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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.

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SPRING IS COMING BUT IN THE MEANTIME LET MUSIC LIFT YOUR SPIRITS...

FREDDIE'S DIXIELAND BAND

Friday, March 6 • 1:30 p.m.

We welcome this very talented group of musicians for a fun and exciting concert filled with jazz and Dixieland selections! Featuring piano, clarinet, saxophone, trumpet and a vocalist, songs will include "Avalon," "Coney Island Washboard Girl," "Ain't Misbehavin'," "I Love a Piano," "Lazy River," "After You're Gone," and "Somebody Stole My Gal."

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

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

...AND COME SMELL THE ROSES! NEEDHAM'S ART IN BLOOM RETURNS Friday, March 6 • 12:00 Noon - 4:00 p.m.

Before and following the concert – from 12:00 Noon until 4:00 p.m. - please stroll around The Center to see wonderful artwork by Needham High School students and interpretive floral arrangements by the Beth Shalom Garden Club.

GOLDEN TONES CHORUS PERFORMS!

Tuesday, March 31 • 2:00 p.m.

Please join us for a very special performance of this talented choir of over 30 retired men and women. The Golden Tones chorus sings and dances to have fun and promote health and social engagement for their audiences and themselves. They just celebrated their Silver Jubilee! The themes of the program will be Spring, memory and love, and will include "What a Wonderful World," dancing, skits and surprises!

Thanks to the generous support of Avery Transitional Care and Rehabilitation, there is no charge for this event.

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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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 March and April will begin February 26.** Please call 781-455-7555 or stop by the Front Desk.

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REP. DENISE GARLICK'S OFFICE HOURS

The Center at The Heights
First Come, First Served

**Monday, March 2;
Monday, April 6
11:00 a.m. - 12:00 Noon**

SENATOR RICHARD ROSS' OFFICE HOURS

The Center at The Heights
First Come, First Served

**Monday, March 9
10:00 - 11:00 a.m.**

HOLIDAY CLOSINGS
MONDAY, APRIL 20 IN
OBSERVANCE OF
PATRIOTS' DAY

MAGIC OF IRELAND

Thursday, March 12 • 2:00 p.m.

Big Smile Entertainment returns to perform the traditional magic of Ireland – ballads, jigs, reels, folk songs, and drinking songs. Put on your “green” and sing along with them – “Danny Boy,” “Molly Malone,” “Harrigan” and more!

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

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

DICK FLAVIN, POET LAUREATE OF THE RED SOX

Tuesday, April 7 • 2:00 - 3:30 p.m.

One of the truest signs of spring is the opening of a new Boston Red Sox season. Dick Flavin, longtime Fenway Park announcer and Boston Red Sox historian and poet laureate, will entertain us with rhymes, ditties and stories about Red Sox stars past and present. Dick will share passages from his latest book, “Red Sox Rhymes: Verses and Curses...” to be released on July 14, 2015. Please join us for a fun and humorous afternoon!

Thanks to the generous support of The Residences at Wingate, there is no charge for this event.

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

TOM MADDEN CONCERT

Tuesday, April 21 • 2:00 p.m.

Tom has performed locally on voice, keyboards, trombone, and guitar for over thirty years. He will bring his extensive repertoire to The Center at The Heights for all to enjoy. His repertoire includes hits from Frank Sinatra, The Temptations, Harry Belafonte, Rascal Flatts, Dean Martin, Robin Thicke, The Platters, The Drifters, Josh Groban, John Denver, Joe Cocker, Paul Simon, and many others.



Golden Law Center

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THE RESIDENCES
WINGATE

ORGANIC GARDENING FOR EVERYONE WITH NATURALIST AND LANDSCAPER, JOHN ROOT

Thursday, April 30 • 2:00 - 3:30 p.m.

Just in time for the new gardening season, learn safe, nature-friendly, low-cost and effective ways to grow a variety of vegetables, fruits, herbs and flowers regardless of space. John will provide practical advice and inspiration on a variety of gardening topics such as composting and mulching, using space efficiently, growing plants from seed, succession planting, inviting beneficial wildlife (including butterflies and hummingbirds), controlling weeds and pests naturally, etc. Questions are welcome throughout the presentation, and handouts are made available. Some of the harder to find plants mentioned in the presentation will be available for sale.

