



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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WE WILL WELCOME SUMMER WITH
TWO VERY SPECIAL EVENTS!

SPRING TRIVIA CHALLENGE LUNCHEON

Wednesday, June 18

10:30 a.m. for Trivia; 11:30 a.m. for Lunch

The programming and dining staff at Evans Park at Newton Corner, a Benchmark Senior Living Community, will visit The Center at The Heights to present a very fun Spring Trivia Luncheon! Question topics will include a vast selection from the categories of science, national and local history, politics, sports, music, entertainment, culture and more! They will also be tying in the history of Needham and its senior center, so study up! Teams will be formed in groups and prizes will be awarded to the top three teams. Following our trivia challenge, you will be treated to a mouthwatering menu prepared by Evans Park's dining team and Head Chef, Bayron Castillo, featuring grilled BBQ chicken and all-beef hotdogs with all the trimmings. Prepare yourselves for a fun-filled day of friends, facts and food!

SIGN-UP IS REQUIRED so don't delay – call 781-455-7555!

DUKE ELLINGTON "ROCKS IN MY BED"

RECORDED MUSIC AND NARRATIVE

Friday, June 27 • 2:00pm

Thanks to the generous support of Briarwood Rehabilitation and Healthcare Center, there is no fee for this program.



Edward Kennedy "Duke" Ellington (1899-1974) remains one of the most influential figures in jazz, if not in all American music and is widely considered one of the twentieth century's best known African-American personalities. As both a composer and a band leader, Ellington's reputation has increased since his death, with thematic re-packagings of his signature music often becoming best-sellers.

Independent theater and stage actor Cedric Liqueur will perform his solo act, "Rocks in My Bed." A former member of the Royal Shakespeare Company, Cedric Liqueur has written and produced historical biographies as solo performances since 1997 at libraries, school colleges and other venues in the United States, Canada and Europe.

Sign-up is required. Call 781-455-7555 or stop by the front desk.

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)	\$ _____
Total Enclosed	\$ _____

Please suspend delivery for the months of _____.
I will contact the F.O.N.E. to restart delivery when I return. (Applies to members who are away for more than a few weeks during the winter or summer months.)

*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.

FRIENDS OF THE NEEDHAM ELDERLY DONATIONS

GENERAL

- Julie Bardizian
- Shirley A. Bibbo
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- Jan & Andy Dorsey in memory of Jennie Bering
- Bob & Marilyn Robertson in memory of Mary Tedeschi
- Doris Iodice in memory of Dante Iodice

FREE LEGAL ASSISTANCE
BOSTON COLLEGE ELDER LAW PROJECT

Friday, June 13
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.

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. If you cannot afford a class, please contact us about a scholarship.

FREE WiFi AT THE CENTER AT THE HEIGHTS!

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

**"RIGHT SMACK DAB IN THE MIDDLE OF TOWN I'VE FOUND
A PARADISE THAT'S TROUBLE PROOF - UP ON THE ROOF!"**

The Roof Deck at The Center at The Heights is open! Tables with umbrellas await you!

You are welcome to bring your drinks and snacks in plastic containers and enjoy!

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:

MAY



- Monday, June 2 – Mick Morgan's, Walpole
- Monday, June 9 – One Bistro, Norwood
- Monday, June 16 – Olive Garden, Framingham
- Monday, June 23 – NO LUNCH BUNCH
- Monday, June 30 – Sofia Italian Steakhouse, West Roxbury

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

MEET THE AUTHOR – PRESENTATION AND SIGNING

Monday, June 16 • 10:30 a.m.

The Center at The Heights

Author Marian Knapp will speak about her new book, ***Aging in Places: Reflective Preparation for the Future***. Reaching beyond much of the literature on aging, Ms. Knapp's book describes what getting older is truly like using interviews with older people, her personal experience caring for loved ones and her own aging. Marian lives in Newton, MA and writes the column "Aging in Places" for the Newton TAB. Books will be available for purchase and signing, but no purchase is necessary.

JOINT EVENT CO-SPONSORED BY THE NEEDHAM CHAPTER OF HADASSAH

New Program! MATTER OF BALANCE: MANAGING CONCERNS ABOUT FALLS

Fridays • 1:00 p.m. • June 6, 13, 20, 27; July 11, 18, 25; August 1

Instructor: Pearl Pressman.

