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AT THE HEIGHTS, INC.

Senior Compass

MASSACHUSETTS' FIRST ACCREDITED SENIOR CENTER.
NATIONALLY ACCREDITED SINCE OCTOBER 1999

The Center at The Heights • 300 Hillside Avenue • Needham Heights, MA 02494-1316 • Phone 781-455-7555 • Fax 781-444-1373 • www.needhamma.gov
Newsletter printed & mailed by Friends of The Center at The Heights, Inc.

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*“Lead your way, sing your song. Moving every day,
going further on. Lead your way, keep on strong...”*

— “Further On” by Bronze Radio Return



THE GENIUS OF GERSHWIN PRESENTED BY BRUCE HAMBRO Friday, March 4 • 2:00 p.m.

George Gershwin has been called the most influential popular music composer of the twentieth century. He wrote countless scores for hit Broadway and Hollywood musicals. With his lyricist-brother, Ira Gershwin, George wrote a catalogue of songs that have been embedded in the consciousness of millions of Americans for generations. Additionally, they wrote the first “American Opera”, *Porgy and Bess*. And, of course, George scored the classical/jazz symphony *Rhapsody in Blue* which was hailed as the most transformative jazz composition of the twentieth century.

Mr. Hambro entertained and educated us with his December Judy Garland program, “*Over the Rainbow*.” His presentation, “*The Genius of Gershwin*” includes recordings and film clips of such great George Gershwin standards as *I Got Rhythm*, *The Man I Love*, *Embraceable You*, *Summertime*, and *They Can't Take That Away from Me*. Heard singing many of Gershwin's great standards during this riveting one-hour program are such renowned vocalists as Al Jolson, Ethel Merman, Fred Astaire, Judy Garland, Ella Fitzgerald, Keeley Smith, Rosemary Clooney and Tony Bennett. In addition, Gershwin and his friend, Oscar Levant, will be seen and heard playing sections of Gershwin symphonies *Rhapsody in Blue* and *Concerto in F*.

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

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



NEEDHAM'S ART IN BLOOM RETURNS – SPRING IS NOT FAR BEHIND!

Friday, March 4 • 12:00 p.m. - 4:00 p.m.

Jump out of the winter doldrums! Back by popular demand and now in its 6th year, Art in Bloom returns! Stroll around the Center before and after “The Genius of Gershwin” and enjoy a sampling of art by talented Needham High School students and matching creative floral interpretations by members of the Beth Shalom Garden club. The art includes watercolors, collage, sculpture, drawings, photography and more!



LIVE PAINTING DEMONSTRATION

Friday, March 4 • 10:30 - 11:30 a.m.

Kicking off our “Art in Bloom” day of art and music appreciation, Janet Harrold will demonstrate how you too can create a beautiful painting on canvas. Janet is a local artist with a mission to teach us that anyone, regardless of past history, can paint. She shows how to create an original masterpiece providing step by step instruction. If inspired by Janet's demonstration and the afternoon displays of art and flowers, a follow-up class might be just right for you!

Janet is interested in offering a program affectionately named “Painting in the Moment” because it is suited for everyone. Those who have never picked up a paintbrush before find it not only therapeutic but rewarding. Let us know on March 4 if you have an interest and we will schedule a class at The Center with Janet.

SENIOR CENTER HOURS: MONDAY - FRIDAY 9:00 AM - 4:00 PM



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PLEASE NOTE: Sign-up for March and April programs and classes will begin Thursday, February 25. We cannot accept written requests prior to 9:00 a.m. on February 25. 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.

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REP. DENISE GARLICK'S OFFICE HOURS

The Center at The Heights
First Come, First Served

Monday, March 7
11:00 a.m. - 12:00 Noon

Monday, April 4
11:00 a.m. - 12:00 Noon

SENATOR RICHARD ROSS' OFFICE HOURS

The Center at The Heights
First Come, First Served

Tuesday, April 12
11:00 - 12:00 Noon

HOLIDAY CLOSINGS

MONDAY, APRIL 18
IN OBSERVANCE OF
PATRIOTS DAY

THE ART OF THE CON: THE MOST NOTORIOUS FAKES, FRAUDS, AND FORGERIES IN THE ART WORLD

Wednesday, March 9 • 2:00 p.m.

