



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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September is

# Senior Center Month



TO CELEBRATE WE HAVE PLANNED  
A VERY SPECIAL PROGRAM:

## JOINT PROGRAM WITH THE WELLESLEY COUNCIL ON AGING

THE ELDERS ENSEMBLE PROMETHEUS DANCE COMPANY

**Thursday, October 15 • 2:00 – 3:30 p.m.**

The Center at The Heights

The Elders Ensemble of Prometheus Dance is a group of eight post-professional dancers ages 60-92 who perform original dance/theatre pieces that express the bittersweet stories of their lives as dancers, daughters, mothers and friends through movement, theatre and text. Several of the dancers studied with the greats of modern dance (Martha Graham, Hanya Holm, Anna Sokolow, Jose Limon, Alwin Nikolais). Moving beyond the boundary of age, these dancers demonstrate to themselves, each other and their audiences the power of wisdom gained through living. This summer the Elders Ensemble celebrated their 10th anniversary! Following the performance the dancers will hold a discussion with the audience.

**Refreshments will be provided following the performance.**

*We have invited participants from the Wellesley Council on Aging to join us for this special event. Please welcome them and share The Center at the Heights with them before and after this program.*

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

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



# INDEX

**PLEASE NOTE:** 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 September and October programs will begin August 27.** We cannot accept written requests prior to 9:00 a.m. on August 27.

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## REP. DENISE GARLICK'S OFFICE HOURS

The Center at The Heights  
 First Come, First Served

**Monday, September 14**  
**11:00 a.m. – 12:00 Noon**

**Monday, October 5**  
**11:00 a.m. – 12:00 Noon**

## SENATOR RICHARD ROSS' OFFICE HOURS

The Center at The Heights  
 First Come, First Served

**Monday, October 26**  
**11:00 a.m. – 12:00 p.m.**

## HOLIDAY CLOSINGS

**MONDAY, SEPTEMBER 7**  
 IN OBSERVANCE OF  
 LABOR DAY

**MONDAY, OCTOBER 12**  
 IN OBSERVANCE OF  
 COLUMBUS DAY

# RAGTIME, BLUES AND GERSHWIN PIANO CONCERT AND LECTURE

**Wednesday, September 9 • 2:00 p.m.**

Steve Snitzer, professional pianist, teacher and Needham resident will cover several aspects of this music – Scott Joplin, Maple Leaf Rag, Debussy, Blue Monk, Gershwin Songs, Rhapsody in Blue, Ravel, Jazz connection to French harmony, The Blues in the Night, Leroy Carr, etc. Steve earned a Master's degree at the New England Conservatory of Music, where he studied piano with Jacob Maxin, and had coaching and master classes with Benjamin Zander and Russell Sherman. Steve plays chamber music as well as solo repertoire in a variety of settings around New England.

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

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

## HAL MCINTYRE ORCHESTRA WITH A TRIBUTE TO PEGGY LEE

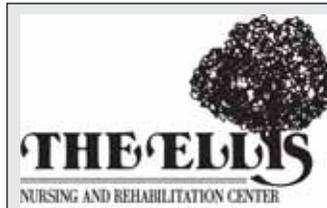
**Wednesday, September 30 • 12:30 – 4:00 p.m.**

The world famous Hal McIntyre Orchestra has been performing big band music for decades. In its third performance at The Norwood Theatre, the orchestra will pay tribute to the music of Peggy Lee, featuring Jody Ebling and under the direction of Don Pendleton.

The Norwood Theatre is providing a complimentary performance of this big band show to a van of our participants. Our van will leave the Center at 12:30 p.m. and return by approximately 4:00 p.m. Limited to 12.

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

**Due to the limited number of participants, sign up must be in person or by telephone (no written requests will be honored) and limited to two individuals per request.**



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**THE RESIDENCES**  
 WINGATE

# MAGICIAN/COMEDIAN MALIK HADDADI PRESENTS "UNCONVENTIONAL MAGIC!"

**Wednesday, September 16 • 2:00 p.m.**

Malik Haddadi is a Boston based magician and comedian with over a decade of entertainment experience, specializing in high caliber entertainment and presentations. He comes highly recommended by Center participants who have seen his show elsewhere!

