



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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In the Good Ole Summertime!

SUMMERTIME BEGINS WITH FRIENDS & STRAWBERRY SHORTCAKE

ANNUAL FRIENDS MEETING AND SUMMER SOCIAL

Friday, July 10 • 2:00 p.m.

The Center at The Heights

- Elect the Friends of The Center at The Heights' Board of Directors for FY 2016.
- Cake and other refreshments will be served.



DOOR PRIZES, REFRESHMENTS AND MORE!

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

There is no fee for this program.

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. If you do not have a swipe tag, please ask for one at the Front Desk. **Sign-up for July and August programs will begin June 25.** 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

Next Office Hours will be in September

SENATOR RICHARD ROSS' OFFICE HOURS

The Center at The Heights
First Come, First Served

**Monday, August 24
10:00 a.m. – 11:00 a.m.**

HOLIDAY CLOSINGS

FRIDAY, JULY 3
IN OBSERVANCE OF
THE FOURTH OF JULY

SUMMER TRIVIA CONTEST AND LUNCHEON

Tuesday, July 21 • 11:30 a.m. Trivia • 12:30 p.m. Lunch

The Center at The Heights Café

The Programming and Dining Teams at Evans Park at Newton Corner, a Benchmark Senior Living Community, will return to host another Trivia Contest and Luncheon at The Center. This is a repeat of last spring's very successful program. Question topics will include a vast selection from the categories of science, national and local history, politics, sports, music, entertainment, culture and more! Teams will be formed in groups and prizes will be awarded to the top three teams. Following our trivia challenge, you will be treated to a mouthwatering menu prepared by Evans Park's dining team and Head Chef, Bayron Castillo. Prepare yourselves for a fun-filled day of friends, facts and food! As a follow-up, we will have a Housing Tour of Evans Park on July 27. See page 6 for details on the Housing Tour.

Space is limited so sign up early by calling 781-455-7555 or stopping by the Front Desk.

STRAWBERRIES AND MUSIC WHO COULD ASK FOR ANYTHING MORE?



Tuesday, July 28 • 2:00 p.m.

Join us for a fun afternoon of strawberries and a strolling accordionist as the staff of Boylston Place – a senior living community in Chestnut Hill – visits with samples of homemade strawberry-inspired delicacies, such as strawberry soup, strawberry crumble, chocolate covered strawberries, etc. You will learn some fun facts about the health benefits of strawberries and enjoy Ray Cavicchio as he strolls among the café tables with his wonderful accordion/cavichord!

Space is limited so sign up early by calling 781-455-7555 or stopping by the Front Desk.



Golden Law Center

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THE RESIDENCES
WINGATE

ROOF DECK CONCERTS!

SECOND TIME AROUND AND MUSIC FROM THE SIXTIES!

Tuesday, July 14 • 2:30 p.m.

Dust off your tie-dyed t-shirts, love beads and granny glasses! Let's see who has the best hippie costume. Tommy and Don will entertain us for our first Roof Deck Concert of the summer!

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

TOM MADDEN CONCERT

"LET'S MAKE SOME NOISE!"

Tuesday, August 4 • 2:30 p.m.

The dress theme for this concert will be "Caribbean Islands/Key West" so break out those straw hats and floral shirts and skirts! Tom will perform on voice, keyboards, trombone and guitar. His music includes Sinatra, John Denver and Paul Simon with some Jimmy Buffett for this concert. You loved his concert in April – let's welcome Tom to the roof deck!

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

To ensure everyone's comfort and safety, both roof deck concerts have a strict maximum of 42 participants – seating for 28 directly on the roof deck and additional seating in the adjacent library and the hallway chairs by the entrance to the roof deck. We will take names for a wait list for both concerts in case weather forces us inside to the multipurpose room. When you sign-up you will be asked to choose one concert. If you are on the waitlist for the first July 14 concert and unable to be seated, you will have priority for the second concert on August 4.

Thanks to the generous support of Briarwood Rehabilitation & Healthcare Center, there is no charge for these roof deck concerts.