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

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

MATTER OF BALANCE RETURNS MANAGING CONCERNS ABOUT FALLS

Fridays • 1:00 – 2:30 p.m.

March 6, 13, 20, 27; April 3, 10, 17, 24

Instructor: Pearl Pressman

NEW PROGRAM!

Have you turned down a chance to go out with family or friends because you were concerned about falling? Have you cut down on a favorite activity because you might fall? If so, please consider this program.

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 to learn how to set realistic goals to increase activity, change your environment to reduce fall risk factors, and simple exercises to increase strength and balance. Although exercises will be performed, this is not primarily an exercise class.

There is no charge for this event, but sign-up is required. Call 781-455-7555 or stop by the Front Desk. Minimum: 8; Maximum: 20.

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 to the places below. 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!



MARCH

Monday, 3/2 – Friendly's, Norwood
Monday, 3/9 – Grassfields, Waltham
Monday, 3/16 – Chinatown, Stoughton
Monday, 3/23 – Putterham Grille, Chestnut Hill
Monday, 3/30 – Ninety Nine, Walpole



APRIL

Monday, 4/6 – The Chateau, Norwood
Monday, 4/13 – Bamboo, Dedham
Monday, 4/20 – Aegean Restaurant, Framingham
Monday, 4/27 – One Bistro, Norwood

Call 781-455-7555 to sign up today.

PIANO LESSONS WITH BRUCE RETURN!

**Thursdays
9:00 a.m. – 1:00 p.m.
Beginning March 5**

Whether a true beginner or a pianist wanting to jumpstart your music, Bruce will provide instruction and encouragement! Half-hour appointments are available. The number of time slots is limited, and sign-up is required. Call 781-455-7555 or stop by the Front Desk.

EXTREME COUPONING

**Wednesday, March 4
1:00 - 3:30 p.m.**

*Instructor: Elizabeth Lahens
Location: The Center at
The Heights*

Join us for this fun class to learn how you can drastically save on groceries, organic foods, prescriptions, airfare, clothing household items, and much more.

Note: Participants are encouraged to bring a non-perishable food item to class to donate to the Needham Community Council food pantry (since Elizabeth strongly believes that as you learn to get more for less, you can donate to organizations and people in need).

**Sign up through Needham
Community Education at
781-455-0400 ext. 235
www.needham.k12.ma.us
Limited to 24.**

TAI CHI FOR ARTHRITIS

**SPRINGWELL HEALTHY
LIVING WORKSHOP
CONTINUES**

New Session

**Tuesdays • 10:00 - 11:00 a.m.
March 10, 17, 31; April 7, 21, 28
Thursdays • 1:00 - 2:00 p.m.
March 5, 19, 26;
April 2, 9, 16, 23**

The ancient discipline of Tai Chi combines agile steps, joint safe exercise and mental strength to improve mobility, breathing and relaxation. Meets twice weekly. Funded in part by a grant from Tufts Health Plan, the Massachusetts Office of Elder Affairs and the U.S. Administration on Community Living, there is no charge for this wonderful workshop.

LOW VISION SUPPORT GROUP

**Wednesday, March 18
11:00 a.m.**

Sandy Robinson, Needham
Community Council, will
present.

**Wednesday, April 8
11:00 a.m.**

Demonstration of
AutoMark Voting Machine for
Low Vision Voters

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

WEIGHT MANAGEMENT SUPPORT GROUP 8 WEEK SESSION

**Mondays • 12:00 Noon
March 2, 9, 16, 23, 30;
April 6, 13, 27
Cost is \$32.**

**To sign up, call The Center
at 781-455-7555.**

DROP IN CLUTTER SUPPORT GROUP OPEN TO NEW MEMBERS!

**Mondays • 2:00 p.m.
Contact Person:
Paul at 617-759-1568**

KEEP WELL CLINIC 1st and 3rd Wednesday of the Month 9:00 a.m. – 12:00 Noon March 18; April 1, 15 (No Session March 4)

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.

SENIOR CIRCUIT BREAKER TAX CREDIT

INFORMATIONAL SESSION WITH SEN. ROSS **Wednesday, March 18 • 10:30 a.m.**

“The Senior Circuit Breaker is an excellent program that delivers much-needed relief for Massachusetts residents,” said Ross. “This informational session offers a chance for local seniors to learn how they can take advantage of that savings.”

