



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.

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LET'S SWING INTO SUMMER! STRING SWING JAZZ TRIO RETURNS!

Tuesday, May 26 • 2:00 p.m.

Rob Natoli and his talented colleagues on keyboard, saxophone and guitar return for a Spring Concert of music from the Big Band era. Selections will include: "On the Sunny Side of the Street," "Moonglow," and "Stompin' at the Savoy!"

Thanks to the generous support of Cahoon Care Associates, there is no charge for this event.

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

NEW ENGLAND CONSERVATORY VASARI STRING QUARTET

Tuesday, May 12 • 2:00 p.m.

We are excited to celebrate our new community partnership with the New England Conservatory.

Join the Vasari String Quartet, winners of New England Conservatory's 2014-2015 Honors Ensemble Competition for a performance of great works from the string quartet repertoire.

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

LISA YVES FROM FREDDIE'S DIXIELAND BAND RETURNS WITH HER SOLO

"TRIBUTE TO BETTE MIDLER"

Tuesday, June 16 • 2:00 p.m.

Lisa Yves delivered a thrilling performance for us in March as one of several talented musicians in Freddie's Dixieland Band. We are excited to announce she is returning with a solo concert!

In this powerful live musical performance, Lisa pays tribute to The Divine Miss M as she interprets the songs: "Wind Beneath My Wings", "Boogie Woogie Bugle Boy", "When a Man Loves a Woman", "The Rose" and more! Does she even resemble Bette? See for yourself!

Thanks to the generous support of Boylston Place in Chestnut Hill, 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



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 May and June will begin April 23.** 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, May 11
11:00 a.m. – 12 Noon

SENATOR RICHARD ROSS' OFFICE HOURS

The Center at The Heights
First Come, First Served

Monday, June 1
11:00 a.m. – 12 Noon

HOLIDAY CLOSINGS

MONDAY, MAY 25
IN OBSERVANCE OF
MEMORIAL DAY

THE GOLDEN DAYS OF RADIO

Wednesday, May 6 • 2:00 p.m.

With a touch of nostalgia, a short ride down memory lane and a look at what used to be, Mel Simons will take you back to those thrilling days of yesteryear as you listen to the actual recorded voices of Baby Snooks, The Shadow, Eddie Cantor, The Lone Ranger, Fred Allen, Amos & Andy, Al Jolson, and many others. Mel will entertain you with unknown facts and unusual anecdotes about old-time radio – yesterday's magic in a box.

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.

BIG SMILE ENTERTAINMENT PRESENTS: THE RAT PACK

Wednesday, May 13 • 2:00 p.m.

All your favorites are featured in this musical tribute: Sinatra, Dean Martin, Bobby Darin, Rosemary Clooney, Tony Bennett, Peggy Lee, Nat King Cole, Johnny Mathis, and more!

This program is sponsored by the Doyle Family in celebration of Elizabeth's 90th birthday!

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



Golden Law Center

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

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THE RESIDENCES
WINGATE

**BOB RYAN, LONGTIME BOSTON
GLOBE SPORTSWRITER
BOOK PRESENTATION AND SIGNING
“SCRIBE: MY LIFE IN SPORTS”
Wednesday, May 20 • 2:00 p.m.**

Ever since he joined the sports department of the Boston Globe in 1968, Bob Ryan has blessed sports enthusiasts with his writing and reporting. Tony Kornheiser, radio talk show host, sportswriter and former columnist for The Washington Post, calls him the “quintessential American sportswriter.”

More than anything, Scribe reveals the people behind the stories as only Bob Ryan can, from the NBA to eleven Olympics to his surprising favorite sport to cover – golf – and much more.

Copies of “**Scribe: My Life in Sports**” will be available for purchase and signing.

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.

TIPTOE THROUGH THE TULIPS...

at The Center at The Heights!

UKULELE DOCUMENTARY

Friday, May 15 • 1:00 p.m.



Whether you have an interest in the Ukulele Class or not, come to watch this amazing documentary and be prepared to be delighted!