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

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



## JAMES MICHAEL, BROADWAY BARITONE "MELODIES OF MEMORIES AND MIRACLES"

**Tuesday, September 29 • 2:00 p.m.**

James Michael is coming to The Center at the Heights! James emulates the big baritone voices of his idols Howard Keel, John Raitt and Robert Goulet. James has performed for senior communities throughout New England, Texas, New York, New Jersey and Florida.

*"Such a natural performer, his personal story and his introductions to every Broadway play's famous songs, the audience is amazed at the power, depth and love that comes from James Michael."* – Best of New Jersey.com Review

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

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

## STRING SWING JAZZ BAND Wednesday, October 28 • 2:00 p.m.

Rob Natoli, Frank Moore and Joe McEachern will play classic and smooth swing from the big band era of the 20's and 30's. **This talented trio features vocals, guitar, keyboard, saxophone and bass.**

For this, their third appearance at The Center at the Heights, selections will include: *Witchcraft, Sweet Georgia Brown, Moonglow, I Got Rhythm, and Embraceable You.*

*Thanks to the generous support of Brookdale Dedham there is no charge for this program.*

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

## THE BASICS: MEMORY LOSS, DEMENTIA AND ALZHEIMER'S DISEASE

PRESENTED BY THE ALZHEIMER'S ASSOCIATION

**Wednesday, October 14 • 2:00 – 4:00 p.m.**

Alzheimer's disease is not a normal part of aging. This program provides information about the disease, related dementias, the benefits of early detection, causes and risk factors, treatment and services offered by the Alzheimer's Association.

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



**Golden Law Center**

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200 Highland Avenue, Suite 302, Needham

781-433-8665

## PIANO LESSONS WITH BRUCE

**Thursdays**

**9:00 a.m. – 1:00 p.m.**

**8 Week Session**

**September 10, 17, 24;  
October 1, 8, 15, 22, 29**

**Cost is \$32.**

Sign up for new AND continuing students is required.

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 very limited and sign-up for all students – new and continuing— for this new session is required.

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

## DID YOU KNOW?

### MENTAL HEALTH ACCESS FOR ALL

The Needham Public Health Department and the Needham Coalition for Suicide Prevention, through the generous support of the Kyle W. Shapiro Foundation and Beth Israel Deaconess-Needham Hospital, are pleased to announce a completely free service that will help you navigate the mental health system in Massachusetts. This service will let you know what services are available locally, and will help you find doctors that accept your insurance and have openings for appointments. William James College's **INTERFACE Referral Service** works to increase awareness of mental health issues impacting children, families, and adults and to facilitate access to appropriate services. Call 888-244-6843 x1411 for resource information and/or provider referrals from a mental health professional or visit the web site at <http://www.msppinterface.org/Needham>.

## LOW VISION SUPPORT GROUP

11:00 a.m. – 12:00 Noon

### September 16

Ree Coleman will speak about the Bates Method, an alternative approach to traditional vision rehabilitation.

### October 28

Laurie Korajczyk from MCAB will speak about the use of volunteers to help with activities such as shopping and reading mail.

## WEIGHT MANAGEMENT SUPPORT GROUP

6 WEEK SESSION

**Mondays • 12:00 Noon**

**September 14, 21, 28**

**October 5, 19, 26**

Cost is \$24.

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**

**September 2, 16**

**October 7, 21**

## 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!

### SEPTEMBER

Monday, 9/7 – Labor Day Closed

Monday, 9/14 – Putterham Grill,  
Chestnut Hill

Monday, 9/21 – Pleasant Café,  
Rosindale

Monday, 9/28 – Conrad's, Norwood



### OCTOBER

Monday, 10/5 – Chinatown, Stoughton

Monday, 10/12 – Columbus Day Closed

Monday, 10/19 – Coribb Pub, West  
Rosbury

Monday, 10/26 – One Bistro,  
Norwood



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

## SOCIAL SERVICE DEPARTMENT NEWS

### Did You Know?

September 2015 is National Preparedness Month. Sponsored by the Federal Emergency Management Agency within the Department of Homeland Security, National Preparedness Month encourages Americans to take steps to prepare for emergencies in their homes, businesses, schools, and communities. National Preparedness Month is a part of a governmental effort to strengthen the United States preparedness capabilities. The national preparedness architecture encompasses prevention, protection, response, and recovery efforts to prepare the United States for all hazards – whether terrorist attack or natural disaster. For more information contact the Social Services Department.