Anthony M. Amore has been the Director of Security and Chief Investigator at the Isabella Stewart Gardner Museum since 2005. He heads the Gardner's own investigation into the infamous theft in 1990 of 13 priceless works of art from the museum – the largest property theft in world history. Art forgeries are increasingly convincing and sales involve incredible sums of money. Mr. Amore will share stories about some of history's most notorious hoaxes. Copies of *The Art of the Con* will be available for purchase and signing.

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

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

NEW ENGLAND PHILHARMONIC QUINTET Tuesday, March 15 • 2:00 p.m.

The New England Philharmonic Orchestra, composed of volunteer musicians, has a unique mission – to wed innovation with tradition in classical concerts by performing the music of living composers in concert with traditional repertoire.

A love of music infects your life – as a music lover, you can't hear enough, or as a musician, you can't play enough. NEP's Chamber Ensembles share their love at intimate venues in and around Boston. This performance will include four pieces by Mozart, Harbison, Shostakovich and either Hoffmeister or another Mozart – a good mix of traditional and contemporary classical music, which is the hallmark of the NEP.

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.

CELEBRATING DIVERSITY DOCUMENTARY "A BALLERINA'S TALE" (2015) RATED PG-13 Wednesday, March 16 • 1:00 p.m.

Iconic ballerina, Misty Copeland, is the only African-American to achieve the rank of principal dancer in the American Ballet Theatre. She is also a media superstar. Nelson George's profile looks at the significance of her success, the challenges of achieving it and what it's like performing with Prince.

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



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THE
RESIDENCES
AT WINGATE

TAPESTRY: A TRIBUTE TO CAROLE KING

BY VOCALIST AND PIANIST, LISA YVES

Friday, March 18 • 2:00 p.m.

Lisa first performed at the Center as part of Fred Shaw's Dixieland Band and returned with her solo tribute to Bette Midler. She returns with this timely and brand new program concerning this fascinating musical artist. The new musical, Beautiful, which won two Tony awards is about the life of songwriter and artist Carole King. In this show, Lisa brings the music of Carole King to life with interesting stories about Carole's rise to fame as a singer and songwriter. Lisa was born in New York, sang with Harry Connick, Jr, and performed with Keith Lockhart at Symphony Hall.

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.

LATIN RHYTHMS

AN ENTERTAINMENT AND ENRICHMENT PIANO CONCERT

BY ANN STINSON

Tuesday, April 5 • 2:00 p.m.

Enjoy a collection of tangos, bossa nova themes and other Latin-inspired music with comments on who wrote and performed the music and how they were influenced by their milieu. Includes: "The Girl From Ipanema," "Black Orpheus," "Habanera" from Carmen, "Song for My Father," "Little Boat", "Only Trust Your Heart," "Wave" and many others.

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

STRING SWING CONCERT

Wednesday, April 13 • 2:00 p.m.

String Swing returns to usher in Spring! Listen to their smooth and classic jazz sound. String Swing is made up of 3 professional musicians each having over 35 years playing experience. The band performs swing music from the "big band" era of the 20's, 30's, and 40's. Featuring: Rob Natoli, Guitar & Vocals; Barry Levine, Saxophone; Joe McEachern, Bass.

Thanks to the generous support of Briarwood Rehabilitation and Health Care Center 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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CALLING ALL MUSICIANS! RECRUITING FOR: "THE FIRST CENTER AT THE HEIGHTS POWER BAND"

Do you know how to play an instrument? Would you like to join together with other musicians for some fun and music?

