



FRIENDS OF THE CENTER
AT THE HEIGHTS, INC.

Senior Compass

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

The Center at The Heights • 300 Hillside Avenue • Needham Heights, MA 02494-1316 • Phone 781-455-7555 • Fax 781-444-1373 • www.needhamma.gov
Newsletter printed & mailed by Friends of The Center at The Heights, Inc.

Friends Board of Directors

Pat White
Carol Ditmore
Co-Chairs

Elizabeth Rosa
Secretary

Isabelle Avedikian
Roma Jean Brown
Stephen Cadigan
Jan Dorsey
Jay Kaplan
Sylvia Shuman
Betsy Tedoldi

Jamie Brenner Gutner
Ex Officio

Friends Programs

Jackie Julian-Martin
(Trip Coordinator)

Nancy Wetherell
Judi Finkle
(Gift Shop)

HAPPY FIRST BIRTHDAY TO THE CENTER AT THE HEIGHTS!



BIRTHDAY CELEBRATION AND CONVERSATION WITH TED REINSTEIN FROM CHRONICLE! Friday, November 21 • 1:30 p.m.

Ted Reinstein is best known around New England as a longtime correspondent for "Chronicle," the equally longtime and celebrated nightly news magazine that airs on Boston's ABC affiliate, WCVB-TV. In 2013, Globe Pequot Press published his first book, *A New England Notebook: One Reporter, Six States, Uncommon Stories*. The book, in an unusual encyclopedic style, recounts some of Ted's favorite people from his many travels around New England for "Chronicle." Ted will share with us some of his favorite stories from his book and have copies available for signing and purchase.

Seating is limited. Sign-up is required.
Call 781-455-7555 or stop by the Front Desk.

THANK YOU to Briarwood Rehabilitation and Healthcare Center
for sponsoring this event!

PLEASE NOTE Friends of the Needham Elderly (F.O.N.E.) has a new
name: Friends of The Center at The Heights.

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



INDEX

PLEASE NOTE: With the exception of drop-in programs, we ask that everyone sign up in advance for our programs and events. We also ask that everyone swipe in when entering the Center, whether here for a drop-in or scheduled program. Program sign-up for November and December will commence **Thursday, October 30.** Please call 781-455-7555 or stop by the Front Desk.

- Cinema at the Center . . .Page 5
- Computer ClassesPage 10
- Cooking DemoPage 6
- Elder Abuse HotlinePage 5
- Entertainment Live . . .Pages 2-3
- Exercise and Dance
ClassesPages 8-9
- Friends DonationsPage 7
- Games and MorePage 9
- Happy Birthday to The Center
at The HeightsPage 1
- Holiday Entertainment
SeriesPages 2-3
- Housing TourPage 4
- Keep Well ClinicPage 4
- Lifelong LearningPage 11
- Makeup and Beauty Tips . .Page 8
- Monday's Lunch Bunch . .Page 3
- Shine BulletinPage 4
- Shopping ExperiencePage 5
- Social Service NewsPage 4
- Support GroupsPage 4
- Trip NewsPage 6

REP. DENISE GARLICK'S OFFICE HOURS

The Center At The Heights
First Come, First Served

Monday, November 17
11:00 a.m – 12:00 Noon

HOLIDAY ENTERTAINMENT SERIES! STRING SWING

Monday, November 17 • 2:00 p.m.

Please join us as we kick off our Holiday Entertainment Series with a Holiday Concert featuring Rob Natoli and his three-piece jazz band. "String Swing" has entertained several times at neighboring senior centers and senior living communities with swing music from the big band era of the '20s and '30s. Let's welcome them to their first performance at The Center at The Heights!

Sign-up is required. Call 781-455-7555 or stop by the Front Desk.

HOLIDAY CLASSICAL SELECTIONS BY THE SUMMER TRIO

Monday, December 8 • 2:00 p.m.

We continue our Holiday Entertainment Series with a festive concert by the Summer Trio. Flutists Asako Yoshida and Liz Horwitz and pianist Rachel Adler-Golden will present an exciting mix of classical and popular music including holiday favorites, Spanish and Argentine tangos, music of Hector Berlioz, and contemporary composers Gary Schocker, Laura Shur and Jennifer Grady. We are very excited to present this talented trio of classical musicians.

Sign-up is required. Call 781-455-7555 or stop by the Front Desk.

NEW TRICKS NEW ENGLAND'S PREMIER OVER-50 IMPROV TROUP

Thursday, December 11 • 2:30 p.m.

Get ready for an afternoon of laughter! New Tricks was formed in 2002 to showcase the talents of older members of our community and has been delighting audiences ever since. Performers are from the Boston metro area and bring a variety of experiences and first careers to the stage. The show will feature audience participation and suggestions, traditional improv exercises and lots of laughs!

