



FRIENDS OF THE  
NEEDHAM ELDERLY, INC.

# Senior Compass

MASSACHUSETTS' FIRST ACCREDITED SENIOR CENTER.  
NATIONALLY ACCREDITED SINCE OCTOBER 1999

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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## MARCH IS WOMEN'S HISTORY MONTH: *Celebrating Women of Character, Courage and Commitment*

### MARGARET BOURKE-WHITE COURAGEOUS PHOTOGRAPHER

**Friday, March 21 • 2:00 p.m.**

Join us in a celebration of Women's History Month: Celebrating Women of Character, Courage and Commitment with this entertaining history lesson by Sally Matson. Born in 1904 Margaret Bourke-White is an American treasure. Her career as the original star photographer for Fortune and Life makes an exciting story. The first accredited female photographer in WWII, her focus changed from industrial photography to documentary photography. Actor/educator Sally Matson obtained the rights to many of her photos and portrays the daring photojournalist as she travels through Russia, England, Germany, India and more.

**There is no charge for this program, but sign-up is required.  
Please call 781-455-7555.**

### "MAKERS: WOMEN WHO MAKE AMERICA"

**Wednesday, March 19 • 1:00 p.m.**

*The Center at The Heights. Sign-up is required.*

"This documentary brings the story of the women's movement alive with priceless archival treasures and poignant, often funny interviews with those who led the fight, those who opposed it, and those first generations to benefit from its success. Trailblazing women like Hillary Rodham Clinton, Ellen DeGeneres, Gloria Steinem, Eleanor Holmes Norton, and Linda Alvarado share their memories, as do countless women who challenged the status quo in industries from coalmining to medicine. Makers captures with music, humor, and the voices of the women who lived through these turbulent times the dizzying joy, aching frustration, and ultimate triumph of a movement that turned America upside-down."

Source: Kunhardt McGee Productions

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





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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.

FRIENDS OF NEEDHAM ELDERLY  
2014 MEMBERSHIP/DONATION FORM

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

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

Phone Number: \_\_\_\_\_

Please check below:

The Senior Compass can be sent to my e-mail address:

\_\_\_\_\_

Please list e-mail address carefully.

A Compass should be mailed to my home address.

Membership (Jan. 1, 2014 to Dec. 31, 2014)	\$25.00
Additional Donation	\$ _____
Memorial* (Please see below)	\$ _____
<b>Total Enclosed</b>	<b>\$ _____</b>

\*Name of Deceased \_\_\_\_\_

Name and Address of Deceased Family \_\_\_\_\_

Please make checks payable to F.O.N.E. and mail to F.O.N.E., 300 Hillside Ave., Needham, MA 02494. Thank you!

**Note: If there is a "14" next to your name on the mailing label of this Compass, your dues are up to date for 2014.**

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IN MEMORY OF

- Barbara Norman in memory of Sal M. Norman
- Richard & Jennie Burns in memory of Eunice Collatz

# 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:

## MARCH

**Monday, 3/03 – Not Your Average Joe's, Needham**

**Monday, 3/10 – Pizzeria Uno, Dedham**

**Monday, 3/17 – Conrad's Restaurant, Walpole**

**Monday, 3/24 – Red Robin, Foxboro**

**Monday, 3/31 – Dolphin Seafood, Natick**

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

## NEEDHAM'S ART IN BLOOM

The Center at The Heights

**Friday, March 7 • 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.

## FREE WiFi AT THE CENTER AT THE HEIGHTS!

Please enjoy this free service: Setting: Need-Wireless • Password: highland14

## FEELING OVERWHELMED BY CLUTTER? NEED HELP LETTING GO OF WHAT'S HOLDING YOU BACK?

Clutter Support Group at The Center at The Heights

**Mondays at 2:00 p.m.**

No registration necessary. Just call 781-455-7555 or stop at the front desk to sign in!

## DID YOU KNOW?

Needham has a Traveling Pool Team? Their season runs from March 6th through May 29th and they have openings! In addition to Needham, other towns that participate are Bellingham, Framingham, Holliston, Natick, Newton, Northboro and Southboro. All levels are welcome. Their home base is The Center at The Heights, 300 Hillside Avenue. For more information, please contact Dick Tiernan at 781-444-2203.



