



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 781-444-1373 • www.needhamma.gov
Newsletter printed & mailed by The Friends of The Needham Elderly, Inc.

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Summertime, Summertime!

MUSIC, MAGIC AND MORE!

ANNUAL FRIENDS MEETING

and

STRAWBERRY SHORTCAKE SUMMER SOCIAL



Friday, July 25 • 2:00 p.m.
The Center at The Heights

Elect the Friends of Needham Elderly
Board of Directors for FY 2015.



**DOOR PRIZES • REFRESHMENTS
STRAWBERRY SHORTCAKE
AND MORE!**



*Sign-up is requested – Please sign up at the Reception Desk
or call 781-455-7555. There is no fee for this program.*



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SUMMER BARBECUE! SPRINGWELL'S TRAVELLING CHEF RETURNS! Wednesday, July 9 • Noon



Springwell's Travelling Chef will grill fresh hamburgers and hot dogs with coleslaw, potato salad, watermelon and refreshing beverages! This event is open to anyone who is 60 years of age or older.

Seating is limited so please sign up by 11:00 a.m. Monday, July 7 by calling 781-455-7555 ext. 203.

(RESERVATIONS REQUIRED ONE DAY EARLIER THAN USUAL.)

STRAWBERRIES AND MUSIC – WHO COULD ASK FOR ANYTHING MORE?



Tuesday, July 15 • 1:00 p.m.

Join us for a fun afternoon of strawberries and piano music as the staff of Boylston Place - a senior living community in Chestnut Hill - visits with samples of everything strawberry. Enjoy a strawberry shake, chocolate covered strawberries or strawberry cupcakes. You will hear some fun facts about strawberries and enjoy Needham's own Doug Robinson as he "tickles the piano keys" in the background.

Sign-up is required by calling 781-455-7555 or stopping by the front desk.

"MAGIC FOR SMART PEOPLE" Tuesday, July 29 • 1:00 p.m.

Bob, the Magic Guy will make you believe in the impossible again, while making you smile and laugh. Bob has bewitched audiences from New England to the Virgin Islands with his easy manner, clever dialogue, and a hat and handful of tricks - captivating youngsters and oldsters alike. Audiences are amazed, delighted and mystified by this magician who weaves stories and humor around clever magic tricks.

The Somerville News Wrote: *"The entire audience was baffled by Bob's sleight of hand, and his witty jokes in between kept even the most skeptical viewers entertained. This sometimes psychic, always entertaining trickster clearly knows his craft and how to use it to the audience's delight."*

Sign-up is required by calling 781-455-7555 or stopping by the front desk.

We extend a special thanks to Briarwood Rehabilitation and Healthcare Center for their support of this event.



THE NEWTON SWING BAND AND ICE CREAM SOCIAL!

Tuesday, August 12 • 1:00 - 2:30 p.m.

Join us in welcoming back the Newton Swing Band. Bring your dancing shoes and appetite for ice cream with all the toppings!

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



“MUSIC THROUGH THE DECADES”

WITH
DAVID POLANSKY



Tuesday, August 19 • 1:00 p.m.

Commissioned by the Norman Rockwell Museum, “Music Through the Decades” is a presentation of how the last hundred-plus years of American and world history have influenced the great American Popular Song Book.

Using keyboard, trumpet, and vocals, David brings alive the music of George M. Cohan, Irving Berlin, Fats Waller, George Gershwin and Hoagy Carmichael, with hits from World War I, the Roaring '20s, The Great Depression, World War II, Big Band and Swing Eras, Broadway, and the Wild West. Selections include “Over There,” “Sweet Georgia Brown,” “Brother Can You Spare a Dime,” and “Rosie the Riveter.” David will take your questions and share anecdotes about famous musicians as well as some personal revelations from his own life as a musician.

**Sign-up is required by calling 781-455-7555
or stopping by the front desk.**

We thank Briarwood Rehabilitation and Healthcare Center
for their support of this program.



DID YOU KNOW?

May Happenings at the Center:

- Over 50 programs, classes and events were held including a presentation on Veterans' benefits, the Springwell Healthy Living Workshop, Tai Chi for Arthritis, a pizza lunch with Mitchell School fifth graders and the showing of the 2013 academy award winning film, “Gravity”.
- Media lab for drop-in assistance and computer classes
- Fitness Room for sign-up and equipment orientation

ROOF DECK IS OPEN!

Please enjoy the summer weather on the second floor roof deck. Bring your plastic containers of water and wrapped snacks, chat with friends or just relax and enjoy the view.