Thanks to the generous support of Briarwood Rehabilitation and Healthcare Center there is no charge for this event. Sign-up is required by calling 781-455-7555 or stopping by the Front Desk.

INDEPENDENT LIVING • ASSISTED LIVING • MEMORY CARE

the WINGATE experience *peace-of-mind*

Discover a *worry-free* lifestyle this *winter* at The Residences at Wingate.

Under one roof, our residents enjoy the safety, socialization and wellness programs you've wished for while maintaining the luxurious lifestyle you deserve.

Call 455-9080 today for a tour!

THE RESIDENCES
AT WINGATE

residencesatwingate.com

235 GOULD STREET NEEDHAM, MA 02494

NEWTON SWING BAND

Thursday, December 18 • 2:30 p.m.

Our Holiday Entertainment Series continues as the Newton Swing Band returns to perform holiday favorites. Tap your feet and sing along with this local 20 piece swing band.

Thanks to the support of Boylston Place, there is no charge for this event. Sign-up is required by calling 781-455-7555 or stopping by the Front Desk.

NEW YEAR'S EVE CELEBRATION WITH DAVID POLANSKY'S WINTER CONCERT

Wednesday, December 31 • 2:00 – 3:00 p.m.

We will conclude our Holiday Entertainment Series and welcome the New Year with talented musician, David Polansky. Using keyboard, trumpet and vocals, David will put smiles on our faces and a bounce in our steps as we say goodbye to 2014 and celebrate the winter season with his vast repertoire of winter songs including "Winter Wonderland," "I've Got My Love to Keep Me Warm," and of course "Auld Lang Syne"!

Thanks to the generous support of Briarwood Rehabilitation and Healthcare Center there is no charge for this event. Sign-up is required by calling 781-455-7555 or stopping by the Front Desk.

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:

NOVEMBER



- Monday Nov. 3 – Bamboo, Dedham
- Monday Nov. 10 – Three Squares, Needham
- Monday Nov. 17 – **NO LUNCH BUNCH**
- Monday Nov. 24 – Grassfields, Waltham

DECEMBER



- Monday Dec. 1 – Pizzeria Uno, Dedham
- Monday Dec. 8 – **NO LUNCH BUNCH**
- Monday Dec. 15 – Chateau, Norwood
- Monday Dec. 22 – Dolphin Seafood, Natick
- Monday Dec. 29 – One Bistro, Norwood

Call 781-455-7555 to sign up today.

Departure from The Center will be 11:30 a.m. If you need to be picked up at your home in Needham, please let the receptionist know.

You will pay the cost of your meal, tip, and tax at the restaurant. Enjoy!!

HAPPY FIRST BIRTHDAY TO THE CENTER AT THE HEIGHTS! MESSAGE FROM THE EXECUTIVE DIRECTOR

The month of November marks our first full year in our new home at The Center at the Heights. As with our personal milestones – marriage, children, college, jobs and homes – the first year is always special with its unique changes and challenges. For the first few weeks we settled in, got our offices somewhat in order, offered tours to interested guests and continued to offer the services that folks needed in the midst of a building still being built! Not unexpectedly, the phone system and Internet had issues, furniture and equipment continued to arrive, and work crews continued to need access to offices and program space.

Programs began at The Center at The Heights the first week of November. By the end of the month we had 25 regular programs up and running. As hoped, we continued the program expansion throughout the year and in September of 2014 were proud to host 61 programs. We have heard great jazz, swing and rock, feasted on special luncheons, and smiled over trivia games and magic shows. More important than the number of programs or even their content, however, is the sense of community that has developed at The Center over the course of this first year. We are heartened to see friends sharing lunch in the café, and newcomers welcomed to a canasta game or smiling through a line dancing class.

A year ago I wrote: "In the future we hope to expand our programs and services, as our collective dream becomes a reality!" We sure did and we still believe that the best is yet to come!

Jamie Brenner Gutfner

LOW VISION SUPPORT GROUP

**Wednesday, Nov. 19
10:30 a.m.**

Kerrie Juengel from
Mass College of Pharmacy and
Students will discuss
“EYE HEALTH, FOODS
AND SUPPLEMENTS FOR
HEALTHY VISION”

**Wednesday, Dec. 17
10:30 a.m.
HOLIDAY PARTY AND
YANKEE SWAP**

*Questions may be directed to Barbara
Falla, Group Leader, ext. 212.*

WEIGHT MANAGEMENT SUPPORT GROUP

**9 WEEK SESSION
Mondays at Noon
Nov. 3, 10, 17, 24;
Dec. 1, 8, 15, 22, 29**

Instructor: Pearl Pressman
Cost is \$36.