“Life on Four Strings” tells the heartfelt story of musical sensation Jake Shimabukuro, whose virtuoso skills on the ukulele have transformed all previous notions of the instrument’s potential as he touches the lives of the young and old who inspire his brilliance. Watch, be inspired and sign up for The Center’s Ukulele Class!

**NEW
PROGRAM!**

UKULELE CLASS

Wednesdays • 10:30 – 11:30 a.m.

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

Come learn to play this fun and easy instrument – no musical training necessary. This class is for beginners. All songs predate 1969 so you will know them and their lyrics. You will need to purchase a ukulele by the third class to participate in this initial six-week class. Invest in yourself!

At the first meeting, instructor Dan Metraux will bring an assortment of ukuleles to consider. A beginner’s ukulele typically costs between \$50 and \$100.

**Minimum: 8; Max: 20
Cost is \$30 for 6 meetings.**

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

**SHABBY CHIC
TEA PARTY**

Tuesday, June 9 • 2:00 p.m.

Hosted by Staff from the
Julia Ruth House

Location:

The Center at The Heights

Dust off your finest hat and join us for high tea with all the trimmings in The Center’s Café provided by the Julia Ruth House, a Westwood Adult Day Health Program. The menu will include:

- Tea
- Scones and Fresh Fruit
- Assorted Tea Sandwiches & Salad
- Assorted Tea Cakes & Cookies

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

**PIANO CONCERT
WITH ANN STINSON
“LOVE (AND OTHER)
SONGS FROM THE
EARLY POPULAR
TRADITION”**

**Wednesday, June 24
2:00 p.m.**

We welcome Ann to The Center at The Heights. She will play piano music from before 1920. Come hear such gems as “The Man Who Broke the Bank at Monte Carlo,” “Be My Little Baby Bumble Bee,” “Aunt Hagar’s Blues,” “Give My Regards to Broadway,” “Oh You Beautiful Doll,” “La Rumba,” “The Gang’s All Here,” “Take Me Out to the Ballgame,” “I’m Just Wild About Harry,” “Hello Ma Baby” and “Alexander’s Ragtime Band.”

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

LOW VISION SUPPORT GROUP

Wednesday, May 20
11:00 a.m.

Gina Russo from Talking Books Library will discuss Newline and Library Without Walls.

No Meeting in June

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

WEIGHT MANAGEMENT SUPPORT GROUP

8 WEEK SESSION

Mondays • 12:00 Noon
May 4, 11, 18
(no class 5/25);
June 1, 8, 15, 22, 29
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
May 6, 20; June 3, 17

TAI CHI FOR ARTHRITIS

SPRINGWELL HEALTHY
LIVING WORKSHOP
CONTINUES

New Session!

Thursdays Only

Thursdays • 1:00 – 2:00 p.m.
May 7, 14, 21, 28; June 4, 11, 18
NO FEE

The ancient discipline of Tai Chi combines agile steps, joint safe exercise and mental strength to improve mobility, breathing and relaxation. Funded in part by a grant from Tufts Health Plan, the Massachusetts Office of Elder Affairs and the U.S. Administration on Community Living.

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. The van driver will collect a suggested donation of \$5. You will pay the cost of your meal, tip, and tax at the restaurant. Enjoy!



MAY

Monday, 5/4 – Uno Chicago Grill, Dedham
Monday, 5/11 – Chinatown, Stoughton
Monday, 5/18 – Grassfields, Waltham
Monday, 5/25 – CLOSED for Memorial Day

JUNE

Monday, 6/1 – Aegean Restaurant, Framingham
Monday, 6/8 – Noon Hill Grill, Medfield
Monday, 6/15 – Bamboo, Dedham
Monday, 6/22 – Ninety Nine, Walpole
Monday, 6/29 – IHOP, Dedham

Call 781-455-7555 to sign up today.