## SHINE BULLETIN

### Don't Ignore Your Medicare Mail!

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should be receiving information from your plan by the end of September. It is important to understand and save this information because it explains the changes in your plan for 2016.

During the annual Medicare Open Enrollment (October 15 - December 7), you will have a chance to CHANGE your plan for next year. SHINE Counselors can help you understand your plan changes, as well as other options you may have. Call early to get a SHINE appointment during Open Enrollment!

### DO NOT WAIT UNTIL IT'S TOO LATE!

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.

## SPECIAL EVENING PRESENTATION

### WELCOME TO MEDICARE!

**Wednesday, September 16 • 6:00 – 7:00 p.m.**

Presented by the MetroWest SHINE Program

Are you turning 65 soon, new to Medicare, or retiring soon?

This one hour presentation will provide a basic overview of Medicare and related programs to help individuals make educated and informed decisions about their health care coverage.

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



# CINEMA AT THE CENTER

Fridays • 1:00 p.m.

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

## Friday, September 4 And So it Goes (2014)

RATED PG-13

In this romantic comedy a self-absorbed realtor (Michael Douglas) enlists the help of his neighbor (Diane Keaton) when he's suddenly left in charge of the granddaughter he never knew existed until his estranged son drops her off at his home.

## Friday, September 11 The Clock (1945)

UNRATED

Judy Garland and Robert Walker star in this charming love story of a young couple who meet in the waning days of WWII. She's a New York office worker; he's a soldier on 48 hours leave in the city before being shipped out to Europe.

## Friday, September 18 Promised Land (2012)

RATED R

Matt Damon stars as a salesperson for a natural gas corporation dispatched to the rural Pennsylvania town of McKinley to offer economic relief to the residents in exchange for hydraulic fracking rights to their properties.

## Friday, September 25 The Second Best Marigold Hotel (2015)

RATED PG

Check in again for more love and laughter as new arrival Richard Gere joins an all-star ensemble cast returning for this heartwarming sequel to The Best Exotic Marigold Hotel!

## Friday, October 2 Water for Elephants (2011)

RATED PG-13

A veterinary student abandons his studies after his parents are killed and joins a traveling circus as their vet. Starring Reese Witherspoon and Robert Pattinson.

## Wednesday, October 7 Cyber-Seniors (2014)

DOCUMENTARY, UNRATED

Proving you're never too old to learn something new, initially reluctant seniors discover the wonders of the world-wide-web with the help of their teenage mentors. Some of the interactions are so humorous you will forget this is a documentary.

## Friday, October 9 My Old Lady (2014)

RATED PG-13

A now penniless Mathias Gold (Kevin Kline) comes to Paris to look at his new inheritance but to his surprise, there is someone already living there – an elderly woman snoozing in a chair (Maggie Smith). Mathias learns about the French "Viager" occupancy for life arrangement.

## Friday, October 16 Cinderella (2015)

RATED PG-13

This version of the classic fairytale is NOT a children's film. Starring Cate Blanchett, Lily James and Helena Bonham Carter this modern classic "shines with beauty, imagination and...magic".

## Friday, October 23 5 Flights Up ('15)

RATED PG-13

Morgan Freeman and Diane Keaton star as Ruth and Alex Carter – retirees who have spent their entire, 40 year marriage in the same Brooklyn apartment. Feeling the pressure of the thriving real-estate market, the couple contemplates selling their memory-filled home and moving. Told in a series of flashbacks and comedic dialogue, 5 Flights Up tells the story of how the Carters met, the years of their marriage, and their commitments to social issues and each other.

## Friday, October 30 Young Frankenstein (1974)

RATED PG

This classic comedy stars Gene Wilder as a descendent of the infamous Dr. Frankenstein who has spent his life living down the legend of his grandfather, even changing the pronunciation of his name. When the diary of his grandfather is brought to him, he decides to examine the family castle. The whole film is shot in black and white to simulate the old monster movie feeling. Directed by Mel Brooks.