The Senior Circuit Breaker is a tax credit for senior citizens whose property payments exceed 10% of their annual income. Eligible seniors will receive a dollar credit on their Massachusetts tax return for every dollar that their total property tax, water and sewer bills exceed 10% of their income. A maximum \$1,050 credit is available. Additionally, if the taxpayer hasn't claimed the tax credit in the past, (s)he may claim it for the previous three years.

To be eligible, taxpayers 65 years or older must own or rent their residence in Massachusetts and have an annual income of: \$56,000 or less for a single filer; \$70,000 or less for a head of household; and \$84,000 or less for joint filers. If a taxpayer's property is assessed at \$691,000 or less, (s)he is eligible for the tax credit.

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

SHINE BULLETIN DOES MEDICARE COVER FITNESS PROGRAMS?

While Original Medicare does not cover gym memberships or fitness programs, some Medicare Advantage (HMO or PPO) plans and Medicare Supplement Insurance (Medigap) plans do. Many offer a Fitness Benefit that can save you up to \$150 per calendar year in qualified health club membership fees and exercise classes. Some plans offer the Silver Sneakers program. Fitness classes available at senior centers may also be eligible for reimbursement. Contact your plan to get information about what fitness benefits it offers. Make sure you don't miss the deadline for getting reimbursed for fitness expenses you paid in 2014!

Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health insurance programs. To schedule a SHINE appointment, call your local Senior Center. For other SHINE related matters, call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible.

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

TRIAD PROGRAM YELLOW DOT AND “ARE YOU OK?” SERVICES

Wednesday, March 25 • 10:00 – 11:00 a.m.

Staff from the Norfolk County Sheriff's Office will present information and sign-up opportunities for these FREE safety initiatives for seniors and individuals with disabilities. In case of an automobile accident, the Yellow Dot program alerts first responders that pertinent medical information can be located in the glove compartment of the automobile. The “Are You OK?” program is a daily telephone service that checks on the well being of its members.

Sign-up is required. Call 781-455-7555 or stop 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, March 6
NO MOVIE

Friday, March 13

“The Hundred-Foot Journey” (‘14)

RATED PG

After a tragic fire in their restaurant, an Indian family leaves their country. They journey around with the family and all of their possessions tucked into an old beat-up van eventually landing in a charming south of France village.

Friday, March 20

“Labor Day” (‘13) RATED PG-13

Depressed single mom Adele and her son Henry offer a wounded, scary man a ride. As police search the town for the escaped convict, the mother and son gradually learn his true story as their options become increasingly limited. Stars: Kate Winslet, Josh Brolin, Gattlin Griffith

Wednesday, March 25

Documentary

“America: Imagine the World Without Her” (‘14) RATED PG-13

What would the world look like if America never existed? Dinesh D’Souza explores this fascinating question in this stirring, thought-provoking documentary. Through re-enactments of landmark events in America’s history and insightful interviews with leading historians, D’Souza brings us face-to-face with the brave heroes who built a great nation.

Friday, March 27

“Magic in the Moonlight” (‘14)

RATED PG-13

This is a charming Woody Allen romantic comedy starring Colin Firth as a famous magician and skeptic. His friend asks him to investigate an attractive female medium (Emma Stone). Is she a fraud or genuine? As he investigates her extraordinary talents, he falls in love. It’s set in late 1920s Provence, and the scenery is gorgeous.

Friday, April 3

“The Trip to Bountiful” (‘14)

RATED PG

Carrie Watts (Cicely Tyson) begrudgingly lives with her busy, overprotective son, Ludie, and pretentious daughter-in-law, Jessie Mae. No longer able to drive and forbidden to travel alone, she wishes for freedom from the confines of the house. This story was first produced in 1953 on Broadway and starred Lillian Gish. In the 1985 film version, Geraldine Page won an academy award for her performance.

Friday, April 10

“St. Vincent” (‘14) RATED PG-13

Maggie (Melissa McCarthy), a single mother, moves into a new home in Brooklyn with her 12-year old son, Oliver. Forced to work long hours, she has no choice but to leave Oliver in the care of their new neighbor, Vincent (Bill Murray), a retired curmudgeon with a penchant for alcohol and gambling. An odd friendship soon blossoms between the improbable pair.

Friday, April 17

“The Heiress” (‘49)

Academy Award winner Olivia de Havilland and Montgomery Clift light up the screen in this spellbinding, landmark drama. De Havilland is Catherine Sloper, an aristocratic young woman living under the scrutiny of her malevolent father. When a handsome but penniless suitor proposes, her father believes he could only be after her vast estate and threatens disinheritance. Can she be rich in love and money?