Matter of Balance is an evidence-based program developed by Boston University and sponsored by Newton-Wellesley Hospital designed to reduce the fear of falling and increase activity levels among older adults. Join us and learn to set realistic goals to increase activity, change your environment to reduce fall risk factors, and learn simple exercises to increase strength and balance.

There is no fee for this program, but sign-up is required by calling 781-455-7555.

Minimum: 12, Maximum: 15



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ART CLASS FOR ALL LEVELS

**Mondays,
May 5, 19; June 2, 9
12:00 - 1:30 p.m.
Cost is \$16.**

CURRENT EVENTS GROUP

10:30 a.m - Noon

Meets on the first, third and fifth Tuesday of every month

Tuesdays, June 3, 17

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

Wednesdays,

June 4 – July 9

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

10:00 - 11:30 a.m.

**Meets on the 2nd and 4th
Tuesday of the month.**

June 10, 24

*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.

KEEP WELL CLINIC

Wednesday, June 4, 18

9:00 a.m. - Noon

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

SHOPPING EXPERIENCE:

Volante's

Friday, June 20

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, and be sure to provide your phone number.

COMPASS COLLATING

Please Note Earlier Time

Wednesday, June 18

9:30 a.m.

Please join us as we prepare the July/August Compass for mailing. Please call The Center at 781-455-7555 to confirm the day and time.

COFFEE HOUR AND PASTRIES

With Senator Ross

Stop by to chat with the Senator, and see what's new on Beacon Hill!

Tuesday, June 10

10:00 a.m.

Please sign up by calling 781-455-7555 or stopping by the front desk.

REP. DENISE GARLICK'S OFFICE HOURS AT THE CENTER AT THE HEIGHTS

Monday, June 2

1:00 - 2:00 p.m.

First Come, First Served

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.

CINEMA AT THE CENTER

Fridays • 1:00 p.m.



Please Note: It is important for everyone interested in attending a film at The Center to sign up in advance by calling 781-455-7555 or stopping by the front desk. Knowing in advance how many viewers to expect will help us to plan our space accordingly and enhance your experience.

Friday, June 6

"As Good As It Gets" (1997)

Starring Jack Nicholson as an A-list nuisance who somehow comes to terms with Helen Hunt. Oscars were awarded to each.

Wednesday, June 11*

"Jane Eyre" (2007) Part I

Friday, June 13

"Jane Eyre" Part II

This 2007 version of Charlotte Bronte's classic novel is modern and moody, timeless and romantic. Starring Toby Stephens as Mr. Rochester, Ruth Wilson as Jane, and Francesca Annis as Lady Ingram.

Due to its 4-hour length we will split the viewing into a Wednesday and Friday show.

Friday, June 20

"Laura" (1945)

Starring Gene Tierney, Dana Andrews and Vincent Price, this superb murder mystery received five Academy Award nominations and won one.

Friday, June 27

"Much Ado About Nothing" (1993)

This movie version of Shakespeare's play is set in a magnificent Tuscan villa with Kenneth Branagh and Emma Thompson as quarrelling lovers Beatrice and Benedick.

* Please note that on June 11th Cinema at The Center will be on a Wednesday, not a Friday.

SPRINGWELL NUTRITION EDUCATION LUNCH AND LEARN

Tuesday, June 24 • Noon

Ever wonder if eggs are bad for your heart, or how to maintain bone health if you don't drink milk?

Meghan Ostrander, Nutrition Director at Springwell will discuss Nutrition Myths at the regularly scheduled Springwell lunch. This event is free, but you must register for the Springwell lunch by 11:00 a.m. the previous day by calling 781-455-7555 EXT 203.

TRIP NEWS

KENNEBUNKPORT CITY TOUR AND LOBSTERBAKE FEAST

Wednesday, June 25



Let's kick off summer at the seaside with a Kennebunkport City Tour and Lobsterbake feast at the Clambake Restaurant beside Old Orchard Beach in Scarborough, ME. Enjoy a guided tour of Kennebunkport including the romantic Wedding Cake House, the Bush's summer home and the lovely gardens and shrines of the Franciscan Monastery.