BRIAN TIERNAN, VENTRILOQUIST!

Wednesday, August 12 • 2:00 p.m.

Brian has been praised as one of the best ventriloquists ever. He brings his acting, comedy and musical skills (vocalist/guitarist) to his performances. His cast includes his partner "Jerry," "Ernestine" a feisty, older Southern lady who's not afraid to speak her mind, and "Shamus" a mischievous leprechaun from Ireland. Also, an audience member is "transformed" into a puppet.

Thanks to the generous support of FirstLight Home Care, there is no charge for this program.

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

BILL BURKE VARIETY SHOW

Tuesday, August 25 • 10:30 - 11:30 a.m.

Bill Burke is a singer and comedian who performs comedy and cabaret shows throughout New England. Whether crooning to '40s masters such as Frank, Dean and Tony, or rocking to '50s doo-wop, Bill's energetic and comedic variety show will keep you laughing. He was an original cast member of the musical comedy hit "Mass Hysteria" and has performed with the comedy troupe, "Hot Spot Cabaret." Bill's energetic and multi-faceted summer variety show has a patriotic theme. Tap those toes and sing along!!!

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.

DID YOU KNOW?

The Center has an Advisory Committee composed of participants interested in assisting with the mission of the Council on Aging "to provide 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."

The Committee meets with staff every other month to discuss issues related to programming and Center activities. Committee members serve as a second channel of communication between senior center participants and the board of directors and staff. They also assist the staff with executing Center programs. The current membership of the Advisory Committee is listed on the page 7 sidebar underneath the listing of staff members.

PIANO LESSONS WITH BRUCE

Bruce is on vacation but will return in September. Be sure to sign up for the new fall session in late August, as the number of time slots is very limited.

SUMMER IS HERE SEARCHING FOR A NEW ADVENTURE?

Why not think about befriending a Needham senior?

The Needham Council on Aging matches volunteers with seniors for companionship. Share a cup of tea, take a short walk, play cards, or watch a baseball game on television. Meetings may take place at the Needham Senior Center, the senior's home or a local café. The simple gift of time CAN make a difference in someone's life!

Touch a life and yours will be touched in return!

To learn more, please contact LaTanya Steele at 781-455-7555 ext. 210 or Barbara Falla at 781-455-7555 ext. 212.

LOW VISION SUPPORT GROUP

**No Meeting in July
or August**

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

WEIGHT MANAGEMENT SUPPORT GROUP

9 WEEK SESSION

Mondays • 12:00 Noon

July 6, 13, 20, 27;

August 3, 10, 17, 24, 31

Cost is \$36.

**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

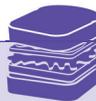
**July 1, 15;
August 5, 19**

MONDAY'S LUNCH BUNCH

Try someplace new, socialize, and enjoy a good meal. Meet at The Center at 11:30 a.m., and 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!

JULY

Monday, 7/6 – Agostino's, Natick
Monday, 7/13 – Aegean Restaurant,
Framingham
Monday, 7/20 – IHOP, Dedham
Monday, 7/27 – The Chateau,
Norwood



AUGUST

Monday, 8/3 – Putterham Grille,
Chestnut Hill
Monday, 8/10 – Friendly's, Norwood
Monday, 8/17 – Grassfields, Waltham
Monday, 8/24 – Dolphin, Natick
Monday, 8/31 – Ninety Nine, Walpole

Call 781-455-7555 to sign up today.



SOCIAL SERVICE DEPARTMENT NEWS

Summer is here with high ultraviolet rays so it's important to take proper precautions to protect against the sun – even in August when it seems the summer light is less intense. Also, August is National Eye Exam Month, a month dedicated to the importance of eye health and safety. Sears Optical founded National Eye Exam Month in 1989 and since then, most ophthalmologists promote eye safety throughout the month. Not only is August National Eye Exam Month, but it is also Cataracts Awareness Month. To educate you more on this disease, the American Academy of Ophthalmology sponsors awareness sessions and information workshops during the month of August. For more information, be sure to contact your ophthalmologist or visit AAO.org. If you would like to receive a free eye exam, check EyeCareAmerica.org to see if you qualify. For more information, please visit EyeCareAmerica.org.