Friday, April 24

“The Theory of Everything” (‘14)

RATED PG-13

This film is the story of Stephen and Jane Hawking. At age 21 the legendary Stephen Hawking was diagnosed with a degenerative neurological disease similar to ALS (Lou Gehrig’s Disease) and given two years to live.

SHOPPING EXPERIENCE:

Friday, March 20

Wegman’s, Chestnut Hill

Friday, April 17

Trader Joe’s

Sign-up is required.

Call 781-455-7555 or

stop by the Front Desk.

Departure from The 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, April 15

9:30 a.m.

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

FALL PREVENTION LECTURE AND BALANCE ASSESSMENT

Wednesday, March 18

1:30 p.m.

Members of the physical therapy staff from Briarwood Rehabilitation and Healthcare Center will visit The Center at The Heights and share valuable information on mobility and balance including a personal assessment.

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

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.

HOUSING TOUR AND LIGHT BREAKFAST

NEW POND VILLAGE,
WALPOLE
Wednesday, April 1
9:15 a.m. – 12:00 Noon

The New Pond Village van will depart The Center at The Heights at 9:15 am and arrive at New Pond by 10:00 a.m. You will proceed to the Village Club Room for coffee, pastries and fruit followed by a visit to a model apartment and tour of the community. You will be back at The Center by 12:30 p.m. Maximum: 20

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

HEARING LOSS TWO PART PROGRAM

Dr. Adrienne Ulrich, Au.D.
Boston Hearing Services

PART ONE:

Thursday, April 9 • 10:00 a.m.
LECTURE: UNDERSTANDING
HEARING LOSS

PART TWO:

Thursday, April 16
10:00 a.m.

PERSONAL HEARING
SCREENINGS AND
HEARING AID CLEANINGS

BRUNCH AND LEARN FREE BREAKFAST AND SEMINAR

Location: The Center at
The Heights Cafe
Tuesday, April 28
10:00 – 11:00 a.m.

Please join Meagan Springer, MPT, from the Residences at Wingate to learn about the leading super foods for increased wellness, how they protect against disease and ways to easily incorporate them into your everyday diet.

Menu:

- Greek yogurt parfait with mixed berries and kiwis
- Super food muffins – dark chocolate walnut and chia
- Spinach broccoli and feta quiche

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

TRIP NEWS

“TONY KENNY’S IRISH CABARET”

Tuesday, March 10

VENUS DE MILO RESTAURANT, SWANSEA, MA
10:00 a.m. - Approximate departure from The Center
5:00 p.m. - Approximate return to The Center

This award winning Cabaret Show direct from Dublin, Ireland will include song, dance, comedy and a traditional Irish Feast! The celebrated cast includes Tony Kenny – one of Ireland’s most beloved musical artists having sung in countless musical productions including “Joseph”; Richie Hayes, a talented singer and brilliant comedian, runner up in TV’s “The Voice” and boasting 4 top ten singles in the Irish charts; Bernadette Ruddy, the Ambassador of Song for Ireland; the Dublin City Dancers, stars of such troupes as River Dance and Lord of the Dance; and Dublin Trinity Band, one of Ireland’s best folk bands.

Cost of \$85 includes the show, 3 course meal and transport.

To reserve, call 781-455-7555 ext. 209 (Trip Desk at The Center) or mail your check payable to “Friends” to Trips Department, The Center at The Heights, 300 Hillside Ave., Needham, MA 02494. Full payment is due by Tuesday, March 3. Lunch choice is Corned Beef and Cabbage or Baked Scrod.

FOXWOODS CASINO AND RESORT

Tuesday, April 21

7:45 a.m. - Approximate departure from Linden and Chambers
8:00 a.m. - Approximate departure from The Center
6:30 and 7:00 pm – Approximate return to The Center

Cost is \$26, which covers a free buffet or a \$10 food coupon and \$15 of slot play tokens. Be sure to check out the new shops – there’s something for everyone! This trip needs 38 people to operate so please book early with payment. Call 781-455-7555 ext. 209.