SOCIAL SERVICE DEPARTMENT NEWS

DID YOU KNOW? #1

Online games are available at The Center. The games have been downloaded on the public desktops (game room and library). To play, click on the games.aarp.org/ icon. Have fun working your memory and problem-solving and language skills with these new online games. You can adjust the game to your skill level and see how you rate next to top players.

DID YOU KNOW? #2

When you search for the Needham Council on Aging, several choices pop up, but only one – needhamma.gov – is the official website that we can update directly. Other websites such as needhamonline.com are owned and managed by independent entities and may not have current information on our programs, address and hours of operation.

SHINE BULLETIN

MEDICARE FRAUD AND ABUSE AFFECTS ALL OF US

In 2013, Medicare paid for health services for approximately 51 million individuals at a cost of about \$604 billion. The Centers for Medicare & Medicaid Services (CMS) estimated that improper payments, some of which may be fraudulent, were almost \$50 billion. Fraud, waste, and abuse contribute to the rising cost of health care. Taxpayer dollars lost to fraud, waste, and abuse affect all of us.

You can help stop fraud and abuse by reviewing your Medicare statement (Medicare Summary Notice – MSN) or Part D Explanation of Benefits (EOB) to make sure Medicare is not charged for items or services you did not receive. If you have a question or concern regarding a Medicare claim, you should first discuss it directly with your physician, provider, or supplier that provided the service.

Assistance is also available through the Massachusetts Senior Medicare Patrol (SMP), which is a group of trained volunteers who teach Medicare beneficiaries how to protect their personal information, identify and report errors on their health care statements and report fraud and abuse to the proper authorities. You can contact the Massachusetts SMP program at Elder Services of the Merrimack Valley, 1-800-892-0890.

For further assistance with any Medicare issue, contact the SHINE Program. 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 assistance 24 hours/day, 7 days/week, call 1-800-MEDICARE to speak to a Medicare customer service representative.



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, May 1

Letters to Juliet ('10) RATED PG

When a young American travels to the city of Verona, home of the star-crossed lover Juliet Capulet of Romeo and Juliet fame, she joins a group of volunteers who respond to letters to Juliet seeking advice about love.

Friday, May 8

Birdman ('14) RATED R

Winner of Best Picture, Birdman stars Michael Keaton as a Hollywood has-been trying to stage an artsy Broadway play. Also stars Emma Stone and Naomi Watts.

Friday, May 15

Life on Four Strings ('12)

DOCUMENTARY, UNRATED

This documentary film will serve as an introduction to our NEW Ukulele Class beginning May 6. Life on Four Strings tells the heartfelt story of musical sensation Jake Shimabukuro whose virtuoso skills on the ukulele have transformed all previous notions of the instrument's potential as he touches the lives of the young and old. Watch, be inspired and sign up for the Ukulele Class!

Friday, May 22

Good Will Hunting ('97) RATED R

Filmed in Boston and nominated for nine academy awards, this is the story of Will Hunting, a janitor at M.I.T., with a gift for mathematics, but needing help from a psychologist to find direction in his life.

Friday, May 29

Unbroken ('14) RATED PG-13

Unbroken is an epic drama that follows the incredible life of Olympian and war hero Louis "Louie" Zamperini (Jack O'Connell) who, along with two other crewmen, survived in a raft for 47 days after a near-fatal plane crash in WWII – only to be caught by the Japanese navy and sent to a prisoner-of-war camp.

Wednesday, June 3

Life Itself ('14)

DOCUMENTARY, RATED R

The life and career of film critic Roger Ebert is captured in this moving documentary, from his Chicago newspaper beginning to his partnership with Gene Siskel.

Friday, June 5

The Imitation Game ('14)

RATED PG-13

This is the story of Alan Turing – the British mathematician who broke the Nazis' Enigma Code during World War II.

Friday, June 12

Begin Again ('14) RATED R

American musical comedy-drama film about what happens when lost souls meet and make beautiful music together.