Please contact the Trip Desk at 781-455-7555, EXT 209 or send your check for \$79.95 (includes transport, lunch and tour; excludes tips). Full payment and meal selection (lobster and clams or baked haddock) is due upon reservation. Please make checks payable to F.O.N.E. and mail to: The Center at The Heights, COA/Attn: Trips, 300 Hillside Ave, Needham, MA 02494. Departure/return times will be announced closer to the trip - so please leave your name, spelled clearly, and phone number when booking. (No refunds if cancellation is received within 10 days prior to departure - unless a replacement is found.)

LAUNCH OF CENTER FITNESS ROOM!

The Center's fitness room **will open the week of May 19 to individuals age 60 and older!** All participants interested in using the room **MUST** first complete a packet of required forms in the presence of fitness room staff (personal identification required) during the hours listed below. Packets will be available in the fitness room at those times.

Our certified fitness room staff will oversee completion of the required documents and signatures for each participant and schedule a mandatory equipment and procedures orientation. Both a completed packet of required documents and the orientation are mandatory. Once these two steps are completed, a monthly membership card may be purchased at the front desk for a minimum of 4 weeks of unlimited drop-in use for \$20.

During this pilot phase of our program, the hours of operation will be: Monday 11:30 a.m. -2:30 p.m., Wednesday 9:00 a.m. – Noon, Thursday 9:00 a.m. – Noon and 1:00 – 4:00 p.m. If you have questions concerning the required documents and or the orientation process, you should drop by during these hours when the fitness room staff will be available.

We thank the Friends of Needham Elderly (F.O.N.E.) for their generous support of the fitness room, allowing us to offer this important health and wellness resource for this nominal fee.



SHINE BULLETIN MEDICARE AND MENTAL HEALTH BENEFITS

Starting in January 2014, Original Medicare increased its payment for most outpatient mental health services to the same level as other Medicare Part B services - 80 percent of the Medicare approved amount. You or your supplemental insurance must pay the remaining 20 percent coinsurance. Medicare Advantage plans have to cover the same services as Original Medicare. However, your plan will likely require you to see an in-network mental health care provider. If you have a Medicare Advantage plan, contact your plan to find out about your copayments. Original Medicare and Medicare Advantage plans continue to provide coverage for inpatient mental health services as usual.

Remember: You should ask any provider if they take Medicare or your Medicare Advantage plan before you begin receiving services!

For assistance with understanding and accessing your Medicare benefits, you can call your senior center and ask for a SHINE appointment. Trained SHINE volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. You can reach a SHINE counselor by telephone. 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 counselor will call you back, as soon as possible.



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LOW VISION SUPPORT GROUP

New Day! **Wednesday, June 18
10:00 a.m.**

This group provides an opportunity for the blind and visually impaired to come together to discuss issues related to their vision loss. Our speaker will be Kyle Robidoux, Regional Director, Massachusetts Association for the Blind.

WEIGHT MANAGEMENT SUPPORT GROUP

8 WEEK SESSION

Mondays at Noon

May 5, 12, 19;

June 2, 9, 16, 23, 30

Instructor: Pearl Pressman
Cost is \$32.

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

CLUTTER SUPPORT GROUP

Mondays • 2:00 p.m.

Feeling overwhelmed by clutter?
Need help letting go of what's holding you back?

THE FITNESS WALKING CLUB

Friday, June 13

Boston via Commuter Rail:
Back Bay to Chinatown

Friday, June 27

Lake Waban, Wellesley College

Requirements: Current File of Life and the ability to walk independently 2-4 miles a couple of times weekly. Participation is on a first come, first served basis with a maximum of 14 (13 for the June 13 trip as a staff member will participate). Depart The Center at 10:00 a.m. To sign up, call 781-455-7555.

EXERCISE AND DANCE CLASSES

MONDAY

TAI CHI

8 WEEK SESSION

9:00 a.m. • May 5, 12, 19; June 2, 9, 16, 23, 30

Next Session starts July 7

Instructor: Scott Brumit • Cost is \$32

*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. • May 5, 12, 19; June 2, 9, 16

Next session starts July 7

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.

May 5, 12, 19; June 2, 9, 16, 23, 30

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.

LINE DANCING CLASS

8 WEEK SESSION

12:00 p.m. • May 5, 12, 19; June 2, 9, 16, 23, 30

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.

New! SELF-AWARENESS SAFETY SKILLS

6 WEEK SESSION

1:30 p.m.

May 5, 12, 19; June 2, 9, 16

Cost is \$24.

This course is designed to be a practical and basic introduction to self-awareness and self-defense for seniors. Learn how to be aware of certain situations, how to move effectively while maintaining your balance, and learn principles of punches, kicks and grabs.

TUESDAY

EASY YOGA™ FOR OLDER ADULTS

SPRING SESSION – 8 WEEKS

9:15 - 10:15 a.m.

April 22, 29; May 6, 13, 20, 27; June 3, 10

Instructor: Steffi Shapiro

Cost is \$69.

Sign up through Needham Community Ed. 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 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.

ARTHRITIS EXERCISE CLASS

8 WEEK SESSION

2:00 p.m.

May 6, 13, 20, 27; June 3, 10, 17, 24

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. • June 3, 10, 17, 24

NIGHTCLUB 2-STEP

Previous Dance Experience Required

Instructor: Betty Hood

Cost is \$16.

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

10:30 – 11:30 a.m.

June 4, 11, 18, 25;

July 2, 9, 16, 23, 30

Instructor: Arlene DePhillippo

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.

BETTER BALANCE, LIVING STRONGER

6 WEEK SESSION

2:45 – 3:45 p.m.

May 14, 21, 28;

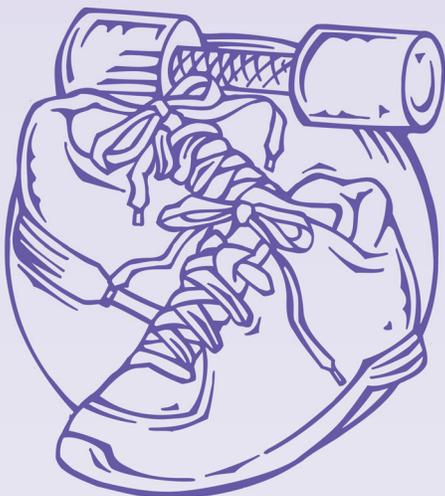
June 11, 18, 25

Instructor: Leslie Worris

Cost is \$40.

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.

Current Session: June 5, 12, 19

Next Session: June 26 – July 31

(6 WEEK SESSION)

Instructor: Louise Carbone

Cost is \$24.

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. • May 1, 8, 15,

22, 29; June 5, 12, 19

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. • May 2, 9, 16,

23, 30; June 6, 13, 20

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.

MATTER OF BALANCE

Fridays • 1:00 p.m.

June 6, 13, 20, 27;

July 11, 18, 25; August 1

Instructor: Pearl Pressman.

Sign up is required.

Join us and learn to set realistic goals to increase activity, change your environment to reduce fall risk factors, and learn simple exercises to increase strength and balance.

GAMES & MORE

TUESDAYS

DROP-IN BRIDGE

9:00 a.m. – Noon

MEN'S BRIDGE/
WOMEN'S CRIBBAGE

1:00 - 3:00 p.m

THURSDAYS

DROP-IN BRIDGE

9:00 a.m. – Noon

DUPLICATE BRIDGE

12:30 - 3:30 p.m.

KNITTING

10:30 a.m. – Noon

Do you enjoy knitting, crocheting, sharing stitches or patterns? This is an informal group for all levels.

FRIDAYS

QUILTING

10:15 a.m.

MAH JONG/
BOARD GAMES

SCRABBLE

1:00 - 4:00 p.m.

LEARN TO PLAY CRIBBAGE

Tuesdays • 10:00 a.m.

June 3, 10, 17, 24

Instructor: Clif Holbrook

DROP-IN POOL AND PING PONG

Monday – Friday

9:00 a.m. – 4:00 p.m.

Check schedule of Travelling Pool Team (March through May season) posted on site in game room and reserved times for pool matches (at front desk).

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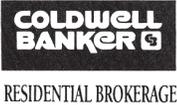


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VISIT US ONLINE AT:
www.needhamma.gov

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

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