*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

**1st and 3rd Wednesday
of the Month
9:00 a.m. – 12:00 Noon
November 5, 19;
Dec. 3, 17**

SHINE BULLETIN

*** IMPORTANT REMINDER ***

**The Medicare Open Enrollment ends on December 7!
Don't Wait Until It's Too Late!
Make a SHINE Appointment Now!**

Every year, Medicare Part D and Medicare Advantage (HMO, PPO) plans can change their premiums, co-pays, deductibles, formularies (list of drugs covered) and preferred pharmacies. It's important to review your options EVERY year to make sure you have the plan that works best for you for next year.

Assistance is available from the SHINE program. Call The Center at The Heights and ask for a SHINE appointment. Trained SHINE volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare.

For Medicare related matters (other than an appointment), 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 return your call within 2 days.

For assistance 24 hours/day, 7 days/week, call 1-800-MEDICARE to speak to a Medicare customer service representative.

NEWS FROM SOCIAL SERVICE

WHAT IS THE “FILE OF LIFE”?

The File of Life is a miniature medical history that is kept in a red plastic sleeve with a magnetic strip. Once the history card is filled out, it is placed back in the sleeve. The magnetic sleeve is then placed on the outside of the refrigerator in a visible place.

A smaller version is also filled out and placed either in your wallet, purse or the glove compartment of your vehicle. A specially designed decal is then placed on the inside left corner of the rear windshield to indicate the File of Life is available in the glove compartment. The File of Life details a person's name, emergency medical contacts and insurance policy information. It details current health problems, current medications and dosages. It lists allergies, recent surgeries, your doctor's name and phone number and your health care proxy information. In the event of an emergency, the File of Life could be utilized by Police Officers, Emergency Medical Technicians, Firefighters, and Hospital Emergency Staff. The complete File of Life sleeve, is taken off the refrigerator, out of the wallet or vehicle and will accompany the patient to the hospital. Emergency room staff will have a quick medical history at their fingertips. This valuable information enables a quicker medical response time. The File of Life is available by contacting The Center at The Heights at 781-455-7555 ext. 208.

DISASTER PREPAREDNESS FOR SENIORS BY SENIORS GUIDE AVAILABLE

September was National Preparedness Month. Sponsored by FEMA, National Preparedness Month aims to educate and empower Americans to prepare for and respond to all types of emergencies, including natural disasters and potential terrorist attacks. The Social Service Department at The Center has “Disaster Preparedness For Seniors by Seniors” guides available. You may pick up a copy from Social Service or call to have a copy mailed to you - LaTanya Steele 781-455-7555 ext. 208. Copies are also available in Spanish and Russian.

HOUSING TOUR, LUNCH AND ENTERTAINMENT!

Tuesday, November 18 • 11:45 – 4:00 p.m.

The Village at Willow Crossings – located in Mansfield, MA – is an active senior living community situated on a 20-acre woodland campus. The Village has offered to provide a tour, lunch and music by guitarist Kathy Earabino to a maximum of 20 participants. The Village van will **transport a maximum of 14** to the community; others who can provide their own transportation are welcome. The Village van will depart The Center at The Heights at 12:00 Noon and return to The Center at 4:00 p.m.

Sign-up for those travelling on the Village van OR on their own is required by calling 781-455-7555 or stopping by the Front Desk.



CINEMA AT THE CENTER

Fridays • 1:00 p.m.

Please Note: We have added movie ratings when they are available so participants can make their personal choices to view or not. Also, it is sometimes necessary to change the movie so please confirm with the Front Desk and please sign up in advance.

Friday, November 7
“Chef” (2014) RATED R

Jon Favreau plays a professional chef who, after a public altercation with a food critic, quits his job at a popular Los Angeles restaurant and returns to his home town of Miami to fix up a food truck. He reconnects with his ex-wife and invites their young son to join him in driving the truck back to L.A. while selling his popular sandwiches in various cities along the way.

Wednesday, November 12
(Wednesday Documentary)
“Hubble’s Amazing Rescue” (2010)

Go behind the scenes on a riveting journey with the astronauts and engineers charged with saving the famous Hubble Space Telescope.

Friday, November 14
“The Fault in Our Stars” (2014)
RATED PG-13

The Fault in Our Stars tells the story of Hazel Grace Lancaster (Shailene Woodley) and Augustus Waters (Ansel Elgort), who fall hopelessly in love after meeting in a cancer support group, and experience a whirlwind romance that teaches them both what it means to feel truly alive.

Friday, November 21
No Movie

Friday, November 28
“The Heat” (2013) RATED R

The Heat is a 2013 American buddy cop comedy with Sandra Bullock and Melissa McCarthy who team up to take down a mobster.

Friday, December 5
“Portrait of Jennie” (1948)

One of the most unusual romances ever filmed, Portrait of Jennie stars Joseph Cotton and Jennifer Jones in a story of a struggling artist and beautiful but mysterious woman.