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

EATON FUNERAL HOME ~ A TRADITION OF CARING

Family Owned & Operated - Serving
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781-444-0201**

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COMPASS COLLATING

Please Note Earlier Time

**Wednesday, August 20
9:30 a.m.**

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

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.

NEW CANASTA GROUP FORMING!

Wednesdays • 1:00 p.m.

In response to several requests, we are forming a new Canasta group. Please call the front desk at the Center at 781-455-7555, and leave your name, phone number and whether you are a beginner or experienced player. The more experienced players will be asked to teach as well as play. We will set a start date once we know the interest level.

RECRUITING DOMINOES PLAYERS!

Drop by on Fridays from 1:00 - 3:00 p.m. to play dominoes. Experienced players can teach beginners. Please bring your own sets.

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:



JULY

Monday, July 7 – Cooper House Tavern, Waltham
Monday, July 14 – Agostino's, Natick
Monday, July 21 – Joe's American Bar & Grill, Dedham
Monday, July 28 – Bertucci's, Norwood

AUGUST

Monday, August 4 – Applebee's, Walpole
Monday, August 11 – Chili's, Dedham
Monday, August 18 – TGI Fridays, Dedham
Monday, August 25 – Grassfields, Waltham

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

HOUSING TOUR! CARRIAGE HOUSE OF WAYLAND

Wednesday, July 30 • 10:30 a.m. Departure

Carriage House of Wayland – a Northbridge Senior Living Community – invites you to tour their community and enjoy lunch! The Carriage House van will depart from The Center at The Heights at 10:30 a.m. Maximum of 12.

**Sign-up is required by calling 781-455-7555
or stopping by the front desk.**

Social Service Department News THE TOP TEN REASONS TO VISIT THE CENTER AT THE HEIGHTS:

1. Enrich your life with friends! Turn a long day into a bright and interesting one!
2. Receive The Compass each month. This newsletter provides monthly lunch menu, news, activities, events, and trips.
3. Volunteer opportunities. Gain satisfaction by helping others.
4. Enhance your health by staying active. Try our exercise classes, fitness room, tai-chi, and yoga, balance training and fitness club walking.
5. Exercise your mind. Attend a book presentation and signing, teach a class, participate in a class, computer room use, tutoring and classes, free wireless Internet access.
6. Enjoy cards, Scrabble, dominos, or join the line dance or Zumba class.
7. Enjoy historical tours or day trips.
8. Enjoy our lending library with a warm fireplace in winter and a sunny roof deck in summer.
9. Enjoy luncheons or lunch out together.
10. Ongoing interest groups include quilting, knitting, mah jong, duplicate and social bridge, billiards, and support groups.



CINEMA AT THE CENTER

Fridays • 1:00 p.m.

Friday, July 11

“Great Expectations” (2012)

After Pip, an orphaned blacksmith’s apprentice, inherits a fortune from an anonymous benefactor, his future seems promising, but complications develop.

Friday, July 18

“Return to Me” (2000)

A man who falls in love with the woman who received his wife’s heart must decide which woman it is who holds his heart. Featuring: David Duchovny, Minnie Driver, Carroll O’Connor

Friday, July 25

“Her” (2013)

A lonely writer develops an unlikely relationship with his newly purchased operating system that’s designed to meet his every need.

Friday, August 1

“Fifty First Dates” (2006)

Adam Sandler and Drew Barrymore star in this funny and touching film about true love and memory loss.

Friday, August 8

“The Shop Around the Corner” (1940)

Feuding clerks in a small shop find love in a lonely hearts club. Featuring: Jimmy Stewart, Margaret Sullivan

Friday, August 15

“Saving Mr. Banks” (2013)

This film is a look at the thorny creative relationship between “Mary Poppins” source novelist P.L. Travers (Emma Thompson) and Walt Disney himself (Tom Hanks).

Friday, August 22

“The Way Way Back” (2013)

A stifled teen finds his voice with encouragement from the manager of a local water park. Featuring: Steve Carrell, Toni Collette, Allison Janney

Wednesday, August 27

(Wednesday Documentary)

“Secrets of Highclere Castle” (PBS 2013)

England’s Highclere Castle may be best known as the setting for Downton Abbey, but the castle has stories of its own – 1300 years’ worth! See how all the inhabitants – including the current residents, Lord and Lady Carnarvon, live in this fairytale castle.