## Golden Law Center

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## WEIGHT MANAGEMENT SUPPORT GROUP

6 WEEK SESSION

**Mondays at Noon**

**March 3, 10, 17, 24, 31**

Instructor: Pearl Pressman

Cost is \$24.00.

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

This program will teach you how to make doable lifestyle changes to achieve your weight-loss goals.

## 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.*

This group is a friendly place to equally share information with one another in a supportive environment.

## NEW PROGRAM! ART STUDIO/ PAINTING

6 WEEK SESSION

**Wednesday,**

**March 12-April 16**

**11:00 a.m. - 2:00 p.m.**

*There is no fee for this group.*

*Sign up is required.*

*Call 781-455-7555 to register.*

Please bring your own supplies. Maximum number of participants is 10, but a waiting list will be kept.

## CREATIVE WRITING GROUP

**Tuesdays**

**10:00 - 11:30 a.m.**

**March 11, March 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.**

## 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.

# FRIDAY FLICKS

**Fridays • 1:00 p.m.**

Room 213, The Center at The Heights

**March 7:**

“The Bling Ring” 2013 Drama

**March 14:**

“Mrs. Henderson Presents”  
2005 Comedy

**March 21:**

“Some Like it Hot” 1959 Comedy

**March 28:**

“The Butler” 2013 Drama

## MEDICATION, FOOD AND HERBAL INTERACTIONS

**Wednesday, March 26 • 1:00 to 2:30 PM**

*Please join us for a presentation by Sara Miller, RN, Clinical Director of Right at Home.*

Ms. Miller will discuss potential interactions among drugs, certain foods and herbal supplements. Learn how seniors respond differently, what to ask about a new drug, oversight of herbal products, top medications to use with caution, and much more.

**This seminar is free, but sign-up is required. To register, please call 781-455-7555.**

## TRIP NEWS

# IRISH CELEBRATION CONCERT FEATURING RONAN TYNAN OF THE IRISH TENORS

**Wednesday, March 12 • 10:30 a.m. Departure  
Venus de Milo Restaurant • Swansea, MA**

Please join the Friends of the Needham Elderly for one of the most sought-after performances for St. Patrick’s Day – a very special performance by Ronan Tynan of The Irish Tenors.

Lunch includes Corned Beef and Cabbage or Baked Haddock, Minestrone Soup, Vegetables, Breads, Dessert, and Coffee or Tea.

Please sign up at the Reception Desk or with Jackie in the Trips Office. For reservations, please call the Trip Desk at 781-455-7555, Ext. 209.

Please make checks of \$79.00 payable to F.O.N.E (Friends of the Needham Elderly) and drop off or mail to: The Center at The Heights, COA, 300 Hillside Avenue, Needham, MA 02494.

## FOXWOODS RESORT AND CASINO

**Wednesday, April 23**

Cost is \$25.00.

PLEASE SIGN UP NOW AS WE MUST HAVE 35 PEOPLE TO OPERATE.

## 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.

# WATERCOLOR WORKSHOP FOR SENIORS

Tuesdays • 1:00 - 3:00 p.m.

7 week session • February 25 – April 8

Instructor: Lavonne Suwalski. **Course #10104.4 • Cost is \$95.**

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](http://www.needham.k12.ma.us) under Community Ed and Adult Education. Class limited to 14 participants.

**Sign up through Needham Adult Education**

**TO REGISTER for Needham Adult Education Programs**

Make checks payable to Needham Community Education.

- 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

## WRITING YOUR MEMOIR – TELLING OUR STORIES

Wednesdays, March 5 – April 2 • 10:00 - 11:30 a.m.

Instructor: Anna Simon. **Course #11812 • Cost is \$79.**

Creative writing is one of the best ways to explore and record your life's stories. It is a stimulating and fulfilling way to express yourself, and you're never too young or too old to discover its wonders. In this class you will discover your own unique voice and bring out the storyteller that dwells in each of us. We will make use of different creative exercises to launch the writing process in a supportive, non-threatening environment. Stretch your writing using helpful prompts such as mementos, photos and short meditations to help get you started. This class is open to both new and experienced writers. Please bring a pen and notebook (or laptops) and your wonderful memories! Limited to 12.

## ART CLASS FOR ALL LEVELS

Mondays, March 10, 24; Apr 7; May 5, 19; June 2, 9  
Noon to 1:30 p.m.

Taught by Professional Artist: Ramune Jauniskis

Sign-up is required. Cost is \$16.