## 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, September 18  
Wegman's Chestnut Hill

Friday, October 16  
Market Basket, Waltham

Friday, October 30  
Trader Joe's

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

Departure from the Senior Center will be 10:00. Call 781-455-7555 to sign up; If you require a pick up at your home in Needham, please inform the receptionist, and be sure to provide your phone number.

## COMPASS COLLATING

Wednesday, October 21  
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

BROOKDALE,  
DEDHAM

Thursday, October 1  
10:30 a.m.

The Brookdale van will depart The Center at the Heights at 10:30 a.m. for a tour and luncheon. The Brookdale van will return everyone to The Center by approximately 1:00 p.m.

*“Brookdale Dedham is located at 391 Common Street, Dedham, MA and is both an assisted living and assisted living for memory care community set on the Wilson Mountain conservation land, bordered by the Charles River. We are conveniently situated one mile from Rte 128 and Rte 1 making it an easy location for friends and families of adjacent towns and cities to visit. Our Personal Care Plan is top notch where you only pay for the care you need, if any.”*

Maximum is 12.

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

## UKULELE CLASS

9 Week Session

Wednesdays  
10:00 – 11:30 a.m.

September 2, 9, 16, 23, 30  
October 7, 14, 21, 28

Cost is \$45.

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 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: 10; Maximum: 20

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

## TRIP NEWS

### THE CAPE CRANBERRY BOG TOUR! FEATURING THE SANDWICH GLASS MUSEUM, THE DANIEL WEBSTER HOUSE GRAND BUFFET AND A CRANBERRY BOG TOUR

Thursday, September 24

Trip Cost: \$69 per person

**Please sign up as soon as possible as our last two trips sold out and many were disappointed.**

Your luxury Silver Fox Coach will transport you to beautiful Cape Cod, where you'll arrive in Sandwich, the oldest town on the Cape. Brimming with history, age-old charm and scenic sights, Sandwich will delight you with its many attractions. After visiting the Sandwich Glass Museum to watch glass blowing artisans creating world-renowned pieces of art available for purchase, you will move on to the Daniel Webster Inn for The Grand Buffet which includes\* :

Fresh Fruit Cup with Seasonal Sorbet

Fresh Baked Rolls

Coq au Vin (Chicken Tenderloin with mushrooms, peas and onions)

Pasta Primavera (Pasta & fresh vegetables in a creamy Parmesan cheese sauce)

Broiled Native Scrod (seared with olive oil and cracker topping)

Seasonal Vegetables

Apple Cranberry Crisp with whipped cream

Coffee/Tea/Decaf

\*Menu subject to change

Following lunch, we will visit the Cranberry bog and farm for a guided tour and gift shop where cranberry products are available. We will pick up at Linden & Chambers Parking Lot at 8:30 a.m. and the Center at the Heights at 8:45 a.m.. We will return to The Center at the Heights at approximately 6:00 p.m. .

### LAKE WINNIPESAUKEE CRUISE!

FEATURING NARRATED CRUISE,  
BUFFET LUNCHEON AND SCENIC SIGHTS

Wednesday, October 14 • 8:30 a.m. – 5:30 p.m.

Trip Cost: \$74 per person

**Please sign up as soon as possible as our last two trips sold out and many were disappointed.**

In the fall, there's no better way to enjoy New England's beautiful foliage than a trip to New Hampshire's Lake Winnepesaukee. Your luxury Silver Fox Motor Coach will transport you to Weirs Beach where you will board the 230 foot M/S Mount Washington to cruise the famous lake and delight in the beautiful vistas of the White Mountains. You will enjoy a relaxing day as your Captain sails from port to port. Comfortable deck chairs are available; your cruise will include a delicious buffet luncheon. You will visit the Moulton Farm Market, where farm-fresh vegetables, cakes, pies and more are available for purchase. We will pick up at Linden & Chambers Parking Lot at 8:30 a.m. and the Center at the Heights at 8:45 a.m.. We will return at approximately 5:30 p.m. to The Center at the Heights.

**FOR EITHER OF THE ABOVE TRIPS: Please reserve your spot by calling the Trip Desk at 781-455-7555 Ext. 209. To confirm your seat, make out a separate check for each trip payable to FOTCATH (The Friends of the The Center at The Heights), and mail to Trips Department, The Center at the Heights, 300 Hillside Ave, Needham, MA 02494. We need confirmed numbers as soon as possible to reserve these wonderful trips, so sign up early to avoid disappointment.**

# HAPPY FALL!

We hope you all had a nice summer and are ready to get into the swing again with all the activities and entertainment at The Center at The Heights.

Have you noticed the new art work around the building, the quilt hanging outside the conference room upstairs, and the new sculpture? These were all supported by donations to the Friends Enrichment fund.

We want to express our thanks to Joan DeFinis for writing, collecting, coordinating, and editing all the material that goes in the Compass each edition.

– Pat and Carol



COUNCIL  
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)	\$ _____
<b>Total Enclosed</b>	\$ _____

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!

## SAVE THE DATE!

**JOINT UKULELE PERFORMANCE BY THE  
WESTON, WELLESLEY, DOVER, NEEDHAM,  
AND WAYLAND COUNCILS ON AGING**

**October 20 • 2:00 p.m.**

**Wellesley Council on Aging**

**219 Washington Street, Wellesley Hills, MA 02481  
781-235-3961**

**Family and Friends are welcome to attend!  
Light refreshments will be served.**

## FRIENDS OF THE CENTER AT THE HEIGHTS DONATIONS

### GENERAL

- John Covell
- Mary B. Daggett
- Barbara K. Dick
- Nancy Hartman
- Alfred and  
Lena Piccioli
- Florence Volk

### IN MEMORY OF

- Araxy M.  
Toomajian  
In Memory of  
Fred Bowen



## Commonwealth Caregivers Home Health Care Services

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**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.

**September 11**

Jamaica Pond

**September 25**

Mt. Auburn Cemetery

**October 9**

Walden Pond

**October 23**

South End via Commuter Rail;  
Lunch at Parish; dessert at  
Flour Bakery

(Roundtrip Fare = \$6.50  
with Senior Discount (65+);  
Non-senior = \$12.50)

**Walks will resume  
in the spring**

# EXERCISE AND DANCE CLASSES

## MONDAY

### TAI CHI

6 WEEK SESSION

9:00 a.m. • September 14, 21, 28;

October 5, 19, 26

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

3 WEEK SESSION

9:00 a.m.

September 21, 28; October 5

Instructor: Sandi Levy

Class Maximum is 15

Cost is \$12.

## STRENGTH TRAINING FOR BALANCE AND OSTEOPOROSIS

### MONDAY

(FORMERLY SEATED STRENGTH):

6 WEEK SESSION

10:15 a.m.

September 14, 21, 28;

October 5, 19, 26

Instructor: Pearl Pressman

Cost is \$24.

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

6 WEEK SESSION

12:00 Noon

Experience Required

September 14, 21, 28;

October 5, 19, 26

Instructor: Manny Correia

Cost is \$24.

## TUESDAY

### EASY YOGA

10 WEEK LATE FALL/

WINTER SESSION

9:15 - 10:15 a.m.

September 22 – November 24

Instructor: Steffi Shapiro

Contact Needham Community

Education ( 781-455-0400 ext. 235)

for sign up and payment.

[www.needham.k12.ma.us](http://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. More information can be found about Easy Yoga on the website [www.elder-yoga.com](http://www.elder-yoga.com).

**NEW CLASS!!!**

## TRAIN THE BRAIN: BALANCE, AGILITY AND FALL PREVENTION

8 WEEK SESSION

**TUESDAY**

10:30 – 11:30 a.m.

September 8, 15, 22, 29;

October 6, 13, 20, 27

Cost is \$32.

This class is appropriate for individuals with most levels of physical capabilities. It will involve dynamic, bilateral movement and physical brain activities to improve: Stability, Total Body Coordination, Speed, Spatial Awareness, Endurance and Flexibility. The class will entail music, friendly competition, teamwork and guaranteed fun!

## BALLROOM DANCING

Offsite Location:

YMCA Chestnut Street

2:00 p.m.

4 WEEK SESSION 1:

**FOXTROT**

September 8, 15, 22, 29

Cost is \$16.

4 WEEK SESSION 2:

**SWING**

October 6, 13, 20, 27

Cost is \$16

# EXERCISE AND DANCE CLASSES

## TUESDAY

### ARTHRITIS EXERCISE

9 WEEK SESSION

2:00 p.m.

September 1, 8, 15, 22, 29;

October 6, 13, 20, 27

Cost is \$36.

## WEDNESDAY

### PARK AND RECREATION SENIOR EXERCISE CLASS

Location:

The Center at The Heights;

**Sign Up and Payment to**

**Park and Recreation**

**781-455-7550**

*Continuation of late summer/early fall session with Arlene:*

9 WEEK SESSION

10:30 – 11:30 a.m.

August 5 – September 30

Cost is \$25. Paid to Park & Recreation upon Registration

**Fall Session with Adele:**

9:15 - 10:15 a.m.

October 14 – December 16

**No Class November 11**

Cost is \$25. Paid to Park & Recreation upon Registration

Adele leads a 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

5 WEEK SESSION

2:45 - 3:45 p.m.

September 16, 30;

October 7, 21, 28

**(No Class September 23 or October 14)**

Cost is \$35.

*Pay instructor on first day of class*

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.

## THURSDAY

NEW CLASS!!!

### AEROBIC DANCING AT YOUR OWN PACE

TO A LATIN BEAT!

8 WEEK SESSION

10:00 – 11:00 a.m.

September 10, 17, 24;

October 1, 8, 15, 22, 29

Instructor: Louise Carbone

Cost is \$32.

Minimum is 12

### ARTHRITIS EXERCISE/STABILITY CORE TRAINING

8 WEEK SESSION

2:00 p.m.

September 10, 17, 24;

October 1, 8, 15, 22, 29

Cost is \$32.

## FRIDAY

### STRENGTH TRAINING FOR BALANCE AND OSTEOPOROSIS

(FORMERLY SEATED STRENGTH):

9 WEEK SESSION

9:15 a.m.

September 4, 11, 18, 25;

October 2, 9, 16, 23, 30

Cost is \$36.

Instructor: Pearl Pressman

*Sign-up is required. Contact The Center at The Heights at 781-455-7550.*

For description: 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 \$25 fee to**

**Park and Recreation**

**781-455-7550**

9 WEEK SESSION

10:30 – 11:30 a.m.

October 16 – December 18

## GAMES, MUSIC & MORE

### MONDAYS

#### GAMES, MUSIC AND MORE

Board, card and other games including dominoes

1:00 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.

#### RUMMYKUBE

1:00 p.m.

### FRIDAYS

#### QUILTING

10:15 a.m.

#### MAH JONG/SCRABBLE

1:00 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 BASICS FOR BEGINNERS

**Fridays • 10:00 – 11:30 a.m.**

**There is no charge for these classes. Seating is limited to 10.  
Sign-up is required. Call 781-455-7555 or stop by the Front Desk.**

The following classes are designed for people with little or no computer experience. Anyone is welcome to repeat a class they have taken earlier at The Center.

### September 11

Overview of Computer Equipment and Terms - Guide to using the Center's computers.

### September 18

The Internet: What is it? How to access it via the Center's computers and WiFi.

### September 25 - NO CLASS

### October 2

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

### October 9

Internet Browsing #2 – Suggested Online Sites for Seniors.

### October 16

Email #1 – Composing, editing and sending emails. Contacts (Bring your email address, user name and password).

### October 23

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

### October 30

Using the Computer Efficiently – Typing skills, printing, keyboard shortcuts.

# LIFELONG LEARNING

## WRITING YOUR MEMOIR – TELLING OUR STORIES

**Wednesdays • 10 a.m. – 12 Noon**  
**October 7 – November 4**

**Contact Needham Community Education at  
781-455-0400 ext. 235 for Sign up and payment.**

[www.needham.k12.ma.us](http://www.needham.k12.ma.us)

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.

## THREE KEYS TO “RIGHT SIZING” YOUR NEXT MOVE

Free Educational Seminar tailored towards the 60 plus population, empty nesters and retirees.  
Featuring Guest Speaker Daryl Lippman

**Monday, September 21 • 2:00 p.m.**

Many people in the 60+ population find themselves in transition with their living space and are unprepared for knowing how to deal with it. Transition can result from divorce, death of a partner, or children moving out or back in. This presentation will provide an opportunity to be more prepared to make the next real estate move by becoming more equipped emotionally and intellectually. Attendees learn to navigate the 3 Keys: HEART, HEAD AND HOME. This is not a marketing or sales presentation.

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

## GARY HYLANDER LECTURE SERIES

Gary returns for the second lecture in a three part series:

### THE SALEM WITCHCRAFT TRIALS OF 1692

**Monday, October 5 • 2:00 p.m.**

“An army of devils”, warned Reverend Cotton Mather, was on its way to afflict the men and women of the Massachusetts Bay Colony for their sinfulness and wicked ways. When rumors of Tituba’s conjuring of spirits in the household of reverend Parrish surfaced a powerful witchcraft hysteria seized Salem Village and neighboring towns. By the time the Salem witchcraft trials were suspended, nineteen of the accused, mostly women, had been hanged for the crime of witchcraft.

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

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

### “THE FINEST HOURS: THE TRUE STORY OF THE U.S. COAST GUARD’S MOST DARING RESCUE”

**BY MICHAEL TOUGIAS**

**Monday, October 26 • 2:00 p.m.**

On February 18, 1952 an astonishing maritime event began when a ferocious nor’easter split in half a 500 foot long oil tanker, the Pendleton, approximately one mile off the coast of Cape Cod, Massachusetts. Incredibly, just twenty miles away, a second oil tanker, the Fort mercer, also split in half. On both fractured tankers men were trapped on the severed bows and sterns, and all four sections were sinking in 60 foot seas.

Michael Tougias will use slides of the storm, the sinking tankers, the rescues, the victims, the survivors and the heroes to tell the suspenseful and dramatic story of this historic event. Copies of the book will be available for purchase and signing.

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

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

## WATERCOLOR PAINTING FOR SENIORS

*(Needham Community Education)*

### 7 CLASS SESSION

**Tuesdays • 1:00 – 3:00 p.m.  
October 6 – November 17**

**Contact Needham Community Education at  
781-455-0400 ext. 235 for sign up and payment.**

[www.needham.k12.ma.us](http://www.needham.k12.ma.us)

Course #10135.2 • \$109.00

Location: The Center at the Heights

Sally Meding, Instructor

With this vibrant transparent medium, we will learn wet-on-wet, wet-on-dry, dry brush, scraffito, masking, and texturizing techniques. We will explore how much water-to-pigment to use, color mixing, and glazing. Drawing skills are a plus, but not required. The class will be geared towards beginners, and advanced beginners looking to improve their skills and techniques. Note: A materials fee of \$5 is payable to the instructor in class for copying of materials. A materials list will be posted by class title on the district website [www.needham.k12.ma.us](http://www.needham.k12.ma.us) under Community Ed and Adult Education. Limited to 14.

## ART CLASS FOR ALL LEVELS

**Monday**

**September 14, 21;**

**October 5, 19**

**12:00 Noon - 1:30 p.m.**

Cost is \$16.

## ART OPEN STUDIO PAINTING

**New time!**

**Wednesdays • 12:00 - 3:00 p.m.**

Please join your fellow artists for this weekly open studio.

This program is for experienced painters – no instruction or materials are provided.

*There is no fee for this program.*

*Space is limited so sign up is required.*

## CREATIVE WRITING GROUP

**10:00 a.m.**

**September 8, 22;**

**October 13, 27**

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.**

**September 1, 15, 29;**

**October 6, 20**

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**

**September 11 • 10:30 a.m.**

**September Book: “Girl on the Train” by Paula Hawkins**

**October 9 • 10:30 a.m.**

**October Book: “Where’d You Go, Bernadette?” by Maria Semple**

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**www.needhamma.gov**  
 Read this newsletter in your choice of easy-to-read formats.

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