash, shutter speed and aperture settings. This is a hands-on class. You must bring your camera, manual and, optionally, the cord that came with it.

Sign-up is required. Please contact The Center at The Heights 781-455-7555.

5TH ANNUAL NEEDHAM VOLUNTEER OPPORTUNITIES FAIR



Needham is proud to be a town of volunteers, but do you know how to find the right volunteer opportunity for you? One that fits your schedule? And meets your interests and skills?

Representatives from a variety of town-wide agencies and community organizations will be present to share information.

WHO:

All are welcome!

Free Admission • Door Prizes • Refreshments

WHEN:

Thursday, January 16, 2014 • 4:00-6:00 p.m.

WHERE:

The Center at The Heights
300 Hillside Ave. • Needham Heights

FOR INFO:

Please contact Penny Gordon at
781-455-7555 x204 or pgordon@needhamma.gov or
Joan DeFinis at 781-455-7555 x210 or jdefinis@needhamma.gov

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





COUNCIL
ON AGING

Needham

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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.

FRIENDS OF THE NEEDHAM ELDERLY DONATIONS

GENERAL

- John & Therese Dempsey
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- Sara Young
- Lucia Zaccaria

IN MEMORY OF

- Madeline Buttrick in memory of Walter Buttrick, Jr. and Walter Buttrick, Sr.

SAVE THE DATE - Friday, March 7 NEEDHAM'S ART IN BLOOM



The Center at The Heights

12:00 – 4:00 p.m.

There is no fee for this program but sign-up is required.

Jump out of winter doldrums. Come see and feel the warm beauty of Spring! Back by popular demand, now in its 6th year, you'll be sure to enjoy a sampling of artwork by the talented Needham High School students, with creative floral interpretations by members of the Beth Shalom Garden Club.

SHOPPING EXPERIENCE:

SHOP BAZA GOURMET FOOD & SPIRITS • NEWTON

Friday, January 17

Shop a local, family-owned grocery store specializing in Russian and Eastern European foods.



SHOP AT TRADER JOE'S • NEEDHAM

Friday, February 21

A unique shopping experience.

Departure from The Center at The Heights will be at 10:30 a.m.

Call 781-455-7555 to sign up.

If you require a pickup 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 x204 for more information.

ART CLASS FOR ALL LEVELS

Mondays, Noon to 1:30 p.m. • Jan 13, 27; Feb. 10, 24

Taught by Professional Artist: Ramune Jauniskis. Sign-Up is required. Fee is \$16

Each student will work on projects of their own choosing with guidance and suggestions from the instructor. All levels are welcome.

STICKERS ARE NOW AVAILABLE FOR PARKING AT THE CENTER AT THE HEIGHTS!

Please stop at the Receptionist Desk to get a new one free!

MONDAY'S LUNCH BUNCH

JANUARY

Monday, 1/6 – Bertucci's, Needham
Monday, 1/13 – Aegean, Framingham
Monday, 1/20 – Closed in observance
of MLK Day
Monday, 1/27 – Mick Morgan's, Newton

FEBRUARY

Monday, 2/3 – Ninety Nine, Walpole
Monday, 2/10 – Three Squares, Needham
Monday, 2/17 – Closed in observance
of President's Day
Monday, 2/24 – Mandarin Cuisine,
Newton

Departure from The Center at The Heights will be 11:30 a.m. If you require a pickup at your home in Needham, please let the receptionist know.

The suggested donation of \$5.00 will be collected by the van driver. You will pay the cost of your meal, tip, and tax at the restaurant. Enjoy! Call The Center at The Heights at 781-455-7555, speak with the receptionist and sign up today.

THE TRAVELING CHEF EVENT!

Tuesday, February 11 • 11:00 a.m.



Please join Springwell on February 11 for our annual Traveling Chef Event. A chef from Lindley will prepare hand carved roast beef au jus with whipped potatoes, ratatouille, and a mini cherry loaf cake for dessert. Please call 781-455-7555 to make a reservation by 11 a.m. on Monday, February 10. There is a suggested donation of \$2.

FINANCIAL EXPLOITATION & IDENTITY THEFT

Thursday, February 6 • 1:00 - 3:00 p.m.

*Presentation offered by Sheila Pransky, Coordinator of Senior Programs
at District Attorney Michael Morrissey's Office*

Financial Exploitation - Focusing on current information on scams and how to spot and 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 and 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 a seat call 781-455-7555.*



Golden Law Center

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WEIGHT MANAGEMENT SUPPORT GROUP

6 WEEK SESSION

Mondays at Noon

January 6, 13, 27; Feb. 3, 10, 24

Instructor: Pearl Pressman

Cost is \$24.00.

Are you fed up with your increasing weight? Do you reach for food when you're bored, tired, stressed, or anxious, instead of when you're hungry? This program will teach you how to make doable lifestyle changes to achieve your weight-loss goals.