INCOME TAX COUNSELING SPONSORED BY AARP AND THE COUNCIL ON AGING

The AARP foundation will have trained certified volunteers available to answer questions and prepare Federal and State income tax returns. Please call The Center at The Heights to schedule an appointment available Monday – Thursday. Please bring the following to your appointment:

1. A copy of your 2013 tax return;
2. All relevant 2014 tax documents (such as W-2 wage statement(s), 1099 interest or dividend statements, health insurance coverage information and social security income statements); and
3. Any state or federal tax forms you received in the mail.

Returns will be filed electronically for no charge.



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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 reflects our goal to help support the Needham Council on Aging's programs and services. If you enjoy receiving the Compass and attending The Center's great programs, please send in your 2015 membership donation. Your annual donation of \$25 helps finance the printing and postage of the Compass, The Center's Fitness Room, Trips program, van transportation and other programs and services. We need your support. If there is a "15" next to your name on the Compass address label, you already have paid your 2015 membership.

We appreciate your help and wish you a healthy and happy Spring!

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!

A SPECIAL THANKS TO THE FOLLOWING BUSINESSES FOR THEIR GENEROUS SUPPORT

- The Center Café
- Copley Motor Cars Corporation
- Heffernan Associates
- Innovative Business Law Group
- Petrini Corporation
- Three Crown Jewelry

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IN MEMORY OF

- James F. Ridge in memory of Morrie Dettman
- Mary-Ellen Hannigan in memory of Annie H. Lynch
- Lois Raskind in memory of Edward Raskind
- Shirley Pratt in memory of Robert Pratt
- Jane M. Walsh in memory of John A. Walsh
- Isabel M. Martino in memory of Carson Fleming



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Needham

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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.

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

Monday:

11:30 a.m. – 2:30 p.m.

Tuesday:

12:00 Noon – 3:00 p.m.

Wednesday:

9:00 a.m. – 12:00 Noon

Thursday:

1:00 – 4:00 p.m.

Friday:

9:00 a.m. – 12:00 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.

BOOKS BY MAIL

Friday, March 27

10:00 - 11:00 a.m.

The Books by Mail program is a service available to registered Needham Free Public Library resident-patrons who are unable to visit the library due to medical disabilities. Once you have registered, we will send your library materials directly to you via the U.S. Postal Service. They'll arrive in the sturdy canvas bags that were donated by our local community-based organizations. After reading or listening, you'll simply return your materials in the canvas bag through the U.S. Mail. There is no charge for the program, as the cost of the mailing is provided by tax dollars.

Stop by The Center to learn more from Dana Mastroianni, Assistant Director of the Needham Library.

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

EXERCISE AND DANCE CLASSES

MONDAY

TAI CHI

8 WEEK SESSION

9:00 a.m.

March 2, 9, 16, 23, 30;
April 6, 13, 27

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

6 WEEK SESSION

9:00 a.m.

March 16, 23, 30;
April 6, 13, 27

Instructor: Sandi Levy
Cost is \$24.

SENIOR SEATED STRENGTH

8 WEEK SESSION

Monday • 10:15 a.m.

March 2, 9, 16, 23, 30;
April 6, 13, 27

Instructor: Pearl Pressman
Cost is \$32.

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

March 2, 9, 16, 23, 30;
April 6, 13, 27

Instructor: Manny Correia
Cost is \$32.

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.

TUESDAY

EASY YOGA

8 WEEK SESSION

9:15 a.m.

Continuation of
February 10 – March 31 Session
New Session: April 14 – June 2

Instructor: Steffi Shapiro
Sign up through Needham
Community Education at
781-455-0400 ext. 235
www.needham.k12.ma.us.

Location:

The Center at The Heights

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.

March 3, 10, 17, 24, 31;
April 7, 14, 28 (No class April 21)
Cost is \$32.

BALLROOM DANCING

Offsite Location:

YMCA Chestnut Street

4 WEEK SESSION 1:

LATIN MEDLEY

Some Experience Required
2:00 p.m. • March 10, 17, 24, 31
Cost is \$16.

4 WEEK SESSION 2:

TANGO

2:00 p.m. • April 7, 14, 21, 28
Cost is \$16.

STABILITY BALL CORE TRAINING

9 WEEK SESSION

3:00 p.m.

March 3, 10, 17, 24, 31;
April 7, 14, 21, 28
Cost is \$36.

Learn how to use the stability ball to strengthen your CORE (lower back & abdominals); improve posture & balance; and work 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
9:15 a.m.