Friday, June 19

Selma ('14) RATED PG-13

This film depicts the strategies, personalities, mistakes and triumphs of the Selma to Montgomery March that led to the Voting Rights Act of 1965.

Friday, June 26

On Golden Pond ('81) RATED PG

For Norman (Henry Fonda) and Ethel Thayer (Katharine Hepburn), this summer on Golden Pond is filled with conflict and resolution. When their daughter Chelsea (Jane Fonda) arrives, the family is forced to renew the bonds of love and overcome the generational friction that has existed for years.

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.

SHOPPING EXPERIENCE:

Friday, May 22

Wegman's, Chestnut Hill

Friday, June 12

Shaw's, Waltham

Friday, June 26

Trader Joe's, Needham

Sign-up is required.

Call 781-455-7555 or

stop by the Front Desk.

Departure from The Center will be at 10:00 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, June 17

9:30 a.m.

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

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.

GROCERY SHOPPING

To participate in our regular independent grocery shopping service, please call 781-455-7555 ext. 204 for more information. This service provides transportation from one's Needham home to Roche Brothers and Sudbury Farms Monday through Thursday.

HOUSING TOUR AND LIGHT BREAKFAST

FOX HILL VILLAGE
(INDEPENDENT LIVING
COMMUNITY)

Thursday, June 4
10:30 a.m. – 3:30 p.m.

The Fox Hill van will depart The Center at The Heights at 10:30 a.m. for a tour, lunch and lecture at the Fox Hill independent living community. Maximum is 15.

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

WORKING AS A PARTNER WITH YOUR HEALTH CARE PROVIDER

Thursday, May 21
10:30 a.m.

Location:

The Center at The Heights

Bayada Home Health Care is offering a free community wellness program teaching you how to partner with your health care providers, take an active role in managing your health care, and participate in making treatment decisions to ensure that you get the best care.

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

THE THEATER OF ONE

Monday, May 18 • 2:00 p.m.

In her production of The Theater of One, Naomi Levy introduces the audience to Sayde, a grandmother sometimes known as Broadway Bubbi and women who have delighted audiences in the 20th century. We hear from Carol Channing, Sophie Tucker and Ado Annie, the girl from "Oklahoma" who can't say no. We learn that something "ain't necessarily so" and that life often makes us as vulnerable as "The Fiddler on the Roof."

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

TRIP NEWS

MAPLE SUGAR SEASON SPECIAL!!! PARKER'S SUGAR MAPLE BARN LUNCHEON & ANHEUSER BUSCH BREWERY & CLYDESDALE HORSES TRIP

Tuesday, May 19 • 9:00 a.m. – 5:00 p.m.

Depart at 9:00 a.m. from Linden & Chambers Parking Lot, or 9:15 a.m. from The Center at The Heights, 300 Hillside Avenue, on a luxury Silver Fox CD/DVD/WiFi Motor Coach for a delightful day.

We will travel first to Mason, New Hampshire and Parker's Maple Barn for an authentic Parker's Maple Sugar Feast.

Sugar Luncheon Menu:

- Two Scrambled Eggs & Two Pieces of Bacon
- One Blueberry Pancake & One Large Slice of Maple Ham
- One Plain Pancake & Two Link Sausages
- Choice of Beverage: Coffee or Tea
- Real Maple Syrup

Next, we're off to Merrimack to tour the Anheuser Busch Brewery, home of the famous Clydesdale Horses. You'll be able to view these magnificent horses up close as well as enjoy complimentary samples of the brewery's products.

Cost is \$59.

Make Checks Payable To: Friends

Mail Checks to: 300 Hillside Avenue, Needham, MA 02494

Checks MUST be received before Thursday, May 14, 2015

SPIRIT OF BOSTON CRUISE WITH FABULOUS ENTERTAINMENT AND DELICIOUS LUNCH

Wednesday, June 17 • 9:00 a.m. – 5:30 p.m.