SHINE BULLETIN MEDICARE APPEALS

If you have Medicare, you have the right to appeal decisions you disagree with. All steps in the appeal process have specific time frames and other requirements. It is very important to pay attention to the time limits for appeals!

Some appealable situations are:

- Medicare denies your request for a health care service, supply, or prescription
- Medicare denies payment for health care that you have already received
- Medicare stops covering services that you are receiving
- Medicare pays a different amount than you believe it should
- Medicare drug plan denies coverage of your medication

For assistance with appeals, the Medicare Advocacy Project (MAP) provides free advice and legal representation. MAP can assist anyone with Original Medicare or a Medicare Advantage Plan, regardless of income. For assistance from MAP, call the Massachusetts Senior Legal Helpline at 866-778-0939.

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.

No Movies on July 3 (Closed for the Fourth of July) or July 10 (Friends Annual Meeting)

Wednesday, July 15

Ghost Army (2013)

DOCUMENTARY, UNRATED

This film tells the story of a small World War II unit of artists, actors, sound engineers and “regular guys” who conducted missions designed to deceive the Nazis in France after D-Day. Interviews with surviving veterans, remarkable color film footage from the period, beautiful artwork created by the deceiving artists, and a wonderful narration by Peter Coyote make this a film not to be missed.

Friday, July 17

Boyhood (2014) RATED R

Filmed over 12 years with the same cast, Boyhood is a story of growing up as seen through the eyes of a child named Mason who literally grows up on screen before our eyes.

Friday, July 24

A Letter to Three Wives (1949)

UNRATED

A letter is addressed to three wives from their “best friend” Addie Ross, announcing that she is running away with one of their husbands – but she does not say which one.

Friday, July 31

The Judge (2014) RATED R

Big city lawyer Hank Palmer returns to his childhood home where his father, the town’s judge, is suspected of murder. Hank sets out to discover the truth and, along the way, reconnects with his estranged family.

Friday, August 7

Woman In Gold (2015) RATED PG-13

Based on a true story, this film focuses on an elderly woman and her legal battle for her family’s painting of her aunt, also known as the Lady in Gold, 60 years after she left Vienna fleeing the Nazis during World War II.

Friday, August 14

Big Eyes (2014) RATED PG-13

This film tells the outrageous true story of one of the most epic art frauds in history. Walter Keane revolutionized the commercialization of popular art with his enigmatic paintings of waifs with big eyes – or did he?

Friday, August 21

Her (2013) RATED R

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

Friday, August 28

The Whales of August (1987)

RATED PG

Bette Davis and Lillian Gish play two elderly sisters who live together in a Maine summer home, where they are periodically visited by their crusty old handyman, their lively neighbor and a charming Russian gentleman.

SHOPPING EXPERIENCE:

Friday, July 17

Wegman’s, Chestnut Hill

Friday, July 31

Trader Joe’s, Needham

Friday, August 14

Market Basket, Waltham

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, August 19

9:30 am

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.

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

EVANS PARK AT
NEWTON CORNER,
A BENCHMARK
SENIOR LIVING
COMMUNITY

Monday, July 27
10:30 a.m.

The Evans Park van will depart The Center at The Heights at 10:30 a.m. for a tour and luncheon. The Evans Park van will return everyone to The Center by approximately 2:00 p.m.

Maximum is 16.

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

UKULELE CLASS

Wednesdays

10:00 – 11:30 a.m.

July 1, July 29:

August 5, 12, 19, 26

(NO CLASS

July 8, 15 or 22)

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. The first half hour is for tuning your instrument and distribution of the music sheets by the instructor. You will need to purchase a ukulele if you don't already have one. A beginner's ukulele typically costs between \$50 and \$100. The instructor – Dan Metreux – does not sell instruments, but can refer you to local or online music retailers.

Minimum: 8; Maximum: 20

Cost is \$30 for six class meetings.