To sign up, call the Needham Senior Center at 781-455-7555.

CURRENT EVENTS GROUP

**Meets on the first,
third and fifth Tuesday
of every month
10:30 a.m - Noon**

There is no fee for this group.

We have two enthusiastic co-leader volunteers who 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.

CREATIVE WRITING GROUP

Tuesdays

10:00 - 11:30 a.m.

January 14, 28; February 11, 25

*There is no fee or registration
for this group.*

Write your memoirs, short stories or fun facts about an experience and share them with the group.

TAX
COUNSELING
SPONSORED
BY AARP
AND
THE COA

The AARP foundation will have trained, certified volunteers on hand to answer questions and prepare Federal and State tax returns. Please call The Center at The Heights for an appointment anytime AFTER February 1, 2014. On the day of your appointment bring the following:

- 1) a copy of your 2013 tax return;
- 2) all relevant 2013 tax documents (such as W-2 wage statement, 1099 interest statements, health insurance coverage information, and social security information); and
- 3) any state or federal tax forms you received in the mail. The tax returns will be e-filed for free.

Call The Center at The Heights to schedule appointments starting February 1.



BOOMERS SHIFTING GEARS: EXPLORING & CREATING ENGAGING OPPORTUNITIES AFTER 55



Tuesdays, February 25, March 4 and March 11 • 4:00 - 6:00 p.m.

The Center at the Heights, 300 Hillside Ave. • Needham, MA

Have you heard about the Encore Movement? Are you thinking about retirement, recently retired, finding yourself retired involuntarily, shifting from full-time to contract work, or volunteer work? You may benefit from this proven Workshop Series.

Boomers are reinventing concepts of work, contribution and participation in their retirement years beyond anything past generations imagined. Boomers are seeking opportunities when they are finished with their primary work career that are meaningful, fulfilling, and, in many cases, provide continued income. This three session workshop will help participants appreciate the need for creativity and persistence in developing a plan to move forward and target encore opportunities.

Mia Louik, an experienced trainer and program design specialist, will lead each of the three highly interactive sessions which will address topics such as broadening awareness of our potential, coping with transition, understanding how we thrive and looking beyond what we used to be. Participants will share insights and learning by partnering both in and out of each session. Homework assignments, designed to enhance the work done in each session, will be offered.

“Boomers Shifting Gears” IS an exploration of possibilities for your next steps. It is NOT career counseling or job search.

The total cost for this workshop including three sessions and all materials is \$150.00 SPACE IS VERY LIMITED so sign up early by calling 781-455-7555.

SHINE UPDATE CAN I STILL CHANGE MY MEDICARE PLAN?

For those with a Medicare Advantage Plan:

Between January 1 and February 14, you can leave your plan and switch to Original Medicare, but you cannot switch to another Medicare Advantage Plan. If you drop your Medicare Advantage plan during this period, you will be able to join a Medicare Prescription Drug Plan to add drug coverage. Your Original Medicare coverage and your prescription drug coverage will begin the first day of the month after your enrollment. You may also add a supplement (Medigap) at this time.

For those with Prescription Advantage or getting “Extra Help” paying for prescription drugs:

You can change your plan anytime during the year. Those with Prescription Advantage can do this only once each year. Those with “Extra Help” can change every month.

Trained SHINE (Serving Health Insurance Needs of Everyone...on Medicare) volunteers can help you! They offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. 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.

WATERCOLOR WORKSHOP FOR SENIORS

Tuesdays, Feb. 25 – April 8 • 1:00 - 3:00 p.m.

Instructor: Lavonne Suwalski

The soft hues and translucent quality of watercolors make them a uniquely appealing medium. Join us as we learn various watercolor techniques and experiment with colors and textures. Drawing is an integral part of this class, but no experience is necessary – we will learn and practice in a fun, supportive environment! Please note that this class is open to both beginning students and those with some experience with watercolors. A materials list will be posted by class title on the district website www.needham.k12.ma.us under Community Ed and Adult Education. Class limited to 14 participants.

Course #10104.4 • Cost is \$95.

Sign up through Needham Adult Education

TO REGISTER for Needham Adult Education Programs

- 1) PAY by CHARGE or CHECK in PERSON at Needham Community Education, 1st floor, 1330 Highland Ave.
- 2) PAY by CHARGE by PHONE: 781-455-0400 x 235
- 3) PAY by CHARGE or CHECK by MAIL:
NCE 1330 Highland Ave., Needham, MA 02492

Make checks payable to Needham Community Education.

BEGINNER CRIBBAGE CLASS 7 WEEK SESSION

Tuesdays, Feb. 11, 18, 25; March 4, 11, 18, 25
10:00 - 11:30 a.m.