Friday, August 29

“Philomena” (2013)

A world-weary political journalist picks up the story of a woman’s search for her son, who was taken away from her decades ago after she became pregnant and was forced to live in a convent. Featuring: Dame Judi Dench and Steve Coogan

SHOPPING EXPERIENCE:

Friday, July 18

Trader Joe’s

Friday, August 15

Baza Gourmet Foods & Spirits

Sign-up is required by calling 781-455-7555 or stopping by the front desk.

Departure from the Senior Center will be 10:30 a.m. 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 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.

VOLUNTEERING

For information on volunteering at the Needham Council on Aging Center at The Heights, please call Penny at 781-455-7555 (ext. 204).

VOLUNTEERS NEEDED FOR BOUTIQUE GIFT SHOP

Looking for a fun way to interact with Center visitors? We need volunteers who could work in our Center Boutique Gift Shop for one of two hour shifts:

10:00 a.m. – Noon or
Noon – 2:00 p.m.

Contact Penny Gordon at 781-455-7555 (ext. 204) to inquire about available days as well as other volunteering opportunities at The Center.



Golden Law Center

Thoughtful, effective legal services for elders, persons with disabilities and the people who care about them.

200 Highland Avenue, Suite 302, Needham

781-433-8665



- Short Term, Long Term & Dementia Units
- Up to 7 days/week Physical Therapy, Occupational Therapy, & Speech Therapy
- In house therapists
- Family owned and operated
- Dedicated dementia unit
- Skilled nursing care with specialties in medically complex cases

135 Ellis Avenue • Norwood, MA 02062 • 781-762-6880 • www.TheEllis.com

LOW VISION SUPPORT GROUP

**NO MEETING IN
JULY OR AUGUST**

WEIGHT MANAGEMENT SUPPORT GROUP

8 WEEK SESSION

July 7, 14, 21, 28;

August 4, 11, 18, 25

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?

KEEP WELL CLINIC

Wednesday, July 2, 16;

August 6, 20

9:00 a.m. – Noon

FITNESS WALKING CLUB

Friday, July 11

10:30 a.m.

**The Greenway by
Commuter Rail**

Leave The Center at the Heights
by 10:30 a.m. for the 11:00 a.m.
Commuter Rail Train.

TRIP NEWS

Come Cruise With Us!

WHALE WATCHING CRUISE FROM BOSTON HARBOR

AND LUNCHEON AT THE WATERSIDE

VENEZIA RESTAURANT

Wednesday, July 23



Sit back for 3-1/2 hours and relax on a large comfy catamaran with three large viewing decks for optimal viewing. Enjoy climate controlled interior cabins with cushioned seating, a fully stocked galley, and stabilizers for the most pleasant and safest of trips. We'll head out to the spectacular Stellwagen Bank Marine Sanctuary - be sure to bring your cameras! After you've worked up an appetite at sea, we'll head for a delicious lunch at the Venezia. Choices are Baked Haddock, Chicken Parmigiana, Steak Tips, Chicken Piccata or Pasta Primavera.

For reservations, please contact the Trip Desk at 781 455 7555 (ext 209) with your lunch choice. Full payment of \$82.00 due upon reservation. Please make checks payable to F.O.N.E and mail to The Center at The Heights, Attn: Trips, 300 Hillside Ave, Needham, MA 02492. This trip requires 35 guests to operate so book early and tell your friends. (No refunds if cancellation is received within 7 business days prior to departure).

Our coach leaves from Linden & Chambers St. at 7:45 a.m., and from the Senior Center at 300 Hillside Ave at 8:00 a.m. We will return at approximately 5:00 p.m.



THE ISLE OF SHOALS CRUISE AND LUNCHEON

Wednesday, August 20

Book early to avoid disappointment! See the nation's oldest active naval yard, a famous grand resort hotel, forts and lighthouses. Lunch will be at Sheraton Harborside Hotel, Portsmouth, NH with a choice of Grilled Herbed Chicken or Crusted Haddock. Don't miss the boat! Cost is \$84.00.

FITNESS ROOM UPDATE!

The Center's Fitness Room is open for registration
and drop-in use during the following hours:

Monday: 11:30 a.m. – 2:30 p.m.

Wednesday 9:00 a.m. – Noon

Thursday: 1:00 – 4:00 p.m.

Friday: 9:00 a.m. – Noon



Once the required paperwork and equipment orientation is complete, access cards are available for a minimum of 4 weeks of unlimited drop-in use for \$20. If you have questions, you should drop by during the hours listed above to speak with the fitness room staff.