Time to enjoy why we love Boston! First we'll take in Boston Public Gardens in full bloom before boarding the luxurious Spirit of Boston cruise ship for a two hour narrated cruise, fine dining buffet lunch and Broadway style song and dance entertainment. Later we'll rediscover some of Boston's landmarks and wonders, before returning home at approximately 5:30 p.m.

Trip departs 9:00 a.m. from Linden and Chambers and 9:15 a.m. from The Center at The Heights. Cost is \$75. Checks must be received before Thursday, June 11 to confirm your seat.

DON'T MISS THE BOATS!!

**Save The Dates And Book Now To Reserve Your Space
On Our Summer Trips.**

(More details to come in the next Compass)

Wednesday, July 22

**GLOUCESTER LOBSTER
CRUISE AND CLAM BAKE**

Aboard The Luxurious Beauport Princess
& Salem Maritime History Trip

Cost is \$84.

Wednesday, August 26

**NEWBURYPORT
AND MERRIMACK RIVER
BOAT TOUR**

& Danversport Yacht Club Lunch

Cost is \$72.

Boat only holds 42 passengers – so book early!

For all trip reservations, call the Trip Desk at 781-455-7555, ext. 209.

HAPPY SPRING!

Thanks to everyone who has sent in your annual donation of \$25 to help finance the printing and mailing of the Senior Compass, and to help the Friends support the Needham Council on Aging's growing programs and services. Many of you have even sent an additional donation, which is truly appreciated.

Also, a special thank you to those who receive our Senior Compass by e-mail. Your selection of electronic delivery saves on the Compass expenses! You also can help us support the growing number of wonderful programs and services that the Council on Aging is providing in the new Center at The Heights with your annual donation of \$25. You can print out the Friends' Form below and mail your support to the Friends.

For those of you receiving our Compass by USPS, you will find a "15" before your name if your annual donation is up to date for 2015.

We appreciate your help.
Pat White and Carol Ditmore



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ON AGING
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.

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.*)

I would like to make an In Memoriam donation.

*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!

FRIENDS OF THE CENTER AT THE HEIGHTS DONATIONS

GENERAL

- Marie & Bill Aldrich
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- Margaret McKay
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- Jean Osborn
- Donna Pamosian
- Louise Riley
- Caira Rosenburgh
- Betty Soderholm

IN MEMORY OF

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- Louis Syatt
- Evelyn Wall
- Richard & Gabrielle Young
- Elaine Brooks in Memory of Bernie Brooks
- Mrs. J. Burack in Memory of Joseph M. Burack
- Natalie Carey in Memory of Joseph P. Carey
- John W. Coppinger in Memory of Alice A. Coppinger
- K.T. Gallagher in Memory of Bob Barton
- Grace E. Pagano in Memory of The Pagano Family
- Jean & Joseph Sands in Memory of Mary Louise West (LaTanya Steele's mother)
- Mrs. Marie Santry in Memory of Daniel Santry

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. We cannot refund or prorate fees.

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.

FITNESS WALKING GROUP 2015 SEASON

All walks begin at 10:30 a.m. and are limited to 14 participants, so if you sign up for a walk and your plans change, PLEASE give us 24 hours' notice so we may offer your spot to someone on the wait list. Participants must be able to walk independently 2-4 miles, at least twice weekly. It is important to follow these guidelines as often there are no stopping spots along the route where someone can rest and rejoin the group on their return leg.

May 15

ARNOLD ARBORETUM

May 29

GREAT MEADOWS

June 5

CASTLE ISLAND

June 19

GREENWAY, BOSTON

Prior to participating, everyone must have an updated File of Life to bring on the walks and a copy for The Center's files.

EXERCISE AND DANCE CLASSES

MONDAY

TAI CHI

6 WEEK SESSION

9:00 a.m.

May 18; June 1, 8, 15, 22, 29

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

YOGA

7 WEEK SESSION

9:00 a.m.

May 4, 11, 18 (no class 5/25);

June 1, 8, 15, 29

Instructor: Sandi Levy

Cost is \$28.