Instructor: Clif Holbrook

Learn the ins and outs of playing this two, three or four-person card game. Explore the rules and strategy, play, and counting of the hand. This class is designed for people who have never played cribbage before. There is no fee, but sign-up is required.

DON'T FORGET to take a look at the classes being offered for adults through Needham Park and Recreation! The Walking Club is a huge favorite and there are many more! You can register on line, by mail or in person. For more information call them at 781-455-7550 or pick up a Winter/Spring Brochure at the Center at the Heights!

LOW VISION GROUP

Friday, February 21
10:00 a.m.

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 please call The Center a day in advance at 781-455-7555.

COME LEARN ABOUT THE EDEN ALTERNATIVE

Tuesday, January 14, 2013
10:00 to 11:30 a.m.

The Eden Alternative is about changing the culture of long-term care organizations. Briarwood Rehabilitation and Healthcare Center adhere to the Eden Alternative Philosophy. They will share their knowledge with an opportunity to answer your questions at the end of the presentation.



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

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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 Center at The Heights.

HEARING SCREENING WITH MASS AUDIOLOGY

**Tuesday, February 4
1:00 - 3:00 p.m.**

The Center at The Heights

Are you experiencing difficulty with your hearing? If so, you will be able to schedule an 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.

There is no fee for this program.

FREE LEGAL ASSISTANCE BOSTON COLLEGE ELDER LAW PROJECT

**Friday, February 28
1:00 - 3:00 p.m.**

A law student with the Elder Law Project at Boston College will take confidential individual appointments at The Center at The Heights. Reserve yours by calling 781-455-7555.

EXERCISE AND DANCE CLASSES

MONDAY

LINE DANCING CLASS

6 WEEK SESSION

12:00 p.m.

Jan. 6, 13, 27; Feb. 3, 10, 24

Cost is \$24.

Sign-up is required. Contact The Center at The Heights 781-455-7555.

Line dancing is fun and a great form of exercise! No partner is needed; just bring yourself! Instructor Manny Correia has been a popular line dancing teacher for over 20 years.

SENIOR STRENGTH EXERCISE

6 WEEK SESSION

10:15 a.m.

Jan. 6, 13, 27; Feb. 3, 10, 24

Instructor: Pearl Pressman

Cost is \$24.

Sign-up is required. Contact The Center at The Heights 781-455-7555.

This exercise class is designed to accommodate mature individuals of various fitness levels. This seated class will begin with a thorough warm-up followed by strength training exercises for all the major muscle groups of the body using light hand weights and conclude with gentle stretching exercises to increase flexibility and reduce muscle tension.

TAI CHI

5 WEEK SESSION

9:00 a.m.

January 6, 27; Feb. 3, 10, 24

Instructor: Scott Brumit

Cost is \$20.

Sign-up is required. Contact The Center at The Heights 781-455-7555.

Tai chi is a slow-motion, moving, meditative exercise for relaxation and health.

As a stress-relieving therapy, it leaves the participants ready to face whatever difficulties their day may bring. Scott has studied various forms of martial arts since 1983, including tai chi and qigong.

YOGA

8 WEEK SESSION

9:00 a.m.

Jan 27; Feb. 3, 10, 24; March 3, 10, 17, 24

Instructor: Sandi Levy

Cost is \$32.

Sign-up is required. Contact The Center at The Heights 781-455-7555.

TUESDAY

ARTHRITIS EXERCISE CLASS

8 WEEK SESSION

2:00 p.m.

Jan. 7, 14, 21, 28; Feb. 4, 11, 18, 25

Instructor: Lisa Cadigan

Cost is \$32.

Sign-up is required. Contact The Center at The Heights 781-455-7555.

This exercise program includes range-of-motion exercises, such as flexibility, strengthening exercises, endurance activities, weight-bearing activities, balance and coordination activities, posture and body mechanics training.

BALLROOM DANCING

4 WEEK SESSION

2:00 p.m.

Waltz - Jan. 7, 14, 21, 28

Bolero - Feb. 4, 11, 18, 25

(These classes require previous dance experience.)

Instructor: Betty Hood

Cost is \$16 per person for 4 weeks.

Offsite Location:

Charles River YMCA, 380 Chestnut Street
To sign up contact The Center at The Heights at 781-455-7555.

Couples and Singles Welcome!

EASY YOGA™

FOR OLDER ADULTS

FIRST WINTER SESSION - 5 WEEKS

9:15 - 10:15 a.m.

Jan. 7, 14, 21, 28; Feb. 4

Instructor: Steffi Shapiro

Cost is \$45.

SECOND WINTER SESSION - 8 WEEKS

9:15 - 10:15 a.m.

Feb. 25; Mar. 4, 11, 18, 25; April 1, 8, 15

Instructor: Steffi Shapiro

Cost is \$69

Sign up through Needham Community Ed using one of the methods listed on page 5. The catalog is posted under Community Education and Adult Ed. at www.needham.k12.ma.us.