COUNCIL
ON AGING
Needham

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Colleen Schaller

Staff

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Executive Director

LaTanya Steele, BSW
*Assistant Executive Director
Social Worker*

Barbara Falla, LICSW
Social Worker

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Program Coordinator

Penny Gordon, BA
*Volunteer and Transportation
Program Coordinator*

Dorene Nemeth, MBA
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SHINE

Clif Holbrook
Building Monitor

Fred Bowen
Michael O'Toole
Van Drivers

Yustil Mejia
Custodian

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Ann DerMarderosian
Jack Donna
Marjorie Gaultitz
Rachel Mahar
Mohan Dali

**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

- Carol Amicangioli
- Barbara Baker
- Lily Chiu
- Julie Place
- Bill & Betsy Tedoldi

IN MEMORY OF

- Carol Ditmore
in memory of
Jennie Bering
- John & Moy Burns
in memory of
Richard G. Carter
- Ann & Armen
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in memory of
Jennie Bering
- Ruth Ann & Douglas
Donaldson
in memory of
Richard G. Carter

- Isabel M. Martino
in memory of
Joan Jacobs
- Ruth C. Skinner
in memory of
Richard G. Carter

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.

EXERCISE AND DANCE CLASSES

MONDAY

TAI CHI

6 WEEK SESSION

9:00 a.m.

July 7, 14, 21; August 11, 18, 25

Instructor: Scott Brumit. Cost is \$24.

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

(NEW) MAXIMUM: 15 PARTICIPANTS

6 WEEK SESSION

9:00 a.m.

July 7, 14, 21, 28; August 4, 11

Instructor: Sandi Levy. Cost is \$24.

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

SENIOR SEATED STRENGTH

8 WEEK SESSION

10:15 a.m.

July 7, 14, 21, 28; August 4, 11, 18, 25

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.

July 7, 14, 21, 28; August 4, 11, 18, 25

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.

SELF-AWARENESS SAFETY SKILLS

4 WEEK SESSION • **July 7, 14, 21, 28** • Cost is \$16.

TUESDAY

EASY YOGA™ FOR OLDER ADULTS

7 WEEK SESSION

9:15 - 10:15 a.m.

June 17, 24; July 1, 8, 15, 22, 29

Instructor: Steffi Shapiro. Cost is \$59.

Phone: 781-455-0400 (ext. 235)

Needham Community Ed.

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 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

9 WEEK SESSION

2:00 p.m.

July 1, 8, 15, 22, 29; August 5, 12, 19, 26

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.

July 8, 15, 22, 29; NO AUGUST CLASS

BEGINNER RUMBA

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

9 WEEK SESSION

10:30 – 11:30 a.m.

July 2, 9, 16, 23, 30; August
6, 13, 20, 27

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.

BETTER BALANCE, LIVING STRONGER

7 WEEK SESSION

2:45 p.m.

July 9, 16, 23, 30;

August 6, 13, 20

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.



POOL AND PING PONG

Monday – Friday

9:00 a.m. – 4:00 p.m.

THURSDAY

ZUMBA®

6 WEEK SESSION

10:00 a.m.

June 26; July 3, 10, 17, 24, 31

Instructor: Louise Carbone

4 WEEK SESSION

August 7, 14, 21, 28

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.

July 10, 17, 24, 31; August
7, 14, 21, 28. Cost is \$32.

Offsite Location:

The YMCA • 380 Chestnut Street

Instructor: Randi Sharek

To sign up contact The Center at

The Heights at 781-455-7555.

FRIDAY

SENIOR SEATED STRENGTH

9:15 a.m.

July 11, 18, 25; August 1, 8,
15, 22, 29

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.

MATTER OF BALANCE

4 WEEK SESSION

Fridays at 1:00 p.m.

July 11, 18, 25; August 1

Instructor: Pearl Pressman.

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

BRIDGE

9:00 a.m. – Noon

LEARN TO PLAY
CRIBBAGE:

10:00 a.m.

July 1, 8, 15, 22, 29;

No August Classes

Clif Holbrook

MEN'S BRIDGE/
WOMEN'S CRIBBAGE

1:00 - 3:00 p.m

WEDNESDAYS

BRIDGE

9:00 a.m. – Noon

LEARN TO PLAY
HEARTS
WITH CLIF

10:00 a.m.

July 2, 9, 16, 23, 30;

No August Classes

THURSDAYS

BRIDGE

12:00 – 3:00 p.m.

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

1:00 – 4:00 p.m.

MEDIA/ COMPUTER LAB DROP-IN ASSISTANCE

Drop by to use the Media/Computer Lab's desktops or ask questions about problems you may be having using your computer, cell phone or tablet during the following times:

Wednesdays
2:30 – 4:00 p.m.