Wednesday, December 10
(Wednesday Documentary)

“We Steal Secrets: The Story of WikiLeaks” (2013) RATED R

A gripping, edge-of-your-seat thriller about Julian Assange and the creation of WikiLeaks, the controversial website which facilitated the largest security breach in U.S. history.

Friday, December 12
“Monuments Men” (2014)
RATED PG-13

The Monuments Men (George Clooney, Matt Damon and Bill Murray) are sent on an almost impossible mission as they risk their lives in a race against time to avoid destruction of art masterpieces stolen by the Germans. This movie is based on the true story of the greatest treasure hunt in history.

Friday, December 19
“Christmas Vacation” (1989)
RATED PG-13

Chevy Chase plays Clark Griswold, the ultimate family man who is on a mission to have a “good old-fashioned Griswold family Christmas” if it’s the last thing he does. The Griswolds are in for the most memorable Christmas of their lives.

Friday, December 26
“Crossing Delancy” (1985) RATED PG

Can an independent, contemporary woman find happiness with a guy who sells pickles? Isabelle, a Jewish woman in her early 30s has a grandmother Bubbie who obtains the services of a local matchmaker.

SHOPPING EXPERIENCE:
Friday, November 14
Wegman’s
Friday, December 19
Trader Joe’s

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.

COMPASS COLLATING
Wednesday, Dec. 17
9:30 a.m.

Please join us to help prepare the next edition of the Compass for mailing.

VOLUNTEER OPPORTUNITY!

The Center at The Heights is seeking skilled and friendly volunteers to act as front desk receptionists answering telephone and in person inquiries from our participants. Weekday afternoon shifts from 12:30 - 4:00 pm are available. Come to our beautiful and vibrant Center at The Heights and join in the fun! For more information, please contact Penny Gordon, Volunteer Coordinator at 781-455-7555 ext. 204.

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.

SPRINGWELL NUTRITION EDUCATION LUNCH AND LEARN

**Thursday, November 6
12:00 Noon**

Please join Springwell Dietitian Meghan Ostrander during lunch to learn about how nutrition helps your brain stay healthy! Please reserve your meal by 11:00 a.m. on November 5th by calling 781-455-7555, ext. 203. Suggested donation of \$2.

HEARING SCREENING

Heidi Anderson from Mass Audiology, Private Hearing Aid Company

**Wednesday, Nov. 12
1:00 – 4:00 p.m.**

Screenings will be scheduled every 15 minutes.
Call 781-455-7555 for an appointment.

INTERGENERATIONAL OPPORTUNITY Mitchell School Fifth Graders Seeking Pen Pals!

We would like to partner again this year with the 5th grade class of Colleen Soldato at the Mitchell School by matching students with seniors to be pen pals during the upcoming winter months. At this time we are asking for those who might be interested in participating to call Joan DeFinis at 781-455-7555, ext. 210. Once we know the interest level we will work out more details concerning expected time commitment and the mechanics of exchanging letters. We hope to kick off the program with a social event at either The Center or at the Mitchell School. STAY TUNED!!

TRIP NEWS

PLEASE NOTE: THERE IS NO TRIP SCHEDULED FOR NOVEMBER

A SALEM CROSS CHRISTMAS AND “BRIGHT LIGHTS” TRIP Tuesday, December 9

First, we'll visit the **OAKWOOD FARM CHRISTMAS BARN** in Spencer, MA, a favorite of New Englanders. This 175 year old barn is filled to the rafters with Teddy Bears, Gifts, Santas and Angels which you can view or purchase. After, we'll visit the renowned and historic **SALEM CROSS INN**, West Brookfield, MA, for a delicious full course luncheon. Relax and embrace the special ambiance of Christmas with music and yuletide decorations. Next, we will visit the **YANKEE CANDLE SHOP'S BAVARIAN CHRISTMAS VILLAGE IN DEERFIELD**. Our trip will culminate and illuminate with a spectacular drive through “**BRIGHT LIGHTS**” at Springfield, MA – **NEW ENGLAND'S MOST ELABORATE AND BRILLIANT DISPLAY OF FESTIVE ARTISTRY IN LIGHTS**.

Pick up will be at Linden and Chambers at 9:00 a.m.; The Center at The Heights at 9:15 a.m. Our expected return is approximately 7:00 p.m. Book your seat by calling The Center at The Heights at 781-455-7555 Ext. 209, or send your check for \$69 payable to “Friends” to Friends, The Center at the Heights, 300 Hillside Ave., Needham, MA 02494. Please give your pick up location when booking and your luncheon choice of Chicken Pot Pie or Maple Salmon. Payment must be received prior to **FRIDAY, NOVEMBER 21** to confirm your place. We need 40 people to operate this trip so please book early and tell your friends!

COOKING DEMONSTRATION CHEF BARRY FROM AVITA OF NEEDHAM Wednesday, November 5 • 1:30 p.m.