STRENGTH TRAINING FOR BALANCE AND OSTEOPOROSIS (FORMERLY SEATED STRENGTH):

8 WEEK SESSION

10:15 a.m.

May 4, 11, 18 (no class 5/25);

June 1, 8, 15, 22, 29

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

Some Experience Required

May 4, 11, 18 (no class 5/25);

June 1, 8, 15, 22, 29

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

10 WEEK SESSION

9:15 a.m.

Current Session:

April 14 – June 16

Instructor: Steffi Shapiro

Sign up and fee to 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

9 WEEK SESSION

2:00 p.m.

May 5, 12, 19, 26;

June 2, 9, 16, 23, 30

Cost is \$36.

BALLROOM DANCING

Offsite Location:

YMCA Chestnut Street

3 WEEK SESSION 1:

CHA-CHA

Some Experience Required

2:00 p.m.

May 5, 12, (no class 5/19), 26

Cost is \$12.

4 WEEK SESSION 2:

HUSTLE

2:00 p.m. • June 2, 9, 16, 23

Cost is \$16.

STABILITY BALL CORE TRAINING

9 WEEK SESSION

3:00 p.m.

May 5, 12, 19, 26;

June 2, 9, 16, 23, 30

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 and Fee:
Park and Recreation
781-455-7550
9:15 a.m.

Continuation of Previous Spring Session with Adele:
May 6, 13, 20

(5/20 is makeup class, if necessary)

Low-impact aerobics class with free weights and an emphasis on cardiovascular fitness and endurance, maintaining range of motion and injury prevention.

First Summer Session I with Arlene:

9 WEEK SESSION
10:30 – 11:30 a.m.
June 3, 10, 17, 24;
July 1, 8, 15, 22, 29
Instructor: Adele

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

BETTER BALANCE, LIVING STRONGER

8 WEEK SESSION
2:45 p.m.
May 6, 13, 20, 27; June 3, 10, 17, 24
Cost is \$50.

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®

8 WEEK SESSION
10:00 a.m.
May 7, 14, 21, 28
June 4, 11, 18, 25
Cost is \$32.

ARTHRITIS EXERCISE/STABILITY CORE TRAINING

8 WEEK SESSION
2 p.m.
May 7, 14, 21, 28;
June 4, 11, 18, 25
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

STRENGTH TRAINING FOR BALANCE AND OSTEOPOROSIS (FORMERLY SEATED STRENGTH):

9 WEEK SESSION
9:15 a.m.
May 1, 8, 15, 22, 29;
June 5, 12, 19, 26
Cost is \$36.

Instructor: Pearl Pressman

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

See description under Monday Strength Training for Balance and Osteoporosis

PARK AND RECREATION SENIOR EXERCISE CLASS

Location:

The Center at The Heights;
Sign Up and Fee:
Park and Recreation
781-455-7550
10:30 a.m.

Continuation of Spring Session: May 1, 8, 15, 22, 29
(5/29 is makeup date if necessary)
Friday Senior Exercise Class does not meet in the summer.

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

DROP IN CRIBBAGE WITH CLIF
10:00 a.m.
Beginners Welcome

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.

MONDAY
1:30 – 3:30 p.m.

TUESDAY
1:30 – 3:30 p.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

DOWNLOADING E-BOOKS AND AUDIO-BOOKS TO YOUR IPAD FOR FREE!

Thursday, May 21 • 10:30 a.m.
Thursday, June 18 • 10:30 a.m.

Learn how to use the Needham Public Library's Overdrive program to download books and audiobooks for free. Registrants must bring their own iPad. Other requirements: Needham Public Library Card Number (must be a Needham resident); Library Card Password or PIN; your e-mail address; Apple Login ID; Apple Password.

HOW TO PREPARE A RESUME AND JOB APPLICATION IN MICROSOFT WORD

Friday, May 22 • 10:00 a.m. – 12:00 Noon

Please bring a flash drive as you cannot save your work or documents on The Center computers. If you have an e-mail address you can send your documents to your home computer.