Tuesdays and
Thursdays
1:00 – 3:00 p.m.

*Sign up at the front desk
(781-455-7555) is required
Fee: \$5 per class*

CENTER COMMON USE COMPUTERS AVAILABLE

We now have several desktops available for drop-in use at The Center. Four computers are located in the first floor Game/Pool Room and one in the second floor Library. A printer is available in the Library for printing documents from any of The Center desktops and limited personal copying.

COMPUTER, TUTORING & TECH CLASSES

Media/Computer Lab • Room #212 • Computer Classes

INTERNET GROCERY SHOPPING

LEVEL: INTERMEDIATE. ONE 1-1/2-HOUR SESSION.

Thursday, July 10 • 10:00 – 11:30 a.m.

Maximum Participants: 10 • Fee: \$5

This class will provide an introduction to two local grocery shopping services. Participants should have basic experience in using the computer for email or browsing. This is a "how-to" demonstration of how these services work. Attendees should bring a list of ten items they often purchase to start creating a shopping list.

WEBSITES FOR SENIORS

LEVEL: INTERMEDIATE. ONE 1-HOUR SESSION.

Tuesday, July 15 • 10:00 – 11:00 a.m.

Maximum Participants: 10 • Fee: \$5

This class will review several websites of interest to seniors, including Social Security and Web MD. We will discuss how the sites can be used, and practice navigating through the sites.

COMPUTERS FOR BEGINNERS

LEVEL: BEGINNER. TWO 1-1/2-HOUR SESSIONS.

Tuesday, August 12 and Thursday, August 14

1:00 - 2:30 p.m.

Maximum Participants: 10 • Fee: \$10

For true beginners – with absolutely no computer knowledge! This class is an introduction to using computers at The Center. We will describe the equipment and programs available, go over some basic computing concepts, and practice using the keyboard and getting onto the internet. Participants will be encouraged to set up their own e-mail accounts.

CENTER-WIDE FREE WIFI

Setting: Need-Wireless

Password: highland14



LIFELONG LEARNING

ART MATTERS

First Wednesday of every month

Offsite at Avery Crossings • 110 West Street

Surrealism

**Wednesday, July 9
10:30 a.m.**

What is real? What is a dream, a nightmare, a fantasy? Many artists make visual what many can only imagine. The Surrealists' view of the world was sometimes dark, curious, even frightening, exploring the subconscious and the irrational. But also they reveal curiosity, much humor and the poetic hint of possibility.

Ancient Egypt

**Wednesday, August 6
10:30 a.m.**

The Ancient Egyptians gave us the calendar, astronomy, wondrous engineering marvels, historical records and poetry. They have an elaborate relationship with many Gods, and their fabulous art gave them the power of life over death.



LECTURE, BOOK DISCUSSION AND SIGNING

Tuesday, July 22 • 1:00 p.m.

The Charles River

Ted Clark is a retired elementary school teacher who says, "History has always been my first love." His latest book, *The Charles River*, tells stories from all 23 cities and towns the river touches. He promises to share his knowledge about other Boston events such as the building of Back Bay and the great Molasses Explosion, as well. **NO PURCHASE REQUIRED.**

COOKING DEMONSTRATION AND LUNCHEON

Wednesday, August 13 • 1:00 – 2:30 p.m.

Kitchen, The Center at The Heights

Chef Barry Joress, from Avita of Needham, will demonstrate how to prepare, and then enjoy, a delicious, easy and low cost lunch. While subject to minor changes, the menu will consist of a low fat healthy pasta primavera, wheat pasta, diced summer veggies, Parmesan cheese and a little olive oil, and a spinach and strawberry salad with house vinaigrette. Chef Barry will answer questions as he explains how he prepares the dish, making for a fun hour or so.

MAXIMUM OF 15 PARTICIPANTS

Please sign up early, as participation is very limited.

Call 781-455-7555 or stop by the Front Desk



ART CLASS FOR ALL LEVELS

**June 30; July 21, 28,
August 4
4:00 – 5:30 p.m.**

Offsite Summer Session –
Needham Public Library,
Community Room
Cost is \$16.

Sign up with The Center at The
Heights at 781-455-7555.

ART STUDIO PAINTING

**Wednesdays
July 16 – August 27
11:00 a.m. – 2:00 p.m.**

CREATIVE WRITING GROUP

**July 8, 22;
August 12, 26**

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.

CURRENT EVENTS GROUP

**July 1, 15, 29;
August 5, 19**

There is no fee for this group.

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

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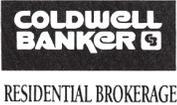
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