Chef Barry from Avita of Needham will demonstrate the best way to carve a turkey in terms of ease and yield. He will bring in a cooked turkey and carve and serve it along with a healthy root vegetable soup. While we chat, Barry will assemble the soup with lots of fresh vegetables, squash, turnip, parsnips, sweet potatoes, onions and garlic. Copies of the recipe will be available. Barry also will demonstrate how to make easy and fun centerpieces – a vase out of a squash, a candleholder from an apple, and a vase out of a pumpkin.

As this program will take place in The Center's kitchen, participation is limited to 15. Priority will be given to those individuals on the wait list from the August 13 Cooking Demonstration.

Advanced sign-up is required by calling 781-455-7555 or stopping by the Front Desk.



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

GREETINGS TO ALL OUR FRIENDS AT THE CENTER AT THE HEIGHTS

We're excited about our new name, Friends of The Center at The Heights, Inc., which better portrays our goal to help support the Needham Council on Aging's programs, services and the Center van. The Fitness Center is up and running, the Trips Program is active, and The Center is bustling!

Support dues for 2015 are now being accepted (please see the form below) and we hope that you will consider being a member for \$25 per year. Support dues finance the printing and postage of the Senior Compass as well as many of the programs and services offered by the Needham Council on Aging. Please consider paying your 2015 support dues soon. If you send your dues in November or December you will be paying for 2015 and the January/February label will reflect this with "15" before your name, indicating that you paid.

Thank you

Pat White and Carol Ditmore

FRIENDS OF THE CENTER AT THE HEIGHTS, INC. 2015 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, 2015 to Dec. 31, 2015)	\$25.00
Additional Donation	\$ _____
Memorial* (Please see below)	\$ _____
Total Enclosed	\$ _____

Please suspend delivery for the months of _____.
I will contact the Friends 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 Friends and mail to Friends, 300 Hillside Ave., Needham, MA 02494. Thank you!



COUNCIL
ON AGING
Needham

**Council on Aging
Co-Chairs**

Carol deLemos
Colleen Schaller

Staff

Jamie Brenner Gutner
Executive Director

LaTanya Steele, BSW
Assistant Executive Director
Social Worker

Barbara Falla, LICSW
Social Worker

Joan DeFinis, MBA
Program Coordinator

Penny Gordon, BA
Volunteer and Transportation
Program Coordinator

Dorene Nemeth, MBA
Kathy Worhach
SHINE

Clif Holbrook
Building Monitor

Fred Bowen
Michael O'Toole
Van Drivers

Yustil Mejia
Custodian

**Advisory Board
Members**

Adele Chang
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 THE CENTER AT THE HEIGHTS DONATIONS

GENERAL

- Peter Benfield
- Edna Froast

- Catherine Krueger
- Brian & Debbie Sewall

IN MEMORY OF

- Elizabeth Soderholm
- Rachel Mahar in memory of Bruce Mahar

PLEASE NOTE



The Needham Council on Aging and Senior Center does not receive funding for recreational programming. Programs may have fees in order to meet the overall expenses for all programs. If you cannot afford a class, please contact our social service department at 781-455-7555, ext. 208.

ALERT: Please register for all classes as soon as possible as we reserve the right to cancel any class or program that does not meet a participation minimum by the end of its second week.

FITNESS CENTER

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.

MAKEUP/ BEAUTY TIPS DEMO CLASS RETURNS!

**Friday, December 19
1:30 p.m.**

Shahla Whitmore from Angelbare Permanent Cosmetics will teach how to choose the best makeup colors, massage your face and give yourself an eyebrow lift! Bring your own makeup. No products or services will be sold.

EXERCISE AND DANCE CLASSES

MONDAY

TAI CHI

8 WEEK SESSION

9:00 a.m.

Nov. 3, 10, 17, 24;

Dec. 1, 15, 22, 29 (no class 12/8)

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. Scott has studied various forms of martial arts since 1983, including tai chi and qigong.

YOGA

9 WEEK SESSION

9:00 a.m.

Nov. 3, 10, 17, 24;

Dec. 1, 8, 15, 22, 29

Cost is \$36.

SENIOR SEATED STRENGTH

9 WEEK SESSION

10:15 a.m.

Nov. 3, 10, 17, 24;

Dec. 1, 8, 15, 22, 29

Cost is \$36.

This exercise class is designed to accommodate mature individuals of various fitness levels. This seated class includes a thorough warm-up, strength training exercises using light hand weights, and gentle stretching exercises to increase flexibility and reduce muscle tension.

LINE DANCING

8 WEEK SESSION

12:00 Noon

Nov. 10, 17, 24;

Dec. 1, 8, 15, 22, 29

(Nov. 3 is a makeup class for previous session participants)

Cost is \$32.