Continuation of 9 Week Winter Session:
March 4, 11

(Weather makeup class if necessary)

New 9 Week Spring Session
March 18, 25; April 1, 8, 15, 22, 29;
May 6, 13, 20

(Weather makeup class if necessary)

Instructor: Adele

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.

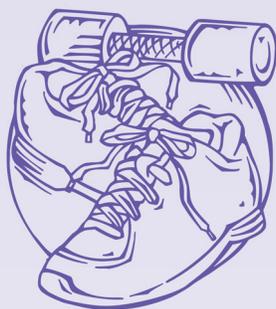
BETTER BALANCE, LIVING STRONGER

6 WEEK SESSION

March 18, 25;
April 1, 8, 15, 29

Cost is \$40.

Prevent falls & 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®

9 WEEK SESSION
10:00 a.m.

March 5, 12, 19, 26
April 2, 9, 16, 23, 30
Cost is \$36.

ARTHRITIS EXERCISE/STABILITY CORE TRAINING

8 WEEK SESSION
2 p.m.

March 5, 12, 19, 26;
April 2, 9, 16, 30
(No class April 23)
Cost is \$32.

This new class will blend elements of the Arthritis Exercise class formerly held offsite at the YMCA and the Stability Ball Core Training class held Tuesday afternoons at 3:00 p.m.

FRIDAY

SENIOR SEATED STRENGTH

8 WEEK SESSION
Friday, 9:15 a.m.

March 6, 13, 20, 27;
April 3, 10, 17, 24
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
10:30 a.m.

Continuation of 9 Week Winter Session:
March 6, 13

(Weather makeup class if necessary)

New Spring Session:
March 20, 27; April 10, 17, 24;
May 1, 8, 15, 22, 29

(Weather makeup class if necessary)
Instructor: Arlene

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

GAMES, MUSIC & MORE

MONDAYS

BOARD, CARD AND OTHER –
NEW DAY FOR DOMINOES!
1:00 – 3:30 p.m.

TUESDAYS

DROP IN BRIDGE
9:00 a.m. – 12:00 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

DROP IN BRIDGE
12:30 – 3:00 p.m.

CANASTA (CLASSIC)
12:30 – 3:00 p.m.
Instruction Available

THURSDAYS

DROP IN BRIDGE
9:00 a.m. – 12:00 Noon

KNITTING
10:30 a.m. – 12:00 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.

MAH JONG/SCRABBLE
1:00 – 4:00 p.m.

DROP IN DOMINOES
Moved to Monday at 1:00 p.m.

CENTER COMPUTER RESOURCES

MEDIA/ COMPUTER LAB PERSONAL ASSISTANCE

Drop by with your technology questions or to use the desktops and printer.

Mondays

1:00 – 3:00 p.m.

Wednesdays

3:00 – 4:00 p.m.

Friday

10:30 – 11:30 a.m.

THERE IS NO CHARGE
FOR THIS SERVICE!

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 Council on Aging offers senior computer classes at The Center at The Heights. 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.**

APPLE IPAD® & IPHONE® LAB

Friday, March 13 • 2:00 – 4:00 p.m.

First Hour – Videos and Discussion

Second Hour – Hands-on Assistance

Bring your iPhone or iPad tablet, your Apple ID, password, email user name and password. In the first hour we will view at least one video tutorial on getting started with Apple. We will cover “Settings,” connecting to The Center’s WiFi and creating a contacts list to track phone numbers and email addresses. A list of resources in print and on the Web will be presented. During the second hour, we are open for questions on your personal device.

COMPUTER BASICS FOR PEOPLE NEW TO THE COMPUTER

Friday, March 6, 20, 27; April 3, 17, 24

9:30 – 11:30 a.m.

These classes are intended for people with little or no computer experience. Topics will include Internet browsing, email and Windows 7 Review. Anyone is welcome to repeat a class they have taken earlier at The Center.

March 6: Guide to using The Center’s computers.

March 20: Internet Browsing #1 – Internet providers, getting onto the net, searches.

March 27: Internet Browsing #2 – Sites of special interest for seniors.

April 3: Email #1 – Composing, editing and sending emails. Contacts.

April 17: Email #2 – Saving, deleting, organizing emails. Other email functions. (Bring your email address, user name and password).

April 24: Windows 7 Review – using Windows more efficiently – tips & shortcuts.