EasyYoga™ is a gentle form of yoga that is especially suited to older adults. Most of the exercises can be done while sitting in a chair or in a comfortable standing position. The gentle stretches and simple movements provide

TUESDAY (CONTINUED)

flexibility and strengthening for the neck, shoulders, abdomen and other parts of the body. They also help to release tension throughout the body. We will use simple breathing, concentration, and meditative exercises to relax the mind as well as the body. The various relaxation techniques can be practiced throughout the day and are a helpful way to combat insomnia. Come join us to experience how the practice of yoga can boost self-confidence and memory, as well as improve overall strength, coordination and flexibility! More information can be found about EasyYoga™ on the website www.elder-yoga.com.

WEDNESDAY

BETTER BALANCE, LIVING STRONGER 7 WEEK SESSION

2:45 p.m.

Jan. 8, 15, 22, 29.; Feb. 12, 19, 26
(no class 2/5)

Instructor: Leslie Worris

Cost is \$45.

To sign up contact The Center at The Heights at 781-455-7555.

Prevent falls and enjoy your day-to-day activities. Have fun while learning to improve your balance and increase strength. This class is great for beginners and those who are looking for a change from their usual exercise routine.

EXERCISE CLASS WITH PARK & RECREATION 9 WEEK SESSION

9:15 a.m.

Jan. 8 - March 5

The Center at The Heights

To sign up contact the Park and

Recreation Department 781-455-7550.

This low-impact aerobics class includes stretching and use of free weights with an emphasis on cardiovascular fitness and endurance, maintaining range of motion and injury prevention.

FITNESS HULA HOOPING 6 WEEK SESSION

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

Jan. 8, 15, 22, 29; Feb. 5, 12,

Instructor: Louise Carbone

Cost is \$36.

Sign-up is required. Contact The Center at The Heights 781-455-7555.

Hula Hooping is a great way to work out!

WEDNESDAY (CONTINUED)

Hooping conditions your core and works on flexibility and stability while creating a fun aerobic total body workout. No prior hooping experience necessary. Hoops are available or you can bring your own!

THURSDAY

ARTHRITIS EXERCISE 9 WEEK SESSION

2:00 p.m.

Jan. 2, 9, 16, 23, 30; Feb. 6, 13, 20, 27

Offsite Location:

The YMCA, 380 Chestnut Street

Instructor: Randi Sharek

Cost is \$36.

To sign up contact The Center at The Heights at 781-455-7555.

ZUMBA 8 WEEK SESSION

10:00 a.m.

Jan. 2, 9, 16, 23, 30; Feb. 6, 13, 20

Instructor: Louise Carbone

Cost is \$32.

Sign-up is required. Contact The Center at The Heights 781-455-7555.

Wouldn't it be great if exercise were fun? Discover Zumba, an exciting dance-fitness program that's more of a party than a workout!

FRIDAY

EXERCISE CLASS WITH PARK & RECREATION 9 WEEK SESSION

10:30 a.m.

Jan. 3 - Feb. 28

To sign up contact the Park and Recreation Department 781-455-7550.

A toning, stretching, strengthening and abdominal exercise class that will benefit you from head to toe!

SENIOR STRENGTH EXERCISE 9:15 a.m.

Jan. 3, 10, 17, 24, 31; Feb. 7, 14, 21, 28

Instructor: Pearl Pressman. Cost is \$36.

Sign-up is required. Contact The Center at The Heights 781-455-7555.

This exercise class is designed to accommodate mature individuals of various fitness levels. This seated class will begin with a thorough warm-up followed by strength training exercises for all the major muscle groups of the body using light hand weights and conclude with gentle stretching exercises to increase flexibility and reduce muscle tension.

GAMES & MORE

TUESDAYS

BRIDGE

9:15 - 11:30 a.m.

MEN'S BRIDGE/ WOMEN'S CRIBBAGE

1:00 - 3:00 p.m

THURSDAYS

DUPLICATE BRIDGE

12:30 - 3:30 p.m.

FRIDAYS

QUILTING

10:15 a.m.

MAH JONG/ BOARD GAMES

1:00 - 4:00 p.m.

CALLING ALL SCRABBLE PLAYERS!

Please join us

Fridays at 1:00 p.m.

at The Center at The Heights.

Everyone is welcome to join this new group – beginners and veterans alike.

Please register at 781-455-7555.

For transportation ask for extension 204.

KEEP WELL CLINIC

Wednesday,

January 8, 22; February 5, 19

A nurse from the VNA Care Network will be available for blood pressure, weight, medication review, and to discuss any health changes that have occurred.

Sign-up the mornings of the Clinics.

PLEASE NOTE

The Needham Council on Aging and Senior Center does not receive funding for recreational programming. Programs may 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.