TUESDAY

EASY YOGA

9:15 a.m. • Nov. 4, 18, 25

(Previous "Early Fall" session);

9:15 a.m. • Dec. 2 – Jan. 27

(new "Late Fall" session);

No class 12/23

Instructor: Steffi Shapiro. Cost is \$69.
Phone 781-455-0400, ext. 235

Sign up through Needham Community Ed. The catalog is posted under Community Education and Adult Ed. at www.needham.k12.ma.us.

Easy Yoga 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. 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 Easy Yoga on the website www.elder-yoga.com.

ARTHRITIS EXERCISE

8 WEEK SESSION

2:00 p.m. • Nov. 4, 18, 25

(no class Veterans Day, Nov. 11);

2:00 p.m. • Dec. 2, 9, 16, 23, 30

Cost is \$32.

BALLROOM DANCING:

4 WEEK SESSION 1

2:00 p.m. • Nov. 4, 11, 18, 25

(Note YMCA location is open Nov. 11)

BOLERO -

Dancing Experience Required

Cost is \$16.

4 WEEK SESSION 2

2:00 p.m. • Dec. 2, 9, 16, 23

BEGINNER FOXTROT -

NO Dance Experience Required

Cost is \$16.

NEW CLASS!

STABILITY BALL CORE TRAINING

6 WEEK SESSION

3:00 p.m. • Nov. 4, 18

(end of previous session)

New Session: Nov. 25;

Dec. 2, 9, 16, 23, 30

New Session cost is \$24.

You will learn how to use the stability ball while strengthening your CORE (lower back and abdominals); improving posture & balance; and working every muscle in your body, including your brain.

EXERCISE AND DANCE CLASSES

WEDNESDAY

PARK AND RECREATION SENIOR EXERCISE CLASS

Location:

The Center at The Heights;
Sign Up: Park and Recreation
781-455-7550

Wednesdays • 9:15 a.m.

CONTINUATION OF
9 WEEK SESSION

Beginning Oct. 15, 22, 29;
Nov. 5, 12, 19; Dec. 3, 10, 17.

Low-impact aerobics class, which includes stretching and use of free weights. Emphasis on cardiovascular fitness and endurance, maintaining range of motion and injury prevention.

BETTER BALANCE, LIVING STRONGER

7 WEEK SESSION

Wednesday, 2:45 p.m.

Nov. 5, 12, 19, 26;

Dec. 3, 10, 17

Cost is \$45.

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.

PLEASE NOTE: Friends of Needham Elderly (F.O.N.E.) has a new name: Friends of The Center at The Heights. Checks written for support dues, donations and payment for classes may be made payable to Friends.

THURSDAY

ZUMBA®

6 WEEK SESSION

10:00 a.m.

Nov. 6, 13, 20; Dec. 4, 11, 18

Cost is \$24.

ARTHRITIS FOUNDATION TAI CHI

End of Fall Session:

Nov. 6, 13

10:00 a.m.

Class Closed

ARTHRITIS EXERCISE (OFFSITE)

6 WEEK SESSION

2:00 p.m.

Nov. 6, 13, 20; Dec. 4, 11, 18

Cost is \$24.

Offsite Location:

The YMCA • 380 Chestnut Street

FRIDAY

SENIOR SEATED STRENGTH

8 WEEK SESSION

9:15 a.m.

Nov. 7, 14, 21, 28;

Dec. 5, 12, 19, 26

Cost is \$32.

Instructor: Pearl Pressman

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

See description under
Monday Seated Strength.

PARK AND RECREATION SENIOR EXERCISE CLASS

Location:

The Center at The Heights;
Sign Up: Park and Recreation
781-455-7550

CONTINUATION OF 9 WEEK
FALL SESSION

10:30 a.m.

Nov. 7, 14, 21; Dec. 5, 12, 19

Toning, stretching, strengthening, and abdominal exercises that will benefit you from head to toe.

GAMES, MUSIC & MORE

MONDAYS

KINGS IN THE CORNER WITH CLIF
9:30 – 10:30 a.m.

Drop by and jump into this simple, but fun card game.

TUESDAYS

DROP IN BRIDGE
9:00 a.m. – Noon

LEARN TO PLAY CRIBBAGE

10:00 a.m.

Clif Holbrook

VINTAGE VOICES
12:45 p.m.

This fun group now has a piano accompanist!

DROP IN CRIBBAGE
1:00 -3:00 p.m.

WEDNESDAYS

BRIDGE

Noon – 3:00 p.m.

CANASTA (CLASSICAL)

12:30 – 3:00 p.m.

Instruction Available

THURSDAYS

DROP IN BRIDGE
9:00 a.m. - Noon

KNITTING

10:30 a.m. – Noon

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

DUPLICATE BRIDGE
12:30 – 3:30 p.m.

FRIDAYS

QUILTING

10:15 a.m.

DROP IN DOMINOES MAH JONG/SCRABBLE
1:00 – 4:00 p.m.