GOOGLE CHROME

Friday, June 5 • 10:30 a.m. – 12:30 p.m.

Learn how to use this powerful and increasingly popular search engine for Internet browsing on The Center's computers. Learn the basics of the Chrome operating system. Chromebook owners: Bring in your devices and questions to be addressed during the second hour.

LIFELONG LEARNING

ONE LINERS ON TWO LINES

Thursday, May 14 • 10:30 a.m.

By Rita Wolfson

As a first time author and seasoned artist, Rita Wolfson has paired her words of humor and insightfulness with her art and the result is a small book with a powerful message. Rita's book emerged from her tenure as a totally unprepared and non-professional nurse/caretaker. Join her as she shares the insights that help her survive. Copies of her book will be available for signing and purchase.

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



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LIFELONG LEARNING

KATHARINE GIBBS: BEYOND WHITE GLOVES (THE STORY BEHIND THE WOMAN) Wednesday, May 27 • 2:00 p.m.

Please join Rose Doherty, a trustee of the Needham Free Public Library and member of the Needham Historical Commission as she presents parts of her book – a fascinating inside look at the school named for founder Katharine Gibbs. Rose will explain how the secretarial school-turned-college set the standard for excellence from 1911 until the last location closed a century later.

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

PRINTMAKING WORKSHOP Thursday, May 28 • 1:00 – 3:00 p.m. Instructor: Adrienne Lederman Cost is \$15.

This exciting new workshop will explain the various printmaking processes and exhibit visual resources. You will learn a simplified method to create original multiple prints (9"×12") without a press using foam core plates, ballpoint pens, rollers and non-toxic water-based inks. Images can be created from original ideas or other sources. Natural elements from the surrounding area such as leaves or stems can be incorporated in the plate, so bring in any such items of interest.

Adrienne Lederman has taught art for many years at The Lowell School in New York City, the "Art and Parks" program in Pittsfield, MA and the Adult Education Program at Fairleigh Dickenson University in New Jersey. She has been a printmaker for over 25 years and exhibited work in New York City, Connecticut, Massachusetts and Melbourne, Australia, most recently at the Needham Free Library. Limited to 10. Please wear an old shirt or t-shirt.

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

STARLIGHT DETECTIVES: HOW ASTRONOMERS, INVENTORS AND ECCENTRICS DISCOVERED THE MODERN UNIVERSE Wednesday, June 10 • 2:00 – 3:00 p.m.

Author Alan Hirshfeld will present his book about the wonderful tale of cosmic exploration and the colorful characters that ushered astronomy into the modern age.

"A tale of science at its best." – Boston Globe

"A delightful, detailed chronicle of great men (and a rare woman) whose fascination with the night sky and technology necessary to study it led to today's dramatic discoveries. – Kirkus

Books will be available for purchase and signing, but purchase is not required.

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

TRAVEL TO PERU FROM YOUR ARMCHAIR (Rescheduled) Tuesday, June 23 • 2:30 p.m.

During his years as a tour guide for Collette Vacations as well as his personal travel adventures, Ron Falong photographed over 42 countries on all 7 continents. Join us as we travel to fascinating Peru with Ron's fun facts and commentary as he shares his collection of photographs, maps, objects and music. The program promises to "engage, educate and entertain." Feel free to reminisce and share your travel experiences in this interactive presentation.

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.
May 11, 18; June 1, 15
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.

ART MATTERS

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

**May 6
O'KEEFFE**

**June 3
HUMAN**

CREATIVE WRITING GROUP

10:00 a.m.
May 12, 26; June 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.
May 5, 19; June 2, 16, 30

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

CENTER BOOK GROUP

Second Friday of Each Month
May 8; June 12 • 10:30 a.m.

Former Dover librarian Judi Long will lead the group in reading and discussing a variety of genres. Minimum of 15.

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

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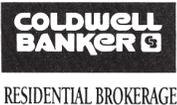


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www.needhamma.gov

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

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