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

TRIP NEWS

GLOUCESTER LOBSTER CRUISE AND CLAM BAKE ABOARD THE LUXURIOUS BEAUFORT PRINCESS & SALEM MARITIME HISTORY TRIP

Wednesday, July 22 • 8:30 A.M. – 5:30 P.M.

Let's sail away in style aboard the luxurious "Beaufort Princess" cruise ship and enjoy the bounties of summer with a delicious New England Clam and Lobster Bake. Our Captain will provide us with a narration of Gloucester seafaring history as we sit back, relax and enjoy a two and a half hour cruise with jazz music around Gloucester Harbor. We will dock at 2:00 p.m., after which we will stop at the nearby Salem Visitors Center to view a display of Salem's maritime history.

The trip leaves Linden and Chambers Parking Lot at Needham at 8:30 a.m. and 8:45 a.m. from The Center at The Heights at 300 Hillside Ave, Needham. We will return at approximately 5:30 p.m.

Cost is \$84. Make checks payable to: The Friends of The Center at The Heights. Mail checks to 300 Hillside Ave, Needham, MA 02494 to confirm your seat.

This trip needs 36 people to operate and we need confirmed numbers as soon as possible to reserve this wonderful trip, so sign up early to avoid disappointment.

PLEASE TELEPHONE THE TRIP DESK AT 781-455-7555, ext. 209, to reserve your space now!

NEWBURYPORT AND MERRIMACK RIVER BOAT TOUR & DANVERSPORT YACHT CLUB LUNCH

Wednesday, August 26 • 8:45 A.M. – 3:30 P.M.

First we're off to charming, historic Newburyport for a one hour boat cruise where we will learn about the ecology and wildlife of the salt marshes, as well as some history and, of course, a bit of good old New England humor! The boat holds 42 passengers so this is a very personalized tour just for our group!!! Next, we're off for a scenic drive of the area and onto the picturesque Danversport Yacht Club to feast on a full course lunch.

The trip leaves Linden and Chambers, Linden St, at 8:45 a.m. and The Center at The Heights at 9:00 a.m. and we are expected back around 3:30 p.m. The trip costs \$72 per person. Please mail checks as above, as soon as possible, to confirm seats and the numbers required to operate this great trip. (No refunds if cancellation is received within 10 days prior to departures, unless replacement can be found).

PLEASE TELEPHONE THE TRIP DESK AT 781-455-7555, ext 209, to reserve your space now! Please let us know if you would prefer Baked Schrod or Sliced Beef.

HAPPY SUMMER!

We would like to extend a special thank you to The Center's AARP Tax Preparers – Tony, Paul, Gene, Lenore and Pat. Several people who received income tax counseling services this past tax season made donations to the Friends in appreciation for the tax help they received. These donations will be used to support Center programs and the publication of the Compass. Thanks to The Center's tax preparers for providing such a valuable service to our community!

Remember to attend our Annual Meeting and Summer Social on Friday, July 10 at 2:00 p.m. Also remember to pay your annual support of \$25 if you haven't done so already for 2015. If you have paid, there will be a "15" before your name on your Compass label.

We appreciate your help.
Pat White and Carol Ditmore



COUNCIL
ON AGING
Needham

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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, 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

- Carol A. Amicangioli
- Eugene and Ann Arcand
- Ennio and Pia Arduino
- Sue Barber
- George M. Belzer
- Mary and Francis Broll
- Patricia Burke
- Elizabeth (Betty) Bury
- Madeline Buttrick
- Angelina Caporossi
- Marie Devine
- Patricia Harris
- Myer and Rosalyn Hoostein
- Particia O'Dea
- Rosemary Portanova
- Betty Soderholm
- Dorothy Lourie/Pierce Zavod

IN MEMORY OF

- Claire Blum in Memory of Estelle Berman
- Lillian A. Brown in Memory of George W. Brown
- Sandra Jaszek in Memory of Joseph Zadroga
- Patrice O'Toole in Memory of M. Eileen O'Toole
- Elvira Palmerio in Memory of Josephine and John Castano

- Claire Pelletier in Memory of Fred Bowen
- Dot Piligian in Memory of Murad Piligian
- Pat and Ed White in Memory of Jennie Ann Bering

IN HONOR OF

- Mindy Rakusin in Honor of Ariel Sherry upon her college graduation

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.