POOL AND PING PONG

Monday – Friday • 9:00 a.m. – 4:00 p.m.

CENTER COMPUTER RESOURCES

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:

Mondays and Tuesdays
1:00 – 3:00 p.m.

Wednesdays
2:30 – 4:00 p.m.

*Sign up at the front desk
(781-455-7555) is required*

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.



CENTER-WIDE FREE WIFI

Setting:
Need-Wireless
Password: highland14

COMPUTER CLASSES

Media/Computer Lab • Room #212 • Computer Classes

The Needham Free Public Library will continue to partner with the Needham Council on Aging to offer senior computer classes at The Center at The Heights. Although everyone is welcome, participants with some experience with a mouse and keyboard may benefit the most from the November and December classes. Please note that the December 4 and December 18 classes require a Needham Public Library card and e-mail address.

The following classes will be offered Thursday mornings at 10:30 a.m. at The Center at The Heights Computer/Media Lab. Sign-up is required by calling 781-455-7555 or by stopping by the Front Desk at The Center. Seating is limited to 12 participants so sign up early. **There is no charge for the classes.**

CREATING MAILING LISTS USING MICROSOFT EXCEL Thursday, November 6th 10:30 a.m.

Learn how to set up mailing lists or any other type of list. Bring your own information, holiday card addresses, house inventory lists etc. If you have one, bring a flash drive to save your work. Flash drives may be purchased for \$5 at the class from the library staff.

CREATING YOUR OWN MEDICAL RECORD FOR EMERGENCIES Thursday, November 20th 10:30 a.m.

If you have a medical emergency at home, it's good to have vital medical information available for the EMTs when they arrive. Come and create a document to keep in your home in case of emergencies. Bring a list of all of your medications, doctors' names and contact information, and dates of past important medical procedures. If you want to save it, please bring a computer flash drive. Flash drives may be purchased for \$5 at the class from the library staff.

In addition to the above classes offered in conjunction with the Needham Library, the Council on Aging will offer the following class:

HOW TO USE THE INTERNET TO SCREEN HOME CONTRACTORS

Thursday, November 13 • 10:30 a.m.

Learn about websites that can help you research your selection of home repair and improvement contractors. We will explore sites such as the Better Business Bureau, the Office of the Attorney General and the Office of Consumer Affairs and Business Regulation. Requires comfort with using a mouse. This class is funded in part by Springwell, Inc. **Sign-up is required by calling 781-455-7555 or stopping by the Front Desk. Participation limited to 12.**

CONSUMER INFORMATION ON THE INTERNET Thursday, December 4th 10:30 a.m.

Need ratings information for appliances or ratings on services in the greater Boston area? Come to learn where to search on the internet using the library's Consumer Reports and Boston Consumer Checklist online databases. You will need to bring your Needham Public Library card with you to access these databases in the class.

GETTING READY TO TRAVEL USING THE INTERNET Thursday, December 18th 10:30 a.m.

Learn how to "surf" the internet to plan your upcoming trip. Use the Needham Public Library's "Global Road Warrior" database to research vital country information. Learn a few important phrases in the country's language using the library's Pronunciator database. This database requires a Needham library card and your email address.

LIFELONG LEARNING

LECTURE: "SAM, THE OTHER ADAMS: AN AMERICAN HERO, TERRORIST OR JUST THE FELLOW WHO MADE BEER?"

Friday, November 14 • 1:30 p.m.

Presenter: Bill Connors

Join us for a discussion of Boston's own Samuel Adams and learn more about his contribution to American independence. Many in Massachusetts considered Adams to be a dangerous and violent radical and denounced him as a mob-leading demagogue. His fiery orations resulted in Adams becoming known as America's first modern politician. Learn why Thomas Jefferson referred to Samuel Adams as "truly the man of the Revolution." In keeping with his contentious, democratic spirit, audience discussion is highly encouraged. Bill Connors is a Needham resident, historian, presenter at a local lifelong learning center and Boston by Foot Tour Guide. **Sign-up is required by calling 781-455-7555 or stopping by the Front Desk.**

FINANCIAL LITERACY SERIES SURMOUNTING YOUR 5 BIGGEST RETIREMENT PLANNING CHALLENGES

Tuesday, November 18 • 2:00 – 3:30 p.m.

This presentation is geared to individuals who are about to retire or are recently retired – ages 60-75. Staff from Morgan Stanley Wealth Management will discuss options available on how to maximize retirement resources. Accumulating retirement assets is only part of the challenge. Once retired, the focus turns to income generation. The presentation will discuss options for maximizing earnings.

PLEASE NOTE: There is no charge for this program and there is no obligation to purchase any Morgan Stanley products. **Sign-up is required by calling 781-455-7555 or stopping by the Front Desk.**

DRAMATIC HISTORICAL PERFORMANCE: THE THEATER OF THE 1930S, 1940S AND 1950S WITH STEPHEN COLLINS

Wednesday, December 3 • 2:00 p.m.