LIFELONG LEARNING

WRITING YOUR MEMOIR – TELLING OUR STORIES

Wednesdays

10:00 a.m. – 12:00 Noon • March 11 – April 8

Instructor: Jane Hirschhorn

Location: The Center at The Heights

Creative writing is one of the best ways to explore and record your life’s stories. In this class you will discover your own unique voice and bring out the storyteller that dwells in each of us. This class is open to both new and experienced writers. Please bring a pen and notebook or laptop and your wonderful memories! Limited to 12.

**Sign up through Needham Community Education at 781-455-0400 ext. 235
www.needham.k12.ma.us.**

LIFELONG LEARNING

LITERATURE SEMINAR: THREE NOVELS

Mondays, March 16, 23, 30 • 1:30 – 3:30 p.m.

Brooks Goddard, Instructor
The Center at The Heights

Great fiction helps us view the world from a different perspective and ultimately helps us better understand the human condition and the human heart. Join us as we read and discuss three novels set in vastly different locales. "Every Day is for the Thief" by Teju Cole, an NPR best book for 2014, takes us to Lagos, Nigeria, as a writer returns to his homeland after 15 years of living in America. "Gilead," by Marilynne Robinson, winner of the 2005 Pulitzer Prize for Fiction, is told through the voice of a minister in the small, secluded town of Gilead, Iowa, as a letter to his young son. "The Quiet American," by Graham Greene, braids together political and romantic entanglements in Vietnam during the transition from French colonial occupation to American "involvement." Please have read "Every Day is for the Thief" before the first class session.

Sign up at the Needham Continuing Education office at 781-455-0400 ext. 235.

NOTE: Contact the NCE office to make sure the class will run before purchasing the books; this decision will be made by March 6. NCE #11048 \$59.

LECTURE: "UNDERSTANDING INDIA, LAND OF CONTRASTS"

Thursday, March 26 • 2:00 p.m.

Dr. Ligia Domenech
Northern Essex Community College Speakers Bureau

India is the largest democracy in the world and the second most populated country after China. India is also the third country in technical and scientific capacity after the USA and Japan. It has nuclear submarines, space missions to Mars and graduates one million engineers every year, but one quarter of its population lives in poverty and one third of the villages have no electricity. Join Dr. Domenech as she explores this great land, learn about its past and gain insight into the challenges confronting its future.

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

"SPIES, PATRIOTS, AND TRAITORS: AMERICAN INTELLIGENCE IN THE REVOLUTIONARY WAR"

BOOK REVIEW

Wednesday, April 29 • 2:00 p.m.

By Ken Daigler

Ken Daigler will present his recent book and speak about the hidden role of American intelligence in the American Revolution. Students and enthusiasts of American history are familiar with the Revolutionary War spies Nathan Hale and Benedict Arnold, but few studies have closely examined the wider intelligence efforts that enabled the colonies to gain their independence. Ken Daigler presents a fascinating, well-documented and highly readable account of American intelligence activities during the era of the Revolutionary War, from 1765 to 1783.

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

ART CLASS FOR ALL LEVELS

Mondays
12:00 Noon - 1:30 p.m.
March 2, 16, 30; April 13
Cost is \$16.

ART OPEN STUDIO PAINTING

Wednesdays
11:00 a.m. – 2:00 p.m.
No Fee
Space is limited. Sign-up is required.

WATERCOLOR WORKSHOP FOR SENIORS

(Sign up with
Needham Adult Education at
781-455-0400 ext. 235)
Location of Workshop:
The Center at The Heights
**Tuesday, March 3, 10, 17, 24,
31; April 7, 14**
1:00 – 3:00 p.m.
Lavonne Suwalski, Instructor

Open to both beginning students and those with some experience with watercolors. Detailed description available in NCE catalog or on NCE website: www.needham.k12.ma.us

ART MATTERS

**First Wednesday of
every month • 10:30 a.m.**
Offsite at Avery Crossings
110 West Street
781-444-6655

**March 4
CASSATT & DEGAS**

**April 1
CEZANNE**

CREATIVE WRITING GROUP

10:00 a.m.
March 10, 24; April 14, 29

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.
March 3, 17, 31; April 7, 21

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

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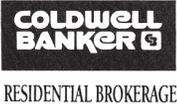
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 - ◆ Short Term Rehabilitation ◆ Long Term Care
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Seniors Real Estate Specialist

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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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