July 10

Lake Waban, Wellesley

July 24

Back Bay to Chinatown
via Commuter Rail

Round trip Fare: \$6.50 (65+);
\$12.50 non-senior

August 7

Castle Island

Walks will resume in
September

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

7 WEEK SESSION

9:00 a.m. • July 6, 13, 20;

August 10, 17, 24, 31

(NO CLASS July 27 or August 3)

Instructor: Scott Brumit

Cost is \$28.

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

8 WEEK SESSION

9:00 a.m.

July 6, 13, 20, 27; August 3, 10,
17, 31 (NO CLASS August 24)

Instructor: Sandi Levy

Class Maximum is 15

Cost is \$32

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

9 WEEK SESSION

10:15 a.m.

July 6, 13, 20, 27;

August 3, 10, 17, 24, 31

Instructor: Pearl Pressman

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

Experience Required

July 6, 13, 20, 27;

August 3, 10, 17, 24

Instructor: Manny Correia

Cost is \$32.

TUESDAY

EASY YOGA

6 WEEK SUMMER SESSION

9:15 a.m.

Current Session: June 23 - July 28
(Not Meeting in August)

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

6 WEEK SESSION

2:00 p.m.

July 7, 14, 21, 28; August 11, 18
(NO CLASS August 4 or 25)

Cost is \$24.

BALLROOM DANCING

Offsite Location:

YMCA Chestnut Street

4 WEEK SESSION 1:

RUMBA

2:00 p.m.

July 7, 14, 21, 28

Cost is \$16.

4 WEEK SESSION 2:

WALTZ

2:00 p.m. • August 4, 11, 18, 25

Cost is \$16.

STABILITY BALL CORE TRAINING NO SUMMER SESSION

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.

Note: See Thursday for a similar class being offered.

EXERCISE AND DANCE CLASSES

WEDNESDAY

PARK AND RECREATION SENIOR EXERCISE CLASS

Location:

The Center at The Heights;

Sign Up and Payment to

Park and Recreation

781-455-7550

10:30-11:30 a.m.

First Summer Session

with Arlene

June 3 - July 29

Summer/Fall Session

with Arlene

Aug. 5 - Sept. 30

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

BETTER BALANCE, LIVING STRONGER

6 WEEK SESSION

2:45 - 3:45 p.m.

July 8, 15, 22, 29; August 12, 19

(NO CLASS August 5)

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.

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®

SUMMER RECESS

WATCH FOR FALL DATES

IN SEPTEMBER/OCTOBER

COMPASS

ARTHRITIS EXERCISE/STABILITY CORE TRAINING

5 WEEK SESSION

2 p.m.

July 2, 9, 16, 23, 30;

(Not Meeting in AUGUST)

Cost is \$20.

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):

8 WEEK SESSION

9:15 a.m.

July 10, 17, 24, 31;

August 7, 14, 21, 28

Cost is \$32.

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

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!

Recessed for Summer

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

Call the Front Desk at 781-455-7555 to set up an appointment for one-to-one assistance with your technology questions (contingent on availability of volunteers).

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

USING THE INTERNET FOR GENEALOGY DEMONSTRATION BY SEEMA KENNEY OF ANCESTRAL BOOKS, LEGACY AND EDUCATION

Wednesday, July 29 • 2:00 p.m.

Seema will demonstrate how to use subscription and free websites for finding ancestors and understanding the times in which they lived. Suitable for beginning and intermediate level researchers. Handouts will be provided. Limited to 10. Fee is \$7.00.

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

GOOGLE CHROME

Friday, August 21 • 10:00 a.m. - 12:00 Noon

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. There is no fee for this class.

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

LIFELONG LEARNING

BITE LAB

Thursday, July 9 and Thursday, August 6 • 10:00 - 11:30 a.m.

The Needham Public Health Department and the Massachusetts Department of Public Health's Epidemiology Program are excited to provide some new mosquito and tick-borne disease resource education. Stop by The Center Café on the above days to learn about summer pests and how best to protect yourself. We will have representatives presenting and displaying the "Bite Lab" during the hours and dates noted above.

LIFE AS MOVEMENT WITH BRYAN P. AGURCIA MOVE MORE, MOVE WELL AND SIT LESS

Tuesday, August 11 • 10:30 a.m.

Bryan will present an interesting perspective on maintaining fitness as we age. He will discuss the difference between moving and exercising, why sitting is the new smoking and being still is probably the greatest negative contributor to "aging" that we live with today. In countries that move more (not exercise more, and there is a BIG difference) throughout their whole lives, they move and do things into late life that would be unheard of in the United States. This program looks at the mental, physical and social implications of aging. Brian has a Master's degree in Gerontology and recently gave this presentation at Briarwood's community breakfast meeting where it was enthusiastically received!

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



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GARY HYLANDER LECTURE SERIES

We are excited to welcome Professor Hylander from Stonehill College to The Center at The Heights for the first of three lectures:

PRESIDENT HARRY TRUMAN AND THE ATOMIC BOMB Wednesday, August 5 • 2:00 p.m.

This year marks the 70th anniversary of the end of World War II. After Japanese leaders dismissed President Truman's demand to accept unconditional surrender or to face "prompt and utter destruction" from the air, President Truman ordered that atomic bombs be dropped on Hiroshima and Nagasaki on August 6 and August 9, 1945. Saying that the time had come to "bear the unbearable," Emperor Hirohito surrendered, thus ending the most destructive war in human history.

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

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

GUIDED IMAGERY AND YOUR HEALTH Tuesday, August 11 • 2:00 p.m.

Come learn about the wide-ranging health benefits of guided imagery! Similar to meditation, guided imagery makes use of all our senses to bring about positive changes. In this introductory class we will practice several different types of guided imagery that anyone can use on their own to feel better both physically and emotionally. No experience necessary! Instructor: Debbie Schwartz, LICSW

Co-Sponsored by Right at Home Boston Metro West and Maplewood at Weston.

Light refreshments will be served.

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

CHEF BARRY RETURNS! SUMMER VEGETABLES COOKING DEMONSTRATION Wednesday, August 19 • 2:00 p.m.

Chef Barry from Avita of Needham will return to The Center's kitchen with summer vegetables from Avita's Farm Share with Allendale Farms. Depending on the harvest, some possible recipes are a kale frittata, Swiss chard salad, fresh roasted garlic, roasted beets or Brussels sprouts. Limited to 15.

Thanks to the generosity of Avita of Needham there is no fee for this program.

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

NEEDHAM LIBRARY SURVEY

The Needham Library is conducting a long-range planning survey and we encourage everyone to participate. The Library has been a wonderful community partner for us, and library staff members have donated many hours of their time to teach several Center computer classes and demonstrations. Whether or not you have taken any of these classes, we encourage you to support this fabulous Town resource with your feedback. Paper copies will be available at the Front Desk. The online link is: https://www.surveymonkey.com/s/Needham_Library

ART CLASS FOR ALL LEVELS

If possible, the instructor teaches offsite in summer.

Call The Center at 781-455-7555 to find out the dates and times of a possible offsite summer session.

ART OPEN STUDIO PAINTING

New time!

Wednesdays • 12:00 - 3:00 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

**July 8 – CHAGALL
August 5 – CASSATT**

CREATIVE WRITING GROUP

10:00 a.m.

July 14, 28; August 11, 25

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.

July 7, 21; August 4, 18

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
July 10 • 10:30 a.m.**

**July Book: "Orphan Train"
by Christina Baker Kline**

**No meeting in August;
will resume in September.**

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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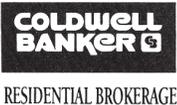


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**VISIT US ONLINE AT:
www.needhamma.gov**

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

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