The thirties through the fifties represent a great period of American theatrical history. The influence of and reaction to the Great Depression is evident in the work of William Saroyan. The forties saw the talent of three great playwrights emerge who dominated the theater, Tennessee Williams, Arthur Miller and Eugene O'Neil. All three examine dysfunctional families and the American dream gone awry. In 1954, N. Richard Nash's play *The Rainmaker* opens at the Cort Theater in New York City. The character Starbuck charms audiences with his brand of con and hucksterism. Collins performs monologues from these and other playwrights and may even sing a Cole Porter and George Gershwin tune to round off the program. **Sign-up is required by calling 781-455-7555 or stopping by the Front Desk.**

Thanks to the generous support of New Pond Village in Walpole, there is no charge for this event.

LECTURE: THE HISTORY OF US IMMIGRATION POLICIES

Friday, December 5 • 2:00 p.m.

Presenter: Dr. Ligia T. Domenech

from the Northern Essex Community College Speakers Bureau

Dr. Domenech will trace U.S. immigration policies from the colonial period until the present explaining how the U.S. responded to different immigrant populations – European, Chinese, Mexican and Caribbean. **Sign-up is required by calling 781-455-7555 or stopping by the Front Desk.**

ART CLASS FOR ALL LEVELS

Mondays

Noon - 1:30 p.m.
Nov. 10, 24; Dec. 8, 22
Cost is \$16.

ART OPEN STUDIO PAINTING

Wednesdays

11:00 a.m. – 2:00 p.m.
Nov. 5, 12, 19, 26;
Dec. 3, 10, 17, 31
(No Meeting Dec. 24)

No Fee

Space is limited. Sign-up is required.

WRITING YOUR MEMOIR

LAST CLASS NOVEMBER 5

WATERCOLOR WORKSHOP FOR SENIORS

(Needham Adult Education)

CONTINUATION OF 7
CLASS SESSIONS

The Center at the Heights
Tuesdays • Oct. 7 - Dec. 2

(No Class Nov. 11

Veteran's Day)

1:00 - 3:00 p.m.

CLASS FULL

Call to be added to our
waiting list.

Lavonne Suwalski, Instructor

ART MATTERS

First Wednesday of
every month • 10:30 a.m.
Nov. 5: SPANISH MASTERS
Dec. 3: MUSIC AND DANCE

Offsite at Avery Crossings
110 West Street
781-444-6655

CREATIVE WRITING GROUP

10:00 a.m.

(No Class Nov. 11

Veteran's Day)

Nov. 25; Dec. 9, 23

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

10:30 a.m.

Nov. 4, 18; Dec. 2, 16, 30

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

Veterans Taxi

**Brand New Vehicles,
Now with Hybrid Options!**
Senior Discounts Available

781-235-1600
www.veteranstaxi.com

CR Louise Condon Realty, Inc. "Needham's Home Town Brokers"

399 Chestnut Street, Needham, MA 02492

www.condonrealty.com 781-449-6292 info@condonrealty.com



**BRIARWOOD HEALTHCARE
& REHABILITATION CENTER**
AT 150 LINCOLN STREET

- ◆ An Eden Alternative Registered Home
 - ◆ Family Owned and Operated
 - ◆ Secured Alzheimer's Program
 - ◆ Short Term Rehabilitation
 - ◆ Long Term Care
- 781-449-4040

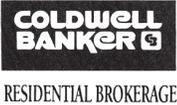


Martha M. McMahon, ABR, SRES®
Seniors Real Estate Specialist

781-343-4058

martha.mcmahon@nemoves.com

One Chapel Street
Needham, MA 02492



**KEEP YOUR LIFE SAVINGS
SAFE FOR LIFE.**

Needham Bank

YOUR FUTURE. OUR FOCUS.

MEMBER FDIC
MEMBER SIF



NEEDHAMBANK.COM 781-444-2100

**George J. Doherty & Sons
Funeral Home**

Family Owned and Operated

Pre-Need Planning

1305 Highland Ave. • Needham, MA

781-444-0687

For more information: www.gfdoherty.com

Council on Aging Board Members

Carol deLemos
Colleen Schaller
Co-Chairs

Scott Brightman
Ed Cosgrove
Phyllis Fanger
Dan Goldberg
Monica Graham
Penny Grossman
Susanne Hughes
Tom Keating
Lianne Relich
Eilene Kleiman

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

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

**FRIENDS OF THE CENTER
AT THE HEIGHTS, INC.**

300 Hillside Avenue
Needham Heights, MA 02494

RETURN SERVICE REQUESTED

NON-PROFIT
ORGANIZATION
U.S. POSTAGE
PAID
BOSTON, MA
PERMIT #54486