**Informal Jam Sessions
held 2nd and 4th Tuesdays
March 8, 22; April 12, 26
1:30 p.m.**

**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. – 1:15 p.m.

9 Class Session

March 3, 10, 17, 24, 31;

April 7, 14, 21, 28

Priority will be given to
continuing students.

Cost is \$36.

Continuing students please sign up to maintain your time slot. Limited openings are available for new students.

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

NEW ENGLAND CONSERVATORY CONCERT SERIES

Tuesday, March 29

2:00 p.m.

Thursday, April 14

2:00 p.m.

Tuesday, April 26

2:00 p.m.

Members of the New England Conservatory Community Performance and Partnership Program will perform at the Center on the above days and times. We will host a variety of talented classical musicians as part of our partnership with the NEC.

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

**LOW VISION
SUPPORT GROUP**
11:00 a.m. – 12:00 Noon
Wednesday, March 16

Stuart Flom from Adaptavision is one of the cutting edge leaders in adaptive technology. He will be demonstrating new magnification and scanning systems.

Wednesday, April 20

Andrea Schein from the BRIDGE Program will provide an overview of the program and services provided. She'll discuss the aging process and the effects on vision. Specific questions are welcomed.

**WEIGHT
MANAGEMENT
SUPPORT GROUP**
7 WEEK SESSION
Mondays 12:00 Noon
March 7, 14, 21, 28;
April 4, 11, 25

Cost is \$28.

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

**DROP IN CLUTTER
SUPPORT GROUP**
NEW TIME!
Mondays
1:00 – 3:00 p.m.
Contact Person:
Paul at 617-759-1568

**KEEP WELL
CLINIC**
1st and 3rd Wednesday
of the Month
March 2, 16; April 6, 20
9:00 a.m. – 12:00 Noon

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!

MARCH

Monday, 3/7 – Lafayette House, Foxboro
Monday, 3/14 – The Chateau, Norwood
Monday, 3/21 – One Bistro, Norwood
Monday, 3/28 – Sofia Italian Steakhouse, West Roxbury



APRIL

Monday, 4/4 – Grassfields, Waltham
Monday, 4/11 – Chinatown, Stoughton
Monday, 4/18 – Center Closed
Monday, 4/25 – Dolphin, Natick



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

SOCIAL SERVICE DEPARTMENT NEWS
MARCH IS SOCIAL WORK MONTH

This year's Social Work Month theme – Forging Solutions out of Challenges – celebrates the work done by Frances Perkins and countless other social workers to improve lives and communities. Professional social workers tackle some of the toughest challenges facing our society. In every city and every community they develop solutions to make mental health and health care more available, to reduce poverty, to eliminate injustice and discrimination, and to protect vulnerable children and adults from harm. Social workers contribute at all levels of society, working with individuals, families, schools, universities, non-profit agencies, corporations, hospitals, and government offices to mediate conflict, foster positive relationships and create hope and opportunity for people in need.

APRIL IS NATIONAL VOLUNTEER MONTH

Take time to recognize volunteers and become a volunteer this month. April 6-13 is National Volunteer Week. In 1974, President Richard Nixon established the first National Volunteer Week with an executive order to celebrate and recognize volunteers. We thank our volunteers each and every day, but this week is a time to truly celebrate them all across our great nations.

SHINE BULLETIN

CAN I STILL CHANGE MY MEDICARE PLAN?

There are still some options available to change your Medicare plan during 2016.

Newly Available: Medicare's 5-Star Special Enrollment Period

You have an opportunity to enroll in a top-rated (5-Star) plan, once during the year. This can be done at any time through November 30, with the enrollment effective the first of the following month. The Tufts Medicare Preferred HMO plans have achieved the 5-Star rating for 2016. You can enroll in one of these plans, as long as you meet the plan's eligibility requirements. If you are currently in a Medicare Advantage or Medicare Prescription Drug Plan, this new enrollment will automatically disenroll you from your previous plan. If you have a Medigap plan, you would need to contact that plan to disenroll.

For those with Prescription Advantage or getting "Extra Help" paying for prescription drugs:

You can change your Medicare Advantage plan or drug plan anytime during the year. Those with Prescription Advantage can do this once each year. Those with "Extra Help" can change every month.

Trained SHINE (Serving Health Insurance Needs of Everyone... on Medicare) volunteers can help you! They offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. 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.



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.

**Friday, March 4
No Movie;
Entertainment Event**

**Friday, March 11
Little Boy (2015)
RATED PG-13**

Little Boy is the inspirational story of a 7-year old boy who is willing to do whatever it takes to end World War II so he can bring his father home. The story reveals the indescribable love a father has for his little boy and the love a son has for his father.

**Wednesday, March 16
Celebrating Diversity
Documentary
"A Ballerina's Tale" (2015)
RATED PG-13
(See Page 2)**

**Friday, March 18
No Movie – Concert**

**Friday, March 25
The Martian (2015)
RATED PG-13**

During a manned mission to Mars, Astronaut Mark Watney (Matt Damon) is presumed dead after a fierce storm and left behind by his crew. But Watney has survived and finds himself stranded and alone on the hostile planet. With only meager supplies, he must draw upon his ingenuity, wit and spirit to subsist and find a way to signal to Earth that he is alive.

**Friday, April 1
Vacation (2015)
RATED R**

Hoping to bring his family closer together and to recreate his childhood vacation for his own kids, an adult Rusty Griswold takes his wife and two sons on a cross-

country road trip to Walley World. Needless to say, things don't go quite as planned.

**Friday, April 8
Bridge of Spies (2015)
RATED PG-13**

Tom Hanks plays James B. Donovan, a New York lawyer who diligently handles his thankless assignment to defend Soviet operative Rudolf Abel and he resolutely negotiates Abel's exchange for captured US spy-plane pilot Gary Powers. Directed by Steven Spielberg.

**Friday, April 15
Pitch Perfect (2013)
RATED PG-13**

College student, Beca, is cajoled into joining The Bellas, her school's all-women's singing group. Thrust in among mean gals, nice gals and just plain weird gals, they prepare for the competition of the year and discover that the only thing they have in common is how well they sing together.

**Friday, April 22
Brooklyn (2015)
RATED PG-13**

An Irish immigrant lands in 1950s Brooklyn, where she quickly falls into a romance with a local. When her past catches up with her, however, she must choose between two countries and the lives that exist within.

**Friday, April 29
Spotlight (2015)
RATED R**

The true story of how the *Boston Globe* uncovered the massive scandal of child molestation and cover-up within the local Catholic Archdiocese, shaking the entire Catholic Church to its core.

**SHOPPING
EXPERIENCE:
Friday, March 11
Market Basket,
Waltham**

**Friday, April 15
Wegman's, Westwood**

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.

**MAY/JUNE
COMPASS
COLLATING
Wednesday, April 20
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.



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.

HILLSIDE SCHOOL
PRESENTS
**BUDDY WATER
PROJECT**

**Monday, March 7
1:30 p.m.**

Location:

The Center at the Heights

Hillside School student will present the Buddy Water Project which teaches 4th and 2nd grade buddy classes about personal, community and global water usage, and water conservation. The goals of the program are to raise the students' awareness of where water comes from, how it gets to them and why conservation is important.

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

**INCOME TAX
COUNSELING
SERVICE**

SPONSORED BY
AARP AND THE
COUNCIL ON AGING
February 1 – April 14

The AARP Foundation provides trained, certified volunteers to answer questions and prepare Federal and State income tax returns by appointment. On the day of your appointment bring the following:

1. A copy of your 2014 federal and state income tax returns
2. All relevant 2015 tax documents such as W-2 wage statement(s), 1099 interest and dividend statements, health insurance coverage information and social security and retirement plan income statements and mortgage interest forms.

Your tax return will be e-filed free of charge.

To schedule an appointment, please call 781-455-7555 or stop by the Front Desk.

TRIP NEWS
“THE YOUNG IRELANDERS”
VENUS DE MILO, SWANSEA, MA
Thursday, March 10

Come join in the fun as we celebrate St. Patrick's Day! "The Young Irelanders" have traditional Irish music – song and dance – running through their veins. They have performed worldwide for many dignitaries including the Queen of England and other world leaders. Now they will perform for YOU! Sit back and enjoy the best of the best from Ireland – this group includes former members of Riverdance and Michael Flatley's Lord of the Dance together with celebrated soloists and an illustrious Irish band. The price of this fabulous show, lunch and round trip transport is \$89. We will be sharing a Best of Times coach bus and seats will be sold on a first come, first served basis, so book early to avoid disappointment. The coach will leave the Center at the Heights at approximately 10:00 a.m. and will return at approximately 5:00 p.m.. Please call the Center's Trip Department at 781-455-7555 (ext. 209) to reserve your spot and provide us your choice of Corned Beef and Cabbage or Baked Schrod.

FOXWOODS CASINO AND RESORT
Tuesday, April 19

This ever popular great day out to Foxwoods sells quickly so reserve your seat now! There's something for everyone at Foxwoods including the new indoor Tanger Outlet Stores with all your favorite name brands and designers! Also new for this year, we are pleased to offer our tour in style with Luxury Silver Fox CD/DVD/Wi-Fi Motor Coaches. This trip also includes an exciting Casino Bonus, Delicious Festival Buffet or \$10 food voucher and \$10 Casino Slot Play for the incredible price of \$28 per person! Trip departs 7:45 a.m. from Linden and Chambers and 8:00 a.m. from the Center at the Heights. We will return to the Center at approximately 6:30 p.m.

Please call the Center's Trip Department at 781-455-7555 (Ext. 209) to reserve your spot and provide us your pick-up location.

For both of these trips, please make out your check to Friends of the Center at the Heights and mail to: Trips Department, The Center at the Heights, 300 Hillside Avenue, Needham, MA 02494

**NEW
SESSION!**

MATTER OF BALANCE:
MANAGING CONCERNS ABOUT FALLS

8 Week Session • Fridays 1:00 – 2:30 p.m.
March 11, 18, 25; April 1, 8, 15, 22, 29

Instructor: Pearl Pressman.

A Matter of Balance is an evidence-based program – developed by Boston University and sponsored by Newton-Wellesley Hospital – designed to reduce the fear of falling and increase activity levels among older adults. Using lectures and exercises participants learn to set realistic goals to increase activity, change their environment to reduce fall risk factors and learn how to increase strength and balance.

There is no fee for this program, but sign up is required by calling 781-455-7555. Minimum: 8 Maximum: 20. Course is closed after second week.

EYE HEALTH:
CATARACTS, GLAUCOMA AND MACULAR DEGENERATION
IN THE AGING EYE

Dr. Jill Smith and Dr. Jill Carmody, Newton-Wellesley Hospital Speakers Bureau
Wednesday, March 30 • 2:00 p.m.

The American Optometric Association has proclaimed March, "National Save Your Vision Month". We are excited to welcome Drs. Smith and Carmody who will speak on eye health issues related to aging.

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



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.

Winter is almost over and spring flowers will soon be arriving! If you have not paid your membership for 2016 yet, we would really appreciate receiving the money to help with all the activities and programs the Friends support. We can't do it without your support. Please fill out the 2016 membership/donation form below with the amount enclosed. Our policy is that all non-Needham residents must be a member to receive the Senior Compass by mail, but if you give us your email address, we will send you the Compass electronically.

Our monthly trips programs will resume in March. You can find details under Trip News on Page 6. Enjoy the spring!

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)	\$ _____
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

- Thelma M. Arduino
- Jeanne Blakeney
- Anne Brain
- Patty and Lenny Burke
- Jennie Burns
- Dorothy F. Caulfield
- Carole and Edward deLemos
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- Elizabeth (Betty) Soderholm
- Burton Stern
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- Araxy M. Toomajanian
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- Gabrielle and Richard Young

IN MEMORY OF

- Sybil Bower in Memory of Nancy Bower Burke
- Mrs. J. Burack in Memory of Joseph M. Burack

- America Campagna in Memory of Fred J. Campagna and David A. Campagna
- Mary Devine in Memory of John Whalen
- Carol Ditmore in Memory of Dr. David Ditmore
- Mary Ellen Hannigan in Memory of Annie H. Lynch
- Margie Margolis in Memory of Deborah A. Franks
- Shirley Pratt in Memory of Robert Pratt
- Lois Raskind in Memory of Ed Raskind
- Barbara Ryan in Memory of David Campagna

IN HONOR OF

- Lois Camberg and Roy Cramer in honor of the wonderful staff at the Center at the Heights!

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.

DID YOU KNOW?

The Council on Aging will be hosting limited programs and services on selected evenings in the coming months. Watch for details in the Needham Times and on the Town Website. Updated information will also be available at the Center.

**Commonwealth
Caregivers
Home Health
Care Services**



Live-in / Hourly
Needham, MA

781-483-4460

EXERCISE AND DANCE CLASSES

MONDAY

TAI CHI

6 WEEK SESSION

9:00 a.m.

March 7, 14, 21, 28;

April 4, 11

Instructor: Scott Brumit

Cost is \$24.

Tai Chi is a slow-motion, moving meditative exercise for relaxation and health. Scott has studied various forms of martial arts since 1983, including tai chi and qigong.

YOGA

7 WEEK SESSION

9:00 a.m.

March 7, 14, 21, 28;

April 4, 11, 25

Instructor: Sandi Levy

Strict Class Maximum of 14

Cost is \$28.

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

7 WEEK SESSION

10:15 a.m.

March 7, 14, 21, 28;

April 4, 11, 25

Instructor: Pearl Pressman

Cost is \$28.

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

7 WEEK SESSION

12:00 Noon

Experience Required

March 7, 14, 21, 28;

April 4, 11, 25

Instructor: Manny Correia

Cost is \$28.

TUESDAY

EASY YOGA

9:15 a.m. - 10:15 a.m.

Remaining Dates of
Winter/Spring Session:

March 1 - April 5

Late Spring Session:

April 19 - June 14

Instructor: Steffi Shapiro.

Contact Needham Community
Education (781-455-0400 ext. 235)

for sign-up and payment.

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.

ARTHRITIS EXERCISE

8 WEEK SESSION

2:00 p.m.

March 1, 8, 15, 22, 29;

April 5, 12 (no class April 19),

April 26

Cost is \$32.

BALLROOM DANCING

Offsite Location:

YMCA Chestnut St.

2:00 p.m.

4 WEEK SESSION 1

HUSTLE

March 15, 22, 29; April 5

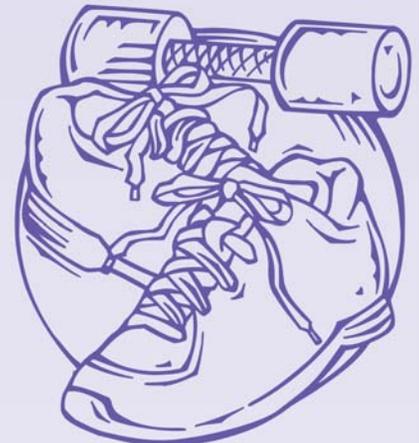
Cost is \$16.

4 WEEK SESSION 2

MAMBO/SALSA

April 12, 19, 26; May 3

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.

**Winter Session Ends March 2;
Spring Session:
March 16 – May 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

8 WEEK SESSION
2:45 – 3:45 p.m.

**March 2, 9, 16, 23, 30;
April 6, 13, 20**
Cost is \$50.

Have fun while learning to improve your balance and increase strength. Using balls, bands, weights and incorporating yoga and tai chi, this class will help strengthen core and improve posture, flexibility, gait, mobility, stability, breath and endurance. Maintain your independence.

THURSDAY

AEROBIC DANCING AT YOUR OWN PACE TO A LATIN BEAT!

9 WEEK SESSION
10:00 – 11:00 a.m.

**March 3, 10, 17, 24, 31;
April 7, 14, 21, 28**

Instructor: Louise Carbone
Cost is \$36. 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

TRAIN THE BRAIN: BALANCE, AGILITY AND FALL PREVENTION

7 WEEK SESSION

Thursday • 11:30 a.m. - 12:30 p.m.
March 3, 10, 17,
(no class March 24) 31; April 7,
14, (no class April 21), 28
Cost is \$28.

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, team work and guaranteed fun!

ARTHRITIS EXERCISE/STABILITY CORE TRAINING

8 WEEK SESSION
2:00 p.m.

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

FRIDAY

STRENGTH TRAINING FOR BALANCE AND OSTEOPOROSIS

(FORMERLY SEATED STRENGTH):
9 WEEK SESSION

9:15 a.m.

**March 4, 11, 18, 25;
April 1, 8, 15, 22, 29**

Cost is \$36.

Instructor: Pearl Pressman

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 a.m. – 11:30 a.m.

**Winter Session Ends March 4
Spring Session:
March 18 – May 13**

Arlene is ready to share her knowledge of toning, stretching, strengthening, and abdominal exercises to 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
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 DROP IN DOMINOES

1:00 p.m.

COMPUTER TUTORING AND TECH CLASSES

CENTER COMPUTER RESOURCES

PERSONAL ASSISTANCE
COMPUTER/MEDIA LAB
NEW TIME!

Fridays
10:00 a.m. – 12:00 Noon
By Appointment

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). When scheduling your appointment, please state what device you are using and what type of assistance you need.

NEW DIETARY GUIDELINES FOR AMERICANS

MEGHAN OSTRANDER RD,
SPRINGWELL NUTRITION
DIRECTOR

Tuesday, March 22
12:00 Noon

Join Meghan as she explains the changes in the national dietary guidelines. You can reserve a Springwell lunch (by 11a.m. on Monday March 21) by calling 781-455-7555 ext. 203. Every 5 years the dietary guidelines are updated by health professionals. This year brought some big changes with regards to cholesterol and sodium! Meghan will discuss the changes in the Dietary Guidelines for Older Americans and what they mean for you. Seating is limited.



CENTER-WIDE FREE WIFI

Setting:
Need-Wireless
Password: highland14

COMPUTER CLASSES

Media/Computer Lab • Room #212 • Computer Classes

Fridays • 10:00 a.m. – 12:00 p.m.

There is no charge for these classes.
Seating is limited to 10.

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

PHOTOGRAPHY

Do you have questions about how to maximize the photos on your electronic devices such as your phone, tablet or computer? Dan Siagel will explain options and answer your questions.

March 18

EDITING YOUR PHOTOS ON YOUR SMART PHONE AND/OR TABLET
(Bring your device to class)

April 1

EDITING YOUR PHOTOS ON YOUR PC OR MAC
(Bring your MAC to class; PCs are available in our lab)

WRITING YOUR MEMOIR – TELLING OUR STORIES

Wednesday • 10:00 a.m. – 12:00 Noon
March 9 - April 6

In this class you will discover your own unique voice and bring out the storyteller that dwells in each of us. Please bring a pen and notebook (or laptop) and your wonderful memories. Contact Needham Community Education at 781-455-0400 (ext. 235) for details, sign-up and payment.

LIFE LONG LEARNING

SILK SCARF PAINTING CLASS
Friday, April 8 • 10 a.m. – 12:00 Noon

With Connie Jo Dewyer
All materials provided
Cost is \$20.

Spring is here so celebrate with a wonderful gift for yourself and that special outfit or a loved one (think Mother's Day, Graduation, etc). Even if you have never painted before, you will enjoy this fun-filled and relaxed class. The painting component of the project will be done in class. Written instructions will be provided for completing the second component – drying and ironing to be done at home. When complete you will have an original and beautiful silk scarf YOU created – one you will gift or wear with pride!

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

Strict Minimum of 10 participants will be needed to run this class. We will be forced to cancel if we do not have 10 individuals signed up by April 1.

STATE REPRESENTATIVE DENISE GARLICK'S REPORT TO THE COMMUNITY

Monday, March 28 • 2:00 – 3:30 p.m.

As the state legislator for the Town of Needham, Representative Denise Garlick is actively engaged in the development of public policy, the development of the budget for local communities and the Commonwealth, as well as a myriad of issues and concerns of the constituents of Needham. With a great sense of responsibility and accountability, Representative Garlick is “reporting back” to the constituents of Needham who have charged her with this job. The schedule for the afternoon is as follows:

2:00-2:30 p.m. – Reception

2:30-3:00 p.m. – Report

3:00-3:30 p.m. – Questions and Discussion

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

“THE INTERNET OF THINGS”

Wednesday, April 20 • 2:00 p.m.

The “Internet of Things” (IoT) is the concept of linking not just people, but also things – from cars to dairy cows – via the Internet. So what does that have to do with healthy, happy aging? Plenty, it turns out: David Stephenson, a leader in the IoT and (active participant in Center at the Heights activities) will explain his “SmartAging” concept. It combines two aspects of the IoT:

- So-called Quantified Self devices that can help you monitor your own vital signs in real-time – and share them (if you choose!) with friends to encourage each other to healthier habits, or your doctor or your family. It can help your doctor understand your lifestyle better.
- AND “smart home” devices such as thermostats, lights and door locks that you can control with a “smart phone” – or, better yet – just with your voice! They can help you manage your home more easily as you “age in place”.

Come learn about “SmartAging,” see some of the IoT devices in action (imagine a smartphone case that can give you an accurate ECG in just 30 seconds!), and learn how you can begin to benefit from this exciting concept!

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

WATERCOLOR PAINTING FOR SENIORS I

(BEGINNER CLASS)

Thursday • 1:00 – 3:00 p.m. • February 25 – April 7

This class will be geared for the complete beginner who has had little to no experience in watercolor. There will be step-by-step demonstrations at each class, easily visible via a camera and projector.

WATERCOLOR PAINTING FOR SENIORS II

(MORE ADVANCED CLASS)

Tuesday • 1:00 – 3:00 p.m. • February 23 – April 12

This class will briefly re-cap and then continue to build on “Watercolor I”. It is geared towards advanced beginners/intermediates who are looking to improve and expand upon their watercolor skills. There will be step-by-step demonstrations during each class and several complete paintings will be taught in a fun, relaxed atmosphere. Contact Needham Community Education at 781-455-0400 (ext. 235) for details, sign-up and payment.

Sally Meding, Instructor for both classes.

ART OPEN STUDIO PAINTING

Wednesdays

12:00 Noon – 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.*

ART MATTERS AVERY CROSSINGS ASSISTED LIVING

10:30 a.m.

Offsite at Avery Crossings
110 West Street
781-444-6655

March 2 • Picasso

April 6 • American I

CREATIVE WRITING GROUP

10:00 a.m.

March 8, 22; April 12, 26

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

CURRENT EVENTS GROUP

10:30 a.m.

March 1, 15, 29; April 5, 19

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**

March 11 • 10:30 a.m.

My Name is Mary Sutter
by Robin Oliveira

April 8 • 10:30 a.m.

The Words of Every Song
by Liz Moore

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

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

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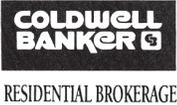


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VISIT US ONLINE AT:
www.needhamma.gov

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

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