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



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

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## OH NO! WHY WAS THE PROGRAM CANCELLED?

Sometimes wonderful programs are cancelled because we all tend to wait until the last minute to register. Please register early to avoid disappointment that the program you wanted was cancelled.

## DID YOU KNOW?

The Center at the Heights now has a great way for participants to review planned activities and events! The Display Monitor, located in our foyer, is a recent and welcomed addition to our new home. Beyond the latest information on activities and events, the monitor offer eye-catching photos and flyers, and content that include daily weather updates. So check it all out!

## SHOPPING EXPERIENCE:

**Volante Farms  
of Needham**

**Friday, March 21**

**Baza Gourmet  
Food & Spirits,  
Newton**

**Friday, April 18th**

**Departure 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. We also provide a regular, independent grocery shopping service, which provides transportation from one's Needham home to Roche Bros. or Sudbury Farms. Please call 781-455-7555 ext. 204 for more information.

# EXERCISE AND DANCE CLASSES

## MONDAY

### TAI CHI

7 WEEK SESSION

9:00 a.m.

**March 3, 10, 17, 24, 31; April 7, 14**

Instructor: Scott Brumit

Cost is \$28.

*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

9 WEEK SESSION

9:00 a.m. • **March 31;**

**April 14, 28; May 5, 12, 19; June 2, 9, 16**

Instructor: Sandi Levy.

Cost is \$36.

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

### SENIOR STRENGTH EXERCISE

8 WEEK SESSION

10:15 a.m.

**March 3, 10, 17, 24, 31; April 7, 14, 28**

Instructor: Pearl Pressman

Cost is \$32.

*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.

### LINE DANCING CLASS

8 WEEK SESSION

12:00 p.m.

**March 3, 10, 17, 24, 31; April 7, 14, 28**

Instructor: Manny Correia

Cost is \$32.

*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.

## TUESDAY

### EASY YOGA™ FOR OLDER ADULTS

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](http://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 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](http://www.elder-yoga.com).

### ARTHRITIS EXERCISE CLASS

9 WEEK SESSION

2:00 p.m.

**March 4, 11, 18, 25; April 1, 8, 15, 22, 29**

Instructor: Lisa Cadigan

Cost is \$36.

*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. • **March 4, 11, 18, 25**

#### THE FOX TROT

(Beginner Class, no experience necessary.)

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!

## WEDNESDAY

### EXERCISE CLASS WITH PARK & RECREATION

9 WEEK SESSION

9:15 a.m.

March 19, 26;

April 2, 9, 16, 23, 30;

May 7, 14

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.

### AEROBIC HULA HOOPING

4 WEEK SESSION

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

March 5, 12, 19, 26

Instructor: Louise Carbone

Cost is \$24.

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

Hula Hooping is a great way to work out! 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!

### BETTER BALANCE, LIVING STRONGER

8 WEEK SESSION

2:45 p.m.

March 12, 19, 26;

April 2, 9, 16, 23, 30

Instructor: Leslie Worris

Cost is \$50.

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.

## THURSDAY

### ZUMBA

8 WEEK SESSION

10:00 a.m. • March 6, 13,  
20, 27; April 3, 10, 17, 24

Instructor: Louise Carbone

Cost is \$32.

Sign-up is required. Contact The Center  
at The Heights at 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!

### ARTHRITIS EXERCISE

8 WEEK SESSION

2:00 p.m. • March 6, 13,  
20, 27; April 3, 10, 17, 24

Offsite Location:

The YMCA • 380 Chestnut Street

Instructor: Randi Sharek

Cost is \$32.

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

## FRIDAY

### SENIOR STRENGTH EXERCISE

9:15 a.m. • March 7, 21, 28;  
April 4, 11, 18, 25

Instructor: Pearl Pressman.

Cost is \$28.

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.

### EXERCISE CLASS WITH PARK & RECREATION

9 WEEK SESSION

10:30 a.m. • March 14, 21, 28;  
April 4, 11, 25; May 2, 9, 16

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!

## 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.

## 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

## KEEP WELL CLINIC

Wednesday, March 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.

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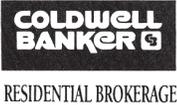
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**VISIT US ONLINE AT:  
[www.needhamma.gov](http://www.needhamma.gov)**

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

## **FRIENDS OF THE NEEDHAM ELDERLY, INC.**

300 Hillside Avenue  
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