



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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## WINTER HOLIDAY CONCERT WITH FREDDIE'S DIXIELAND BAND!

**Friday, December 18 • 2:00 p.m.**

We welcome back our very own Fred Shaw for a concert of familiar favorites featuring Irving Berlin's "White Christmas," "Counting My Blessings Instead of Sheep," "I've Got My Love to Keep Me Warm," and other American Songbook Classics. Performers will include Dorothy Dean, piano; Fred Shaw, vocals; Bob MacInnis, trumpet; and Craig Ball, clarinet.

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

## GOLDEN TONES CHORUS

**Friday, December 11 • 2:00 p.m.**

The Golden Tones chorus of more than 30 retired men and women sings and dances, performing pop classics, show tunes and holiday favorites. You'll find yourself singing along to Broadway revival hits from Gigi, An American in Paris, and The King & I, as well as familiar holiday carols and uplifting tunes from the '50s and '60s!

*Thanks to the generous support of Boylston Place, Chestnut Hill, there is no charge for this program.*

## NEW YEAR'S EVE CELEBRATION JAMES MICHAEL, BROADWAY BARITONE

**Thursday, December 31 • 2:00 p.m.**

James Michael and his great voice return to The Center at The Heights to usher in the New Year! His September performance still echoes throughout the Center.

**Advanced sign-up is required for each of these events by  
calling 781-455-7555 or stopping 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. If you do not have a swipe tag, please ask for one at the Front Desk. Sign-up for November and December programs will begin Thursday, October 29. We cannot accept written requests prior to 9:00 a.m. on October 29.

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## REP. DENISE GARLICK'S OFFICE HOURS

The Center at The Heights  
 First Come, First Served

**Monday, November 2**  
**11:00 a.m. – 12:00 Noon**

**Monday, December 7**  
**11:00 a.m. – 12:00 Noon**

## HOLIDAY CLOSINGS

**WEDNESDAY, NOVEMBER 11**  
 IN OBSERVANCE OF  
 VETERANS DAY

**THURSDAY, NOVEMBER 26**  
 IN OBSERVANCE OF  
 THANKSGIVING DAY

**WEDNESDAY, DECEMBER 24**  
 (CLOSING AT 12 NOON)

**THURSDAY, DECEMBER 25**  
 IN OBSERVANCE OF  
 CHRISTMAS

# NEEDHAM ELEMENTARY HONORS CHORUS VETERANS DAY CONCERT



**Wednesday, November 4 • 3:00 p.m.**



The Needham Elementary Honors Chorus is an ensemble of auditioned 4th and 5th graders from all five of Needham's elementary schools. Since its inception in 2005, the Honors Chorus has been performing throughout Needham and the Boston area. They have performed at the State House and for the Massachusetts American Choral Directors Association's BIG SING Children's Choir Festival. Their conductor, Heather Tryon, has worked with the group since 2005 and has been teaching music in Needham since 2000.

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

## PIANO CONCERT WITH ANN STINSON "JAZZ & MOVIE MUSIC FROM THE '50S AND '60S"

**Thursday, November 5 • 2:00 p.m.**

In the '50s and '60s, the jazz, theater and film worlds were turning out one memorable tune after another, from "Lullaby of Birdland" and "My Favorite Things" to "Girl from Ipanema" and "Watch What Happens." Ann will preface each song with some intriguing facts about its history.

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

## SILENT MOVIES WITH PIANO ACCOMPANIMENT

**Friday, November 6 • 1:00 p.m.**

Pianist Richard Hughes adds music to the very best films of the Golden Age of silent movies. Short comedies feature Charles Chaplin in *The Adventurer* (1917) and Laurel and Hardy in *Big Business* (1928).

*Thanks to the generous support of Boylston Place, Chestnut Hill, there is no charge for this program.*

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



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**TOM MADDEN**  
**SWING MUSIC FROM THE '40s AND '50s**

**Tuesday, November 17 • 2:00 p.m.**

Tom returns to The Center with a lovely program of great tunes such as “Fly Me to the Moon,” “Cheek to Cheek,” “When You Wish Upon a Star,” “The Way You Look Tonight,” “It Has to be You,” “Beyond the Sea,” “Night and Day,” “On the Sunny Side of the Street,” “You Make Me Feel So Young,” plus some rock tunes from the ‘50s for good measure.

*This program is sponsored by the Campagna Family in honor of their mother, America’s, 90th birthday!*

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

**JUDY GARLAND**  
**“OVER THE RAINBOW”**

**LECTURE AND MUSIC PRESENTED BY BRUCE HAMBRO**

**Tuesday, December 8 • 2:00 p.m.**

Over the Rainbow is an engaging one-hour review of the life and fabulous career of the girl from Oz! It analyzes the genius of Judy Garland – a show business dynamo of unparalleled gifts. The lecture will include fascinating archival photos and film clips, many of which harken back to her starring roles in delightful motion pictures including *The Wizard of Oz*, *For Me and My Gal*, *Meet Me in St. Louis*, *Easter Parade*, and *A Star is Born*. The program is highlighted by the sounds of many of her hit recordings such as “Somewhere Over the Rainbow,” “The Trolley Song,” “Get Happy,” and “The Man That Got Away.”

*Thanks to the generous support of First Light 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.**

**THE NEW ENGLAND CONSERVATORY**  
**CLASSICAL HOLIDAY CONCERT**

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

Our community partner, the New England Conservatory will perform exceptional classical holiday music. Watch Senior Notes in the Needham Times and The Center flyers for more details. We know it will be classical holiday music and we know it will be wonderful!

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

**Also, save November 16th and November 24th as possible additional concert dates.**

**UKULELE CLASS**

**Wednesdays**  
**10:00 – 11:30 a.m.**

**November 4, 18, 25;**  
**December 2, 9, 16**

**Cost is \$30 for 6 sessions.**

Come learn to play this fun and easy instrument – NO musical training necessary. This class is for beginners. 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 Metraux – 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.**

**HAPPY HOLIDAY**  
**SING ALONG**

**Tuesday, December 22**  
**12:30 p.m.**

The Center’s Vintage Voices Chorus invites you to join them to sing, socialize and celebrate the holidays! Everyone is welcome! Light refreshments will be served.

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

**PIANO LESSONS**  
**WITH BRUCE**

**Thursdays**  
**9:00 a.m. – 1:00 p.m.**

**7 Class Session**

**November 5, 12, 19**  
**(No class Nov. 26)**

**December 3, 10, 17, 24**  
**(No class Dec. 24)**

**Cost is \$28.**

Priority will be given to continuing students. Continuing students please sign up to maintain your time slot. A waitlist will be created for new students.

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



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

200 Highland Avenue, Suite 302, Needham

781-433-8665

## LOW VISION SUPPORT GROUP

11:00 a.m. – 12:30 p.m.

**November 18**

Chris Plant from The Massachusetts Equipment Distribution Program (formerly the Disability Program at Verizon) will talk about their program which provides a free phone for life to those with hearing, vision or mobility issues. He will demonstrate the phones and set up home assessments for those needing an upgrade.

**December 16**

HOLIDAY PARTY

## WEIGHT MANAGEMENT SUPPORT GROUP

9 WEEK SESSION

**Mondays • 12:00 Noon**  
**November 2, 9, 16, 23, 30**  
**December 7, 14, 21, 28**

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**  
**November 4, 18**  
**December 2, 16**

## 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!

### NOVEMBER

Monday, 11/2 – Bertucci's, Norwood

Monday, 11/9 – The Villa, Wayland

Monday, 11/16 – Grassfields,  
Waltham

Monday, 11/23 – Dolphin, Natick

Monday, 11/30 – Ninety Nine, Walpole



### DECEMBER

Monday, 12/7 – Chinatown, Stoughton

Monday, 12/14 – Cracker Barrel,  
Wrentham

Monday, 12/21 – Conrad's, Walpole

Monday, 12/28 – The Chateau,  
Norwood



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

## SOCIAL SERVICE DEPARTMENT NEWS NOVEMBER IS DIABETES MONTH

Diabetes is one of the leading causes of disability and death in the United States. If it's not controlled, diabetes can cause blindness, nerve damage, kidney disease, and other health problems. One in 12 Americans has diabetes – that's more than 25 million people. And another 79 million adults in the United States are at high risk of developing type 2 diabetes.

The good news? People who are at high risk for type 2 diabetes can lower their risk by more than half if they make healthy changes. These changes include eating healthy, increasing physical activity, and losing weight.

## SHINE BULLETIN

\*\*\* IMPORTANT REMINDER \*\*\*

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

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

Assistance is available from the SHINE program. Call The Center at The Heights and ask for a SHINE appointment. Trained SHINE volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. In addition to daytime appointments, we have a LIMITED number of appointments available on Monday evenings.

For Medicare related matters (other than an appointment), call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will return your call within 2 days.

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

## INCLEMENT WEATHER POLICY

It is the policy of The Center at The Heights to follow the weather emergency policies governing the Needham schools. When the Needham schools are CLOSED due to a weather emergency, The Center will be closed. When the Needham schools are on a TWO HOUR OPENING DELAY, The Center will open at 10:30 a.m. and any activities scheduled to begin before 10:30 a.m. will be cancelled for that day. All school closings are broadcast on WBZ 1030 radio and Channel 5 television. An automated message will be recorded prior to 9:00 a.m. indicating the information related to Center operations and hours for the day.



# CINEMA AT THE CENTER

## Fridays and select Wednesdays • 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. The December movies will be shown on Wednesdays.

### Friday, November 6 Special Movie Event: Silent Films with Live Piano Accompaniment

Pianist Richard Hughes adds music to the very best films of the Golden Age of silent movies. Short comedies feature Charles Chaplin in *The Adventurer* (1917) and Laurel and Hardy in *Big Business* (1928).

### Friday, November 13 I'll See You In My Dreams (2015) RATED PG-13

In this vibrant, funny and heartfelt film, a widow and former songstress discovers that life can begin anew at any age. With the support of three loyal girlfriends, Carol (Blythe Danner) decides to embrace the world, embarking on an unlikely friendship, pursuing a new love interest and reconnecting with her daughter.

### Friday, November 20 Planes, Trains and Automobiles (1987) RATED R

Marketing executive Neal Page (Steve Martin) wants to travel home to Chicago from New York for Thanksgiving. He has difficulties getting a taxi and his flight is cancelled. In the airport he meets clumsy and talkative shower curtain ring salesman Del Griffith (played by John Candy) and they travel side-by-side to Chicago. When bad weather shuts down O'Hare Airport they land at Wichita, Kansas and decide to travel to Chicago together. Along their journey Neal changes his viewpoint about Del Griffith and his own behavior.

### Friday, November 27 The Pursuit of Happyness (2006) RATED PG-13

Based on a true story about a man named Christopher Gardner (played by Will Smith) who encounters several setbacks and is forced into homelessness with his son. Desperate to find a steady job, he takes a job as a stockbroker but must excel during a six-month training before being paid.

### Wednesday, December 16 (instead of Friday) Elf (2003) RATED PG

Will Ferrell stars as Buddy, a regular-sized man who was raised as an elf by Santa Claus (Edward Asner). When the news is finally broken to Buddy that he's not a real elf, he decides to head back to his place of birth, New York City, in search of his biological family. A movie full of Yuletide cheer, *Elf* is a spirited, good-natured family comedy.



## 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, November 13  
Market Basket, Waltham**

**Friday, November 27  
Market Basket, Waltham**

**Due to the popularity of this program, participants may sign up for ONE Market Basket shopping trip.**

Departure from the Senior Center will be 10:00 a.m. 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, December 16  
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 BOYLSTON PLACE AT CHESTNUT HILL Thursday, November 12 11:30 a.m.

The Boylston Place van will depart The Center at The Heights at 11:30 a.m. for a 12:00 Noon lunch. Enjoy an fall-inspired lunch followed by a tour of Boylston Place at Chestnut Hill. Boylston Place is an Independent and Assisted Living community located in the heart of Chestnut Hill. Services include restaurant style meals, car and driver, full array of activities and more!

Maximum is 12.

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

## HEARING SCREENING

Heidi Anderson from Mass Audiology will conduct free hearing screenings:

**Friday, November 20  
10:00 a.m. – 12:00 Noon**

**DO YOU HAVE EARLY  
SIGNS OF HEARING LOSS?**

Find out by answering these questions:

1. Do you experience ringing in the ears?
2. Does it seem as if people are mumbling?
3. Are you turning the volume up on your TV?
4. Do you find yourself asking people to repeat themselves?

Screenings will be scheduled every 15 minutes. If you already have a hearing aid, Heidi will also clean your hearing aid and change the batteries.

**Call 781-455-7555 for an appointment.**

## TRIP NEWS

### FOXWOODS CASINO AND RESORT! Thursday, November 19

**Departing 7:45 a.m. from Linden and Chambers and 8:00 a.m. from The Center at The Heights; returning between 6:30 p.m. and 7:00 p.m.**

**Cost is \$26. (Driver's tip is not included.)**

Cost covers access to buffet or \$10 food coupon and \$15 in slot play tokens.

Sign up early to avoid disappointment. This trip needs 38 people to operate so please book early with payment.

To reserve, call 781-455-7555 ext. 209 (Trip Desk at The Center) or mail your check payable to "Friends" to Trips Department, The Center at The Heights, 300 Hillside Ave., Needham, MA 2494. Full payment is due by November 12.

In lieu of a December trip, we encourage everyone to attend the many wonderful programs planned at The Center at The Heights. Trips will resume in March, 2016.

## A TRADITIONAL THANKSGIVING FEAST BY CHEF BARRY AND AVITA OF NEEDHAM FOR THE CENTER AT THE HEIGHTS COMMUNITY!

**Wednesday, November 18 • 12:30 p.m.**



Fresh Pressed Apple Cider  
Roast Tom Turkey with Pan Gravy  
Herbed Stuffing • Seasoned Mashed Potatoes  
Buttered Sweet Peas • Whipped Butternut Squash  
Our Own Avita Cranberry Sauce  
Rolls & Butter  
Apple, Pumpkin or Pecan Pie



Seating is limited.

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

## NEW PARK AND RECREATION CLASS! KID-APPROVED GRANDPARENT ACTIVITIES

**Thursdays • 10:30 – 11:30 a.m.  
November 12 – December 10**

Building an unbreakable bond with your grandchildren can be priceless. Register for one, two, or all of the programs below. These activities will appeal to children ages 2-10. All activities will include materials that you can find in your home or can easily find at local stores. Let us teach you these activities without your grandchildren present so you can impress them with your skills the next time you see them!

**Thursday, Nov 12  
Oil vs. Water:  
Kid-Made Lava Bottle**

**Thursday, Nov 19  
Icky, Sticky, Goo: Slime Time**

**Thursday, Dec 3  
Science Magic: Balloon Blow-Ups**

**Thursday, Dec 10  
Color Mixing Fun**

Location: The Center at The Heights

**Sign-up and Payment to Park and Recreation 781-455-7550**

Limit: 10 participants per class (minimum of 5). Fee: \$20 per participant per class.



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.**

Dear Friends:

We would like to introduce to you and welcome to the Friends Board, Anne Brain, our new Treasurer. She just joined the Friends Board in June.

Since the year is swiftly passing by, if you planned to fill out the Membership Form and send in your dues, we will apply it to the 2016 year. So please join now! We have a lot of new members who are receiving the Compass and enjoying the programs at The Center. The Friends pay for printing and mailing of the Compass and support other services/programs. Your membership helps defray expenses.

Thank you for your wonderful support. We wish you all a very happy holiday season.

Pat and Carol

FRIENDS OF THE CENTER AT THE HEIGHTS, INC.  
**2016 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, 2016 to Dec. 31, 2016)	\$25.00
Additional Donation	\$ _____
Memorial* (Please see below)	\$ _____
<b>Total Enclosed</b>	<b>\$ _____</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!

**FRIENDS OF THE CENTER AT THE HEIGHTS DONATIONS**

**GENERAL**

- Edna Frost
- Paul Howard and Carol Lang
- Thomas R. Jerome
- Jean Lindblad
- George and Anne Madaus
- Elvira Castano Palmerio
- Michael A. Paris
- Elizabeth Soderholm

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- Jennie Burns  
In Memory of Ann Marie Cellucci
- Anthony Cellucci  
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- Sophia Fleishman  
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- Herbert Geller  
In Memory of Lorelei Geller
- Laura Pippo  
In Memory of Anne Fierimonte
- Joan Richal  
In Memory of Ronald Richal
- Herbert Spatz  
In Memory of Susanne F. Spatz
- Pat and Ed White  
In Memory of Jennie Bering

**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.

## SPRINGWELL NUTRITION TIPS

**“VITAMIN D”**

**Thursday, December 3  
12:00 Noon**

Come join Meghan Ostrander, MS, RD, during lunch to learn more about Vitamin D and its role in disease prevention. Most of us in New England don't get enough, starting right about this time of year! There is no need to register for the talk. If you wish to join us for lunch please call 781-455-7555 by 11:00 a.m. on December 2. There is a suggested donation of \$2 for the lunch.

## Commonwealth Caregivers Home Health Care Services



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Neeham, MA

**781-483-4460**

# EXERCISE AND DANCE CLASSES

## MONDAY

### TAI CHI

8 WEEK SESSION

9:00 a.m.

November 2, 9, 16, 23, 30

December 7, 21, 28

(No meeting Dec. 14)

Instructor: Scott Brumit

Cost is \$32.

Tai Chi is a slow-motion, moving meditative exercise for relaxation and health.

### YOGA

7 WEEK SESSION

9:00 a.m.

November 16, 23, 30

December 7, 14, 21, 28

Instructor: Sandi Levy

Class Maximum is 15.

Cost is \$28.

## STRENGTH TRAINING FOR BALANCE AND OSTEOPOROSIS MONDAY

(FORMERLY SEATED  
STRENGTH):

9 WEEK SESSION

10:15 a.m.

November 2, 9, 16, 23, 30

December 7, 14, 21, 28

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

9 WEEK SESSION

12:00 Noon

Experience Required

November 2, 9, 16, 23, 30

December 7, 14, 21, 28

Instructor: Manny Correia

Cost is \$36.

## TUESDAY

### EASY YOGA

9:15 - 10:15 a.m.

Remaining Dates of Fall Session:

November 3 – November 24

Late Fall/Winter Session

December 1, 8, 15, 22

(No Class Dec. 29)

January 5, 12, 19, 26

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.

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

9 WEEK SESSION

TUESDAY

11:00 a.m. – 12:00 Noon

November 3, 10, 17, 24

December 1, 8, 15, 22, 29

Cost is \$36.

This class 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!

## ARTHRITIS EXERCISE

9 WEEK SESSION

2:00 p.m.

November 3, 10, 17, 24

December 1, 8, 15, 22, 29

Cost is \$36.

## BALLROOM DANCING

Offsite Location: YMCA Chestnut St.

2:00 p.m.

4 WEEK SESSION 1:

TANGO

November 3, 10, 17, 24

Cost is \$16.

4 WEEK SESSION 2:

CHA-CHA

December 1, 8, 15, 22

Cost is \$16.

# EXERCISE AND DANCE CLASSES

## WEDNESDAY

### PARK AND RECREATION SENIOR EXERCISE CLASS

Location:

The Center at The Heights;  
**Sign Up and \$25 Payment to  
Park and Recreation  
781-455-7550**

9 WEEK SESSION  
9:15 – 10:15 a.m.

Fall Session with Adele:  
October 14 – December 16  
(No Class Nov. 11)

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

6 WEEK SESSION  
2:45 - 3:45 p.m.

November 4, 18, 25  
December 2, 9, 16  
(No Class Nov. 11)

Cost is \$40.

*Pay instructor on first day of class*

This class is great for beginners and those who are looking for a change from their usual exercise routine. Please bring a mat and water to class.

## THURSDAY

### AEROBIC DANCING AT YOUR OWN PACE

TO A LATIN BEAT!

8 WEEK SESSION  
10:00 – 11:00 a.m.

November 5, 12, 19  
December 3, 10, 17, 24, 31

Instructor: Louise Carbone

Cost is \$32.

Minimum is 12

Enjoy the pulsating rhythms of Latin-inspired music as you pump your legs, swing your hips, clap your hands—and achieve a uniquely blended balance of cardio-vascular and muscle-toning benefits. Louise will help personalize each participant's workout so it matches your goals.

## THURSDAY

### ARTHRITIS EXERCISE/STABILITY CORE TRAINING

6 WEEK SESSION  
2:00 p.m.

November 5, 12, 19  
December 3, 10, 17  
Cost is \$24.

## FRIDAY

### STRENGTH TRAINING FOR BALANCE AND OSTEOPOROSIS

(FORMERLY SEATED STRENGTH):

7 WEEK SESSION  
9:15 a.m.

November 6, 13, 20, 27  
December 4, 11, 18  
Cost is \$28.

Instructor: Pearl Pressman

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.

Fall Session with Arlene  
October 16 – December 18  
(No Class Nov. 27)

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

# GAMES AND CRAFTS

**PLEASE NOTE: PING PONG  
WILL END AT 2:00 p.m. ON  
MONDAYS AND  
WEDNESDAYS**

## MONDAYS

### DROP IN GAMES

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

12:30 p.m.

### 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.

### CANASTA DROP IN

1:00 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**  
**2:30 – 4:00 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

**Fridays • 10:00 – 12:00 Noon**

**There is no charge for these classes.**

Seating is limited to 10.

## USING YOUR DIGITAL CAMERA

**Friday, November 6**

Are all those buttons and dials on your digital camera puzzling? Or maybe you've had the camera for a while but have taken all your photos on the auto setting. Come to this class to learn more about the full ability of your camera. Learn about camera resolution and find out when and how to use white balance, ISO settings, f-stops, exposure controls, the flash, shutter speed and aperture settings. This is a hands-on class. **YOU MUST BRING YOUR CAMERA, MANUAL AND OPTIONALLY, THE CORD THAT CAME WITH IT.**

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

## USING THE INTERNET TO LISTEN TO MUSIC

**Friday, December 11**

It may be more difficult to download free music since Apple removed free songs from its iTunes store, but free music is still available online. In this class you will learn about several sites that continue to offer free downloads, such as Google Play and Amazon. If you wish to bring the downloaded songs home, please bring a device of your own to connect to the computer via the USB port. Examples of such a device are a flash drive or an MP3 player. Also, to use the Google music download, you need a Google account. If you have a Gmail account, be sure you know the password to it before you come to class. If you cannot provide your own device, or you do not wish to set up a Google account, you may still attend the class. You can observe the steps on the room monitor, and take home a handout with the steps to try out on your own computer.

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

# LIFELONG LEARNING

## “WHAT’S NEW IN SCAMS AND IDENTITY THEFT”

**Presented by**

**Norfolk District Attorney’s Office**  
**Monday, November 30 • 2:00 p.m.**

A panel of experts from the Consumer Protection Division of the Norfolk District Attorney’s Office and the Office of the Attorney General will present valuable information on:

- Current Scams in Norfolk County
- Identity Theft – Everyday Tips and Prevention
- Credit Card Scams

You may think you have heard it all, but scammers are constantly changing their methods. This presentation has been recommended highly as informative and practical.

# DEMENTIA: A LEGAL PERSPECTIVE

## STEPS TO TAKE FOLLOWING A DEMENTIA DIAGNOSIS

**Wednesday, December 2 • 2:00 p.m.**

Timothy Loff, Esq., a local estate lawyer, will explain and answer your questions about the legal documents that need to be in place (Health Care Proxy, Power of Attorney and perhaps HIPAA documents and Living Wills) and what happens with respect to guardianship and conservatorship if they are not in place. Attorney Loff will also discuss care options for someone with dementia including Home Care (private and state-provided), Assisted Living Memory Units, and Skilled Nursing Care, as well as the financing options for each.

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



## GARY HYLANDER LECTURE SERIES

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

### DICKENS' *A CHRISTMAS CAROL*

**Friday, December 4 • 2:00 p.m.**

"Marley was dead, to begin with." With this lean sentence, Dickens draws the reader into his Yuletide classic, *A Christmas Carol*. Written in four weeks, *A Christmas Carol* is a ghost story which recounts the plight of the Cratchit family and traces the moral regeneration of Bob Cratchit's miserly boss, Ebenezer Scrooge, after he is visited by the ghosts of Christmas past, present and future.

*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.**



## GENETICALLY MODIFIED (GM) FOODS: ARE YOU FOR OR AGAINST?

**Tuesday, December 1 • 2:00 p.m.**

You may have heard a lot of news about GM foods in today's news. Many food vendors are vouching to not use any GM foods in their products, but why? What is a GM food? How is it made? What are its advantages and disadvantages? Come listen to Joshua Hammond, Registered Dietitian with Saint Patrick's Manor present on this hot topic.

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



## ART OPEN STUDIO PAINTING

**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.*

## ART MATTERS AVERY CROSSINGS ASSISTED LIVING

**Wednesdays • 10:30 a.m.**

**Offsite at Avery Crossings**

**110 West Street**

**781-444-6655**

**November 4**

**ILLUSION**

**December 2**

**MONET AND RENOIR**

## CREATIVE WRITING GROUP

**10:00 a.m.**

**November 10, 24**

**December 8, 22**

Write your memoirs, short stories or fun facts about an experience and share them with the group.

## CURRENT EVENTS GROUP

**10:30 a.m.**

**November 3, 17**

**December 1, 15, 29**

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**

**November 13**

**10:30 a.m.**

**November Book:  
Kitchen House by  
Kathleen Grissom**

**Friday, December 11**

**10:30 a.m.**

**December Book:  
I Always Loved You  
by Robin Oliveira**

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

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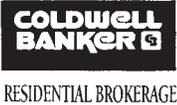


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VISIT US ONLINE AT:  
[www.needhamma.gov](http://www.needhamma